



**Interactive drumming** is a unique, hands-on approach (literally) to teambuilding, learning, and motivation that, simply put, draws the parallels between what it takes to make music and how that relates to working together in an organization, community, village, or "tribe" to achieve a unified goal!

Drum Cafe is a program that is experienced and felt. A musical background is not required.

**Drumming gives us a chance to express our own rhythm.**

In any interactive drumming or rhythm event, like-minded individuals come together and merge their rhythmical experience into one musical expression or "group vision". The unity of that group and the relationship with itself is manifested by the quality of the sound/music produced, regardless of the group's individual rhythmic or musical ability.

**It is an interactive event** - each individual is not a spectator, but a performer who is involved at the same level as his/her colleague, enforcing a cooperative, non-competitive relationship amongst the group. **Organizational charts are vertical or hierarchical, while drumming circles are 'flat'.**

The process of creating music, like business, has to be understood by everyone to succeed. Nothing brings to life the key elements of effective communication and teamwork as does a group of people attempting to create music together. The most important elements of communication and teamwork are emphasized and drawn out during our programs.

When you play together at a Drum Cafe event, you make music, and to make discernible music you have to be sensitive to what those next to you are doing. In this way drumming helps create a rhythm that bonds and builds a team. At the same time, when everyone is drumming together in unison, it is clear that the whole is greater than the sum of its parts.





## Our Programs

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### Interactive Drumming Facilitation

Drumming has been used in Africa for thousands and thousands of years. It is heard whenever people want to mark an occasion: births, weddings, funerals, celebrations and in the preparation for battle.

It draws people nearer, whenever heard from a distance, you know something is happening, your curiosity is awakened and your pulse speeds up.

The Drum Cafe` is now bringing this powerful African method to boardrooms and conferences locally as well as internationally.

All the participants get a drum to play on.

Within the 45 to 80 minutes session the participants will feel bonded and re-energized while working together as a team.

A combined drumming and gumboot session is a wonderful option!

### The Process on the day

- Our facilitator and the team will set up approximately an hour before the starting time..
  - The chairs will be arranged in a "drum circle", positioning all participants on the same level. There is no hierarchy within the drum circle. This assists in breaking down all racial, sexual, cultural, language and age barriers.
  - The team starts off with a drumming performance and shortly afterwards the participants' join in. This leads into a warm up where everyone is taught simple drumming rhythms. As the facilitation progresses, the group is taught to drum together and to make music as one. Before you know it, your staff members and colleagues will be playing various rhythms used in African culture to make music and create a unified team.
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## Interactive Boom-Whacker Facilitation

Try this simple yet effective team building experience by playing different rhythms. The boom-whackers (plastic pipes of different lengths and colours). Participants create beautiful interweaving patterns by striking the pipes on their hands. The separate rhythms combine to form one large harmonious composition, giving everyone a musical experience of unity through diversity.

This type of team build is most suitable when there is a time and budget constraints.

### The Process on the day

- Our facilitator and the team will set up approximately an hour before the starting time.
  - The chairs will be arranged in a “circle” this signifying that all the participants are on the same level, there is no hierarchy within the circle, breaking down all racial, sexual, cultural, language and age barriers.
  - The facilitators split the participants up in colour groups, and then instruct each different group to play a different rhythm. These intertwining rhythms produce a stunning musical sound, and the group is taught to make music as one. Before you know it, your staff members and colleagues will be playing various rhythms, showing the team how to work together and be unified in purpose.
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## Contact Us

**+91 09833246696**

### **Website**

<http://www.drumcafe.in>

### **E-Mail**

[aliya@drumcafe.com](mailto:aliya@drumcafe.com)  
[vinod@drumcafe.com](mailto:vinod@drumcafe.com)