

Orange County Drum Circle at the Temple of Light is presented by: Dolle Communications & Orange County Drum Circle Meetup.



[www.OrangeCountyDrumCircle.com](http://www.OrangeCountyDrumCircle.com)  
[www.DolleCommunications.com](http://www.DolleCommunications.com)  
(OCDC is also on Facebook.com)

2<sup>nd</sup> Friday of each month  
Starts Jan. 13, 2012  
Time: 7pm-8pm

**Cost:** \$10.00 via Meetup/PayPal or cash at door. Instruments provided, but you are encouraged to bring your own. No large, kit, or Taiko drums. No alcohol. Space ltd. to 75.

**RSVP:** OCDC on Meetup or Facebook

**The Temple of Light Spiritual Community** is a healing & spiritual center in central Orange County.  
23832 Rockfield Blvd. Ste. 195  
Lake Forest, CA 92630  
Telephone (949) 340-7408  
[www.liveyourradiance.org](http://www.liveyourradiance.org)

**Directions to the Temple:**

Take Lake Forest exit off 5 Freeway. Head East to Rockfield, Take Rt. 2nd Rt. at Lake Center Drive 1<sup>st</sup> Rt. into Driveway. Park in back lot. Enter thru double doors.

**For more information:**

Contact Stephen Dolle  
[www.DolleCommunications.com](http://www.DolleCommunications.com)  
[www.OrangeCountyDrumCircle.com](http://www.OrangeCountyDrumCircle.com)  
Telephone (949) 642-4592

**Stephen Dolle** is Organizer of the Orange County Drum Circle Meetup & Facebook groups, and a drum circle facilitator, neuroscientist, and speaker with Dolle Communications.

# Orange County Drum Circle at the Temple of Light

Come Play at the  
"Orange County Drum Circle  
at the  
Temple of Light"

2<sup>nd</sup> Friday of each Month  
Starts January 13, 2012  
Time: 7pm-8pm



The Orange County Drum Circle Meetup is holding a monthly facilitated drum circle in the sanctuary room of the Temple of Light. Each month we will feature a specific use of drumming, posted in advance on the OCDC Meetup & Facebook calendars. Check the events calendar for each month's featured topic.

Drum circles have been in use for thousands of years to gather intention, express oneself, and celebrate life. Today, they are used in team-building, health programs (cancer, stress relief, neuro disorders, fitness, aging, wt. loss, wellness), spirituality, community outreach, and in personal & social betterment.

**You will experience:** 1) Play in a facilitated modern drum circle. 2) Learn to play world percussion instruments. 3) Communicate & express yourself thru dance, movement, and rhythm. 4) Achieve a state of brain wave entrainment with other like-minded area drummers in a safe and guided group setting.

**Facilitated by Stephen Dolle** using a mix of his own and Arthur Hull drum circle facilitation methods. Instruments provided. But if you have a drum, please bring it. No kit, Taiko, or large drums.