

Conduit
center for creative change
...be the change.



creativity . rhythm . wellness

‘Creating spaces of potential
for you to be the change you wish to
see in the world.’

Annelies Gentile
coach . creator . educator
www.anneliesgentile.com
www.conduitforchange.com
conduitforchange@gmail.com
919.345.8396

We provide spaces for you to **Explore**
your own creative journey through classes,
workshops, seminars and retreats.

CreativitySpark:

Tap into and explore your edges of creativity through writing, drawing, movement, music, sound and play.

CreativityCoaching:

One-on-one creativity coaching that re-kindles intuition, creativity and creative flow; enriching your life.

CreativitySpirit:

Reconnect to nature and spirit by realigning with your role as a creative conduit and cultivate wholeness in a fragmented world through the use of vibration, sound, drumming, journeying and movement.

ExpressiveCreativity:

Redefine your relationship to and understanding of creative flow through body spirit movement, improvisation, drumming, sound and play. An advanced creativity workshop with an emphasis on whole body expression.

CreativeSolutions:

Explore the possibilities of our problems as being a sacred medium for creative solutions through innovative collaboration, group brainstorming, focused intent and vision.

ConsciousCommerce:

Discover and explore a cutting edge and visionary approach to business, economy and commerce as a path of awakening through redefining business as intentional enterprise and expressing it through your authentic self.

VibrationalHealing:

Using the ancient wisdom of indigenous peoples, we raise positive vibration and promote healing for ourselves and for each other using Djembe drums. Group classes as well as one-on-one sessions are available.

Conduit Center for Creative Change & Drum for Change are in partnership.

We create spaces of potential for you
to become more of who you are intended
to be.

...spaces for you to **discover** your own human potential.

...spaces for you to learn to **listen** and act
with deeper intent.

...spaces for you to **explore** your own creative journey
alongside others on similar paths.

...spaces for you to **be a conduit of change** in your life
and within your community.



At our gatherings we will

Explore through various mediums
of expression including writing, drawing,
creative projects, movement, music, sound,
visualization, collaboration, brainstorming,
drumming, vibration, vocalics,
and most importantly,
laughter and PLAY!!

Unlock creativity and inner wisdom.

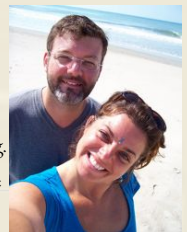
Discover and explore your creative potential.

Identify and resolve your creative blocks.

Play out your creative endeavors.

All this... so that you can **Live** your life more fully and
creatively!

All our classes are available for individuals,
schools, businesses, corporate,
community and senior centers;
offering leadership, team building,
creative thinking and alternative styles of learning.
Let us know how you would like best to integrate
us into your space of interest.



DRUM FOR CHANGE

Our hearts beat in rhythm,
we breathe in rhythm,
we walk in rhythm.

Drum for Change is dedicated to using the universal language of percussive music for creative self-expression, cultural and diversity awareness, and to promote harmony and life change through rhythm. Everyone has rhythm, but not everyone remembers how to outwardly express it. Drumming can free the rhythm!

Our goal is to promote communication and active engagement among all participants regardless of age, gender, race, religion, or sexual orientation, to help foster a sense of community, to promote health and well-being, and to encourage positive interpersonal interaction.

Gregory Whitt

Facilitator . Educator . Rhythmatist

www.drumforchange.com

gregory@drumforchange.com

919/696-0883

'Get your groove on and change the world!'



Drumming is a powerful tool, bringing joy, bonding, stress-relief, and communication. Take an ACTIVE role in your health and well-being!

DRUMMING has been used for centuries in nearly all cultures for ritual, healing, and celebration. This universal nature of percussive music provides opportunities for creative self-expression and for group participation. Group drumming participants are connected to a common purpose by sharing rhythm experiences with others.

BENEFITS include improved health & well-being through stress reduction and boosting the immune system. From a health perspective, group drumming promotes many elements of wellness including exercise, nurturing & social support, intellectual stimulation, spirituality, self-expression, and stress reduction. Group drumming gives a sonic massage while providing a creative and emotional outlet.

ANYONE can drum and benefit!

- ~community groups for unity
- ~social groups for recreation
 - ~churches for worship
 - ~schools for active learning
- ~music therapists for healing
- ~counselors for at-risk youth
- ~conferences for synergizing
- ~facilitators for diversity training
- ~corporations for team building

DRUM FOR CHANGE through..

Drum Circles: PLAY drums and percussion to reduce stress, have fun and build community through the creation of beautiful, spontaneous music!

Rhythm Events: Tailor drum circles to suit your organization, school, or community. Consider team building activities, diversity programming, international fairs, and arts festivals.

Sound Leadership: Use this percussion workshop as a modality to promote leadership, build teamwork and improve communications.

Health Rhythms: Improve health and wellness with a clinically proven drumming protocol developed by neurologist Barry Bittman, MD. Great for schools, hospitals, senior centers, corrections facilities and clinical settings.

Healing Drums: Learn to use the drum as a tool for personal empowerment through activation of intention, energy, and sonic massage. Individual and group settings.

Rhythm Spirit: Celebrate with an innovative, in-the-moment connection to your inner spirit through rhythm, vibration, movement, and melodies.

Roots of Rhythm: Explore different cultures, music, and instruments from around the world in your classroom. Perfect for elementary and middle schools.

Drum for Change & Conduit Center for Creative Change work in partnership to offer a full spectrum of creativity and rhythmic programming for your health and well-being. All of our classes are available for individuals, schools, businesses, corporate, community and senior centers and offer leadership, team building, creative thinking and alternative styles of learning.

Contact us to discuss how we can integrate our programs with your specific interests!