



THE HIDDENWOOD DRUM CIRCLE WITH THE DAY PROGRAM JUNE 3RD, 2022 AT 1:30 PM EST

You don't want to miss this!

This is an energetic union of Drumming and Yoga. The DAY program works to expand awareness, access energy, cultivate transformation, and to have a really good time. We fuse yoga, meditation and mindfulness with African Drumming to improve wellness.

See you there!

