

# **ENGAGE the RHYTHMS OF YOUR BRAIN** through the Rhythm of Percussion Shakers

Attend this all new Workshop on

## **“BALANCE, COORDINATION & MOBILITY”**

with Percussionist and Neuroscientist, Stephen Dolle

For a date and time, contact [www.DolleCommunications.com](http://www.DolleCommunications.com)

### **How does it work?**

As we age, or similarly after a brain injury or onset of neurological disease, we lose the “rhythmic precision” of the movements we had when we were young.

Using your body's auditory ability, you will learn to execute more precise movements like walking, stepping, and turning - to the cues of audible rhythm. Let your body do what it's designed to do: move in patterns. Jump-start your semi-autonomous nervous system. Free up your brain. Become smarter.

### **What does the workshop entail?**

Using egg shakers, Stephen will lead you through a one hour program of exercises that will help put your brain-body back on semi-autonomous movement. The shakers help connect you to your time-space continuum. The audible patterns cue coordinated movements. From shakers, you will learn to use your hands, fingers, and feet. You'll cue steps, turns, bending over, and reaching for things - actions you do every day, but may feel challenged.

These techniques are helpful for age and neurological deficit related balance, coordination, and walking difficulties. Walking is not necessarily required.

### **About Stephen Dolle:**

Stephen has 30 years of health care experience covering medical imaging, the neurosciences, epidemiology and clinical medicine, exercise and fitness, and mind-body medicine. He has authored hundreds of diagnostic procedures, papers for the Food & Drug Administration, for music therapy, worked up thousands of patients, consulted with families affected by neurological disorders, and pioneered a neurological exam for CNS shunt patients. He was CEO of Certified Nuclear Imaging from 1982-1992, and CEO of DiaCeph, Inc. from 1999-2002.

He is currently CEO of DOLLE COMMUNICATIONS, where he champions and consults on neuroscience initiatives. He has been a drum circle facilitator since 2006, and facilitates music, health, community, family, and corporate group drumming events.