

Treat your staff to the experience of **DRUM FIRE™**. A unique form of “soulful fitness “ developed by Las Vegas fitness expert Dann Solomon; **Drum Fire** is an uplifting and invigorating experience that strengthens your core, your heart... and your soul!

Combining music and drumming on a stability ball, **Drum Fire** is an excellent tool for team building, motivating staff members, conflict resolution and allowing yourself to let go.

DRUM
Fire



*Drum Fire Founder
Dann Solomon*

“Drum Fire is
a form of
fitness
that creates

well being for all people and has no limitations. Good for the body, mind and soul, this is a freeing experience that allows individuals to reconnect with their inner being.”

Dann Solomon

DRUM
Fire

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DRUM
Fire

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Give your organization and staff a boost of energy and enthusiasm by booking Drum Fire for your next corporate or training event. A recent study found that programs like Drum Fire can help to reduce stress and employee turnover, be beneficial for individuals in fast paced, intense occupations, and provide a healthier work environment. Each Drum Fire program is designed based on the individual needs of our client. Programs are available for:

- **Team bonding/building**
- **Orientation**
- **Leadership Courses**
- **Management Training**
- **Company Motivation**
- **Stress Release**
- **Conflict management**
- **Employee wellness programs**

The Ultimate Teambuilding Event!!

DRUM FIRE WILL INSPIRE, MOTIVATE AND TRANSFORM YOUR TEAM!

Group drumming has been used for thousands of years to strengthen communities and individuals by awakening the energy, passion and drive to achieve goals and realize dreams with enthusiasm. Drum Fire is an interactive program of movement which has proven to be effective in the development of co-operation within the work environment; bringing people together physically, emotionally and mentally. Each person in the Drum Fire group has a role that is equally important, creating social harmony and the experience of being an integral part of the "whole".



Benefits of Conducting a Drum Fire Event

Conducting a Drum Fire session is a dynamic and unique way to illustrate teamwork through creating harmony. An excellent "hands on" workshop for team bonding and leadership events, Drum Fire:

- Promotes positive and open communication.
- Creates unity and team building through co-operation.
- Enhances leadership skills.
- Breaks down cultural, gender and age barriers .
- Reduces stress, fatigue and negative emotions.
- Improves productivity, creativity and motivation.



Call today for more information, and watch the Fire spread within your organization!