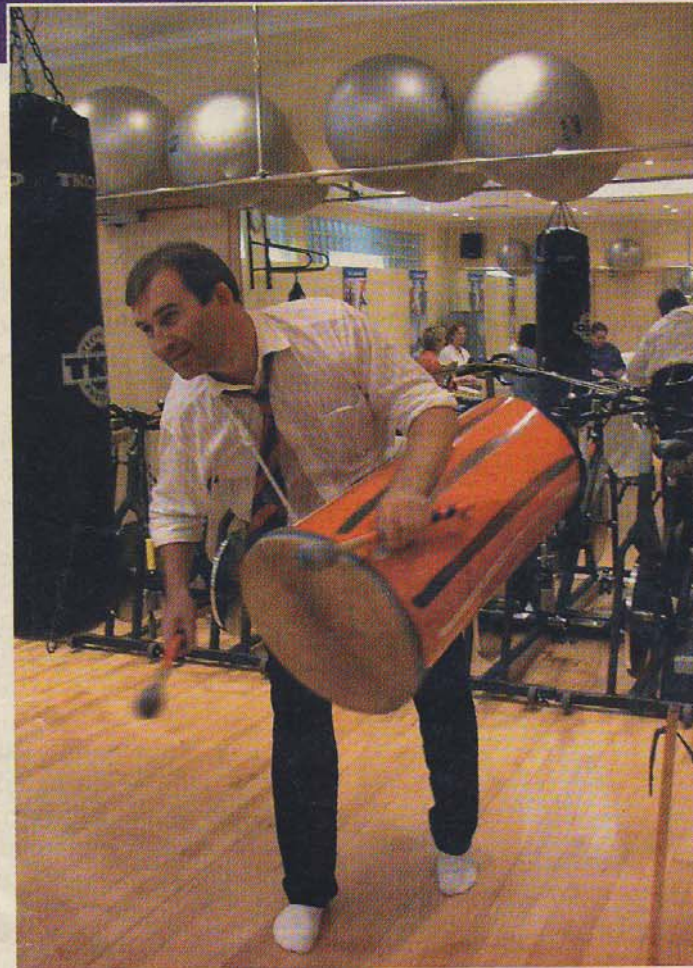


Drum all your troubles away



Bang it out ... lessons in beating stress

DRUMMING circles, one of the latest lifestyle activities to combine stress relief, fun and creativity, is now available at Le Meridien Mina Seyahi Beach Resort & Marina, Dubai.

The classes, held every Wednesday evening at 7.30 pm, last for 90 minutes; drums are provided, but participants can bring along their own drums or percussion instruments; or anything they want to bang!

According to the organiser, Julie Ann Rudge, this celebration of community through a rhythm-based drumming circle helps relieve stress and boosts the immune system.

It also synchronises the left and right hemispheres of the brain to stimulate an alpha brain wave cycle that permits deep relaxation – similar to that of meditation.

Rudge says: "One of the great advantages is that it is so stress-relieving. Drumming and creating a community rhythm-based event, together as a group, is a fun-filled activity that can involve everyone regardless of age, culture, experience or musical ability."

Classes are Dh25 for members and hotel guests, Dh35 for non-members.

For further information, call the hotel on +971-4-3993333.