

# LET'S GET ENERGIZED

SHAKE THINGS UP AT YOUR NEXT  
CONFERENCE, EVENT OR MEETING

*val shah* brings you

**DRUM™**



**AS HUMANS, WE ARE NOT DESIGNED TO  
SIT ALL DAY....**

**SO LET'S GET YOUR PARTICIPANTS UP  
AND MOVING!**



# ENERGIZERS

**BRINGING YOU AN  
UNFORGETTABLE  
EXPERIENCE**

**LIVE or Virtual**

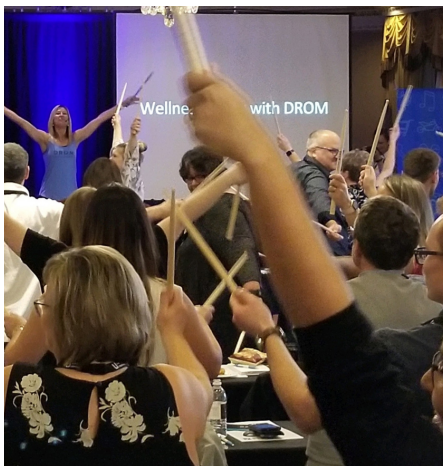
Break up your day or meeting  
with a unique, engaging & fun  
Energizer!

Val magically engages  
audiences and brings them  
into the present moment by....

- exercising body & brain
- finding calm
- engaging everyone
- exuding positivity
- flipping mindsets
- laughing & having FUN

**GET READY** to raise the roof  
with DROM....

**MUSIC, MOVEMENT, DRUMMING,  
RHYTHMS, BREATHING &  
MEDITATION**



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