



Innovative, evidence based therapeutic drumming and percussion groups for health and wellbeing.

Beats 4 Life believe everyone should be able to access, participate, create, and enjoy music, which is why we ensure our programs are inclusive and celebrate diversity. Music programs provide the opportunity for participants to explore their inner musician and reach their unique potential.

We offer individual, group programs and community-based programs for all ages. Programs are run at our studio, in the community and through disability and aged care facilities.

Group Drumming

A physically active group-based activity where rhythm-based activities are used to energise, socialise, and have fun.

Music Club

An inclusive group-based activity for adults and children with disabilities, musical activities are used to ensure participants have fun, fully participate, express themselves and make friends.

These groups provide great informal opportunities for parents and caregivers to connect with each other, our groups actively encourage parents and caregivers to join in, providing a great opportunity for a shared experience.

Jeremy is a certified facilitator of Rhythm2Recovery therapeutic programs an approach that aims to develop human potential through rhythm and reflection with hands on experience with drums and percussion.

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