

LEARNING TO “BEAT” STRESS

BY **PETER MARINO**, President & Founder of Healing Beat™

Imagine that you've had a stressful day -Not too hard for most of us. You go to a place where you can lower your heart rate, relax your muscles, gain focused attention and forget your problems. And to top it all off, you're having fun while you do it. This is the experience of participating in one of the most enjoyable groundbreaking wellness protocols - group drumming.

Our lives are all about rhythm. From our own heartbeat to the changing of the seasons, rhythm is life. This is why every person, at every age and economic level can relate to the drum. In addition to the fact that drumming is fun, recent scientific studies have shown that as little as 1 hour per week can:

- Raise alpha brain waves
- Lower cortisol levels
- Improve sleep patterns
- Raise T- cell levels
- Increase focus & mental agility
- Lower stress

The last factor, lowering stress, becomes especially significant in terms of the spa client. In a recent study of spa use in the United States, stress reduction was sighted as the number one reason clients seek a spa experience. As a result, many spas are moving away from “beauty” treatments and toward wellness programs. Two other studies, reported by Associated Press, indicate that stress causes immune cells to age prematurely and increases incidents of forgetfulness. This is why drumming has been gaining popularity within the spa and wellness communities.

Although drumming circles have been around for many years, the new drumming protocols focus on more than just the musical experience. Based on the latest scientific research, several therapeutic activities are combined to maximize the

healing benefits for participants, including rhythmic exploration, guided imagery, group dynamics and self-actualization. Still engaging and fun, each client has the opportunity to explore a deeper level of self-awareness while experiencing a unique new wellness therapy.

The spa experience is generally a solitary one. This approach enables clients to have a completely new experience every session. These can be as intimate as a meditative journey or engaging as dinner with a group of friends; it all depends on the individual. From the spa owner's perspective, these activities are extremely cost effective, accommodating from 2 to 20 participants in a single session. In addition, these activities help promote more and more male participation in the spa experience.

Group drumming activities are now gaining momentum as a way to improve the quality of life for people from very diverse backgrounds...and did I mention...it's FUN!



Healing Beat™, founded in 2001 by Peter and Diane Marino provides therapeutic drumming programs to a variety of groups and individuals. Located in suburban Philadelphia, PA, Healing Beat focuses on the use of a wellness protocol to improve people's health, well-being and environment. For program information or to find out about train-the-trainer certification, please contact Healing Beat™ at www.thehealingbeat.com or call 610-668-1220.