

Catherine Campanaro

CELEBRANT



Drumming Events – February 2025

Friday February 7th 7:30 pm

Love in Rhythm: A Drum Circle Journey

whole body yoga studio



103 E Walnut Street,
North Wales, PA
215-661-0510
Room Studio A

Class Description

Drumming is more than just music—it's a heartbeat, a connection to the soul, and a pathway to self-expression. When your hands find rhythm, you tap into the primal energy that unites heart, mind, and body. Drumming teaches you to embrace imperfection, find joy in progress, and let go of self-doubt with every beat. It's a reminder to celebrate your uniqueness, trust your inner rhythm, and love yourself, flaws and all. Every rhythm is an act of self-love. Let the beat lead you back to yourself.

Whether you are a seasoned drummer or a complete beginner, this event is open to all who want to explore the power of music in deepening our connections with ourselves and others.

Catherine Campanaro is a trained Remo HealthRhythms® Facilitator. She also received drum circle facilitation training from Jim Donovan. Catherine has a passion for creating Sacred Space. She is also a Certified Celebrant and performs life event celebrations.

Investment \$40, members receive 15% off.

[CLICK for Schedule](#)

Saturday February 15th 3:00 pm

Note: February's Drum Circle will be held as a part of the

Sync Sampler Day Retreat

Kirkridge Retreat Center
at the Sync office, Bangor, PA



[CLICK to Register](#)

Monday February 24th 6:30 pm

Drumming Circle

The Zen Den, Jill's home studio
1911 Diamond Street Sellersville, PA



Drumming & Self Care

February is a wonderful time to combine self-care with the energizing practice of drumming. As the winter months can sometimes leave us feeling sluggish or disconnected, drumming offers a powerful way to reawaken your energy and center your mind. The repetitive patterns and vibrations of drumming help to reduce stress, improve focus, and promote a sense of grounding. Drumming in February is not just an act of creative expression, it's a deeply therapeutic way to care for your mental and emotional well-being, turning the winter chill into a time of vibrant self-discovery.

Catherine Campanaro will lead this drumming circle.
\$30 each — Djembe drums will be provided.

To register, please use Zelle (267-556-7038), Venmo (Jill-Suzanne-3), or send a check or cash beforehand.

[Facebook link](#)



PLEASE NOTE:
College Hill Moravian Church
Drum Circle will resume in April