# m|t Frequently Asked Questions: Drum Circles



**Service Options:** Mobile Facilitation within Mecklenburg County (NC) and York County (SC) as well as virtual options

## What are possible benefits?

Multicultural lessons and coping skill exploration in educational settings.

Stress-relief, communication styles & team building exercises in corporate settings.

Relaxation purposes & recreation for medical and healthcare settings.

Self-expression outlet, group cohesion and connectivity for community organizations.

## What's the cost to sponsor?

Rates begin at \$175/event. Percussion instruments are provided such as large drums and smaller, handheld options. Drum circles range from 30 to 90 minutes in length.

#### What is a drum circle?

A music making opportunity for individuals in a group setting. Folks of all ages and abilities can participate in rhythmic dialogue and discovery through percussion instruments and their voices.

### How is the event facilitated?

Staff at PMT support the flow by empowering participants to realize their potential through exploring elements such as tempo, dynamics, pitch, and timbre with available instruments.

## Further questions? Contact PMT

PMT Website or Phone: 803-206-2044

Providing music based offerings for individuals of all abilities and ages in Greater Charlotte since 2013.

