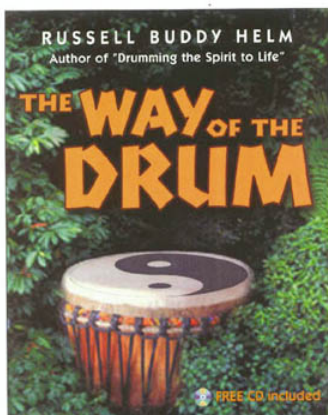
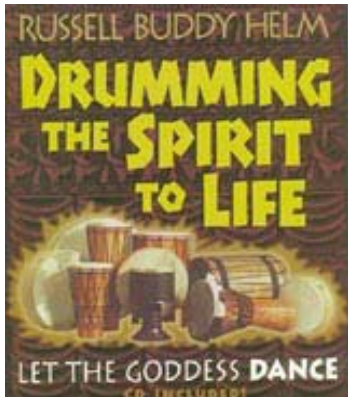


Grow with the Flow DRUMMING

RUSSELL BUDDY HELM

The power of the Groove can transform us. Creating Happiness, Health, Security and confidence regardless of musical talent. The Downbeat method is all-inclusive, enriching everyone willing to try. Learn to heal ourselves – reduce stress, high blood pressure, develop self esteem and anger management techniques, modify behavior and create a dynamic new belief system!



Secrets of the ancient grooves revealed in a supportive, easy-to-play style with no competition. Lots of Fun!
Some Djembes available for playing/purchase.

Russell Buddy Helm is classically trained since the age of eight. He has recorded, toured and played with many great musicians; Tim Buckley, Frank Zappa, Chuck Berry, Bo Diddley, the Allman Brothers, Bethlehem Asylum, Wolfman Jack, Baba Olatungi, Mike Bloomfield, Ray Manzarek(Doors), Big Joe Turner, Ron Howard, Billy Burnett, and many others. He wrote the Star Wars Comic strips for George Lucas, and was post production supervisor for Lorimar-Telepictures in Los Angeles. His videos and artwork have been in the National Festival of the Arts. **Helmtone Drum Protocols** is a unique form of drumming meditation that enhances the quality of life- releasing stress and trauma.

Rhythmically create the world we want.



Suwannee River Yoga

PO Box 45
16548 Spring Street
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32096

Thursday May 8, 2008
7 til 9 pm \$20

Group events or
One-on-one Helmtone drum therapy sessions
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