

"Group drumming is an exercise in utilizing our natural response to rhythm and music in an effort to achieve beneficial outcomes."

Mike Arturi began his professional drumming career at the age of thirteen. His musical experience includes performance, education and business.

Mike has drummed for over a dozen national and world acclaimed artists and is currently the drummer for Rock and Roll Hall of Fame inductees the Lovin' Spoonful, a position he has held since 1996. Additionally, he created and founded the Universal Music Center, a non-profit music school located in Red Wing, Minn. for which he is the Executive Director. Trained by master Drum Circle facilitator Arthur Hull, Mike is proudly bringing the joy and excitement of group drumming to Health, Community and Corporate populations.

www.universalmusiccenter.com



EMPOWERMENT THROUGH RHYTHM



Universal Music Center is a non-profit music school located in Red Wing, Minn., offering group drumming events to Health, Community and Corporate environments. Drum Circles are a fun and easy method for team building and strengthening community as well as providing numerous therapeutic health benefits.

Corporate



Universal Music Center delivers high-quality, interactive, rhythm-based corporate events to the site of your choice—indoors or out. Our drumming workshops are ideal for the opening and closing of conferences, corporate retreats, ice-breakers, corporate parties and team-building events.

Using the metaphor of the Drum Circle, our interactive and evidence-based corporate empowerment programs facilitate change in your company, introduce new initiatives, reduce employee burnout, increase retention, develop leadership skills, promote wellness and reward your team.

We tailor our programs to meet your corporate goals including stress-management, leadership development, corporate communication, and more.

We are available today to discuss how our interactive, exciting programs will benefit your organization.

Community



Everyone can drum, no previous experience needed!

Create a key component of life... *community!* Group drumming produces a collaborative, creative experience that has existed since the earliest civilizations gathered. Drumming, along with dancing and chanting for ceremony, celebration and healing, has been part of an ancient form of collaborative and individual expression passed down for generations and in recently documented studies, has shown to improve overall health and well being. Universal Music Center's group drumming programs are designed to create a musically accessible culture where musical expression is seen as a tool for personal development and fun!

Discover the joy of building community bonds through group drumming. Contact us today!

Health



Group drumming is an exercise in utilizing our natural response to rhythm and music to achieve beneficial outcomes. It is a non-competitive, inclusive activity that encourages individual creativity, breaks down social barriers, nurtures freedom of expression, exercises non-verbal communication and embodies unity and cooperation to promote physical or emotional healing.

Group drumming is a holistic, active process involving all aspects of physical, cognitive, emotional, and psychological functionality stimulating the body's natural physical and emotional healing processes. Group drumming as a wellness tool has been proven to decrease depression, anxiety, stress, boost immune system functionality and benefit physical health.

Group drumming can be utilized with pre-school children, at-risk youth, young adults and seniors. Anyone who values wellness and optimal health can benefit from the positive effects of participating in interactive music-making through group drumming. Contact us today to create a program specifically designed to deliver the healthy therapeutic benefits of group drumming to your population.

Get the drum rolling! Contact UMC today to schedule your event! Call 651-301-9223 or email info.umc@universalmusiccenter.com