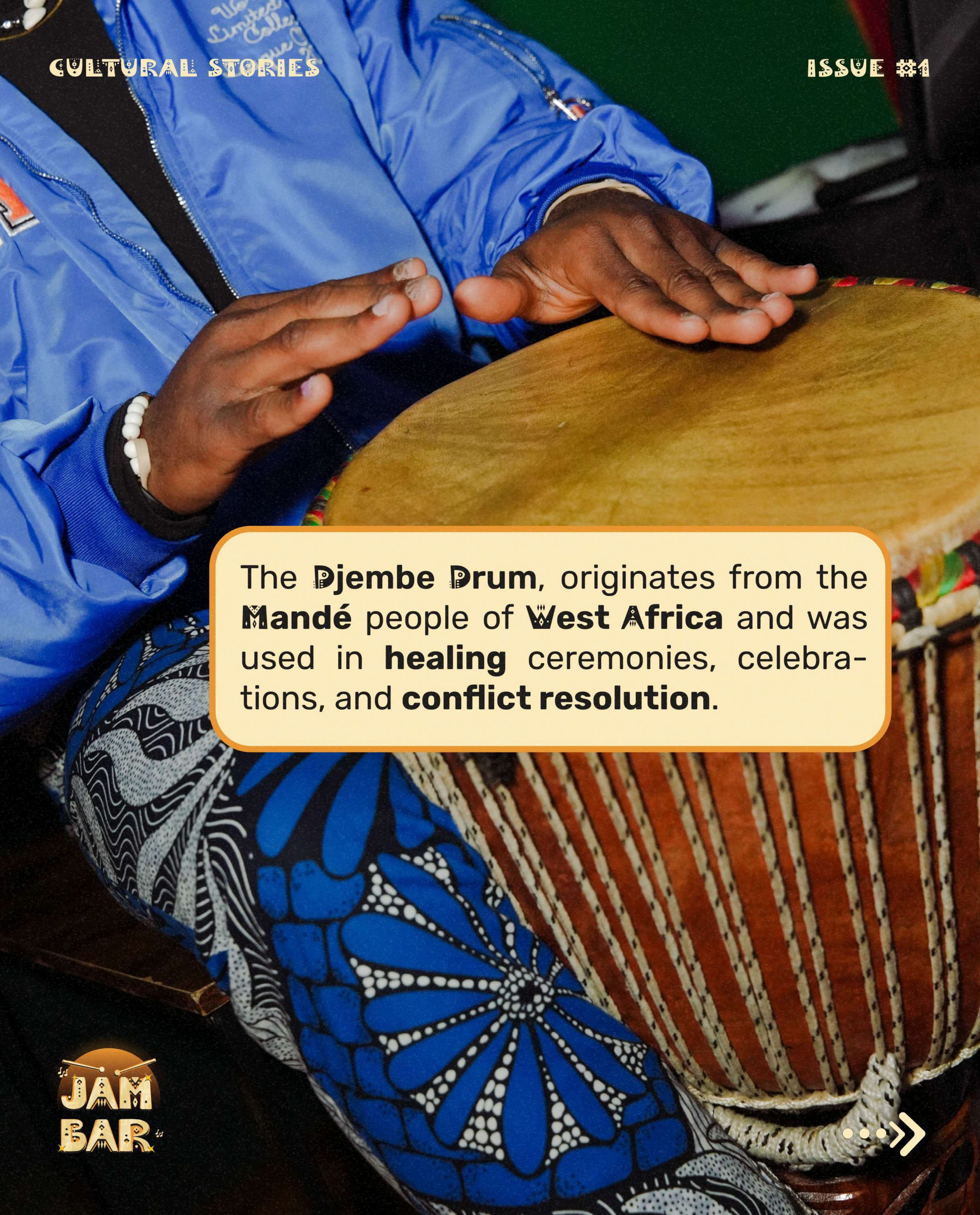


At Jam Bar, every beat has a story...

# JAMMING FUN FACTS



In many **African** cultures, **Drums**  
weren't just **Instruments**  
they were **Medicine....**

A close-up photograph of a person's hands playing a Djembe drum. The person is wearing a bright blue jacket and a white beaded bracelet on their left wrist. Their hands are positioned over the drumhead, which is made of light-colored wood. The drum's body is decorated with intricate patterns, including a large blue and white floral design and a red and white striped section. The background is dark and out of focus.

The **Djembe Drum**, originates from the **Mandé** people of **West Africa** and was used in **healing** ceremonies, celebrations, and **conflict resolution**.

So when we bring **Rhythm** to your **team** building – we're not just **Entertaining**. We're reawakening **Ancient wisdom** in a **Modern Workspace**.

Today, studies show that **group drumming** reduces **Stress**, boosts endorphins, and increases **Work-place Connection**.





@barofjams

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