



DRUM TEMPLE

RETURN TO THE PRIMORDIAL PULSE

How to Get Started Your First Steps with the Drum

*A gentle path into your first rhythms, your first
drum, and your first steps with us.*

Welcome, Rhythm Keeper 🥁

Wherever you are starting from, you are in the perfect place. Whether you've trained for years or are just feeling the call now, you are connected to the pulse that moves through us all.

No big deal, but you are returning to what humans have done to remember themselves for thousands of years. THAT'S the ancestral way.

So let's drum.

1. Finding Your Drum

You don't need to invest in anything yet, but when you're ready, ESTABLISH that relationship.

- No drum? Your lap, a table, your own chest — all valid starting points to start learning.
- Ready to begin? The West African djembe is the drum we use most as part of Drum Temple. We also engage with the frame drum (Turkish bendir) & shamanic drum.

The djembe originates from the Malinke Empire (Mali) and has since been carried throughout West Africa and beyond. While djembes are made elsewhere, we recommend sourcing from West Africa when you can, to honor where this instrument comes from.

Djembes

What to look for:

- A full-sized head (top skin) of at least 12 inches wide. 11 inches can work, but will feel small.
- A height of 22-26 inches off the ground, so your hands reach it

Frame Drums

What to look for:

- Smaller heads (11 inches) are fine, as long as they are at least 4 inches deep to get good bass.
- Larger frame drums produce deeper bass, if that's the tone you're after.

Where to look:

- This is the drum I often play — [Sala Muzik Deep Bendir](#)
- A slightly smaller drum that sounds just as great — [Sala Muzik Smaller Deep Bendir](#)
- Cooperman drums are the STANDARD, so if you want to go all in, check out what they have (and ask their team for support choosing yours) — [Cooperman Drums](#)

Just the Rhythms

Once you have something to play, Just the Rhythms is a gentle, self-paced way to learn 25 rhythms on djembe — your first tones, your first patterns, the lineage behind them, all at your own speed, guided by me, Katie, foundress of Drum Temple. Two levels, 5-12 minute lessons — it's there whenever you're ready.

drumtemple.us/just-the-rhythms

The Elemental Activations Series

A quick, low-cost way into the emotional energy of drumming. This 4-part mini-series of 10-minute activations — Air, Earth, Fire, and Water — uses breath, voice, and primal djembe drumming to move you through release and into expansion and peace. A beautiful daily practice for grounding, processing emotion, and connecting to your inner rhythm.

drumtemple.us/challenge-page/the-elemental-activations

1:1 Ceremonial Drum Lessons with Katie

Personalized ceremonial djembe, frame drum, or darbuka lessons — a one-on-one container for technique, emotional release, nervous system regulation, and ancestral connection through embodied musical practice. One-month (4 sessions) and two-month (8 sessions) packages available.

drumtemple.us/ceremonialdjembelessons

JOIN US IN PERSON

Right now, this retreat is the **only** in-person Drum Temple gathering open for registration — if the call is loud, this is the one to answer.

REGISTRATION OPEN NOW

Beyond the Great Mystery: A Samhain Shadow-Work & Insanity Retreat

A 3-day initiation and ceremonial immersion into the veil-thinning darkness of Samhain — meeting our shadows, dancing with our ancestors, and praying to the Earth through drum, song, and soul work. October 16-18, 2026 · Camp St. Augustine, St. Augustine, FL. Presented by Drum Temple & Hannah Joy. Limited to 30 women.

drumtemple.us — [Beyond the Great Mystery](#)

The Drum Temple Experience also travels to different cities around the world throughout the year — keep an eye on our page to see if one is coming to yours next.

Ritual Goddesses of Drum Temple, our semesterly women's ritual study & performance troupe, is closed for enrollment this season — but keep an eye out, as future seasons will open again.

More Ways to Get Involved

- Follow along — we share rhythms, ritual, and behind-the-scenes moments from circles and events.
- Just say hello — reply to this message anytime. We love hearing what brought you here.

Let's reconnect to the primordial pulse within, together.
— Katie, Foundress of Drum Temple

This message was written without AI because I want you to feel my HUMAN