

Communities in Schools (Upward Bound Program)

Participant Feedback

"This session was actually very amazingly helpful. I found myself almost getting emotional as to thinking about the things in my life and it helped me to release a lot of my stress. I am very thankful."

"I really liked it. I got a lot of anger out and it was really fun."

"It was a great experience. It relieved a lot of stress. You're a great teacher. The music released me. Thanks"

"I really liked the session. I think it's really fun and it gets everyone together. We all can enjoy it and don't have to worry about whether we have any musical talent or not! Thanks!"

"This was so much fun...VERY NEEDED after a rough few days. I am very thankful for this and the instructor's amazing personality... making so much fun possible."

"It was fun to just let go and play from my heart. I thoroughly enjoyed the experience. Thanks for allowing me to express myself through music."

"I really liked how we had the chance to channel all of our feelings with the music and not through words for once."

"It was so awesome! I think we should do it more because it really relieves stress and we have a ton of fun!"

"I thought this session was fun & relaxing. It let me focus on beats & rhythm instead of my life."

I liked today so much, it got me out of a certain comfort zone. I didn't expect it to be this fun but thanks for your time."

"Wonderful way to show different ways of relieving stress. I feel very calm after this session."

"I loved the session today! It was really fun and I let go of all my stress to the sound of the beat."

"I felt amazing because I relieved my stress. I loved the feeling and the beat of the drums."

"This session was fun and helped me forget about everything else."

"Tambo Rhythms was really fun and it helped me to get all of my stress out."

"Today was fun. I got rid of stuff I had in my head."

"This was very relaxing, gave me time to think."

"Wow! I really needed this. It's really amazing. I felt the music!"

"It was very fun and exciting! A new way to relieve stress!!!"

"It was a great workout, as well as a great aid to relieve my stress."

"It's a very different way to express yourself while relieving stress!"

"I really liked it. It was really fun and different."

"I really enjoyed just making music and relaxing."