

Bio Kjara Brecknell

Kjara has been drumming since she was 13 and playing in a Scottish Pipe Band. In 2002 she was re introduced to this passion through djembe drum circles in her local community of Salmon Arm British Columbia. As an Osteopath, Craniosacral Therapist and Equine Facilitated Learning Practitioner who specializes in Somatic Trauma Recovery, Kjara instantly recognized and researched the therapeutic values of community drum circles. So she began collecting drums in order to bring this valuable, healing resource to as many communities as she could. Kjara combines her love and knowledge of music, drumming and dance with her experience of educating and presenting to bring a special interactive experience of connection, celebration and learning.