



Interdisciplinary Society for Quantitative Research in Music and Medicine

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WORKSHOPS

AFRICAN DRUMMING FOR YOUR HEALTH

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This experiential workshop explores the auditory stimulation and ambulatory performance aesthetics caused by the transformative power of African drumming and movement for good health. The session is essentially divided into two parts: The first session provides the basic rhythmic structures of African drum rhythms from selected African regions where the participants create, recreate, and improvise rhythms based on given idioms. The second part introduces African dance elements where participants engage in ambulatory performance and learn to move to the African rhythms by improvising movements based on Afrocentric dance patterns based on lore and artistic idioms. [The author can be reached at dakombo@isqrm.com]