



Chris Lavidas combines his passion for business and drumming in **Breaking Grounds in Drumming**, where he uses several techniques to teach students of all ages and experience the art of drumming.

Born in Arlington Heights, Illinois, Chris purchased his first drum set at age 15. He spent several years performing with the band Sigma before producing his first instructional video. In his business, Chris now offers lessons, drumming circles, Drums-N-Dreams Workshops, Drum Clinics, motivational seminars, and products including drum accessories and videos.

Chris earned his MBA, with a concentration in Management/Leadership, at Roosevelt University. He has won four individual awards for outstanding work and community service. An organization he founded was honored as the Outstanding Student Organization of the Year.

Four characteristics that best describe Chris are passion, willingness to learn, creativity, and dedication to his clients. His business goal is to open a chain of Lavidas Music Schools.



## Why Play Drums?

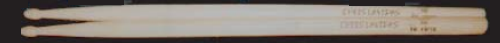
- Build self-confidence
- Meet new people
- Alleviate stress
- Build strength and coordination
- Make beautiful music
- Have fun!



To learn more about the drums or motivational seminars, contact Chris Lavidas at [chris@breakinggroundsindrumming.com](mailto:chris@breakinggroundsindrumming.com)  
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# Chris Lavidas Breaking Grounds in Drumming



*Lessons*



*Drumming Circles*

*Drums-N-Dreams  
Workshops*



*Drum Clinics*

*Motivational  
Seminars*

*Drum Accessories  
and Videos*



## Drum Lessons

Study technique development, control and balance, retention exercises, improvisation methods, sheet music, speed drills, stamina drills, rudiments and patterns, drum grooves, soloing skills, and much more. Customized individual and group lessons available.

*Our Mission: "Breaking Grounds in Drumming will provide an innovative mix of drum instruction and motivational inspiration to children and adults of all ages and abilities."*

## Drum Videos and Accessories

Learn drum concepts and watch demos of techniques. Beginner, Intermediate, Advanced Level and other videos available. Drum sticks, t-shirts, and other items may be ordered.

## Drumming Circles

Ready to clap, tap, stomp, and pound? All audience members participate in drumming activities that apply concepts including self-expression, dealing with change, and overcoming fear.

## Drum Clinics

Serious about learning to play the drums or proceeding to the next level? Part instruction and part concert, learn the history of drumming, warm-up exercises, styles of music, and styles of drum solos.

## Drum-N-Dreams Workshops

An innovative and motivational presentation, these workshops integrate life topics with drumming. Gain valuable insights, build character, and reduce stress while being entertained with a variety of drumming activities.

## Seminars

Schedule motivational seminars for your business or group. Topics include goal setting, change, leadership, team building, getting along with everyone, communication skills, and entrepreneurial thinking.