Walk of the drum

Simon Slieker is a DJ and Feldenkrais Practitioner from Melbourne, Australia. In 2013 he developed the Walk of the Drum workshops to harness and name the beneficial aspects of the dance floor experience.

In Walk of the Drum Simon blends DJ’ing, meditative concepts, and verbal instruction into a dynamic embodied experience.

The process uses constant movement and sound to engage body rhythms. The through-line is the call to be “present to and in acceptance of” and see what comes.

Being in movement takes us on a tour of body, mind and feeling and unlocks a sense of being in your own zone, or state of flow. An unencumbered way. And from there anything is possible...

As feeling beings, we have a constant undercurrent of emotion guiding us and driving us. Our subconscious too is feeding us feelings in response to it's processing of incoming information.

Ignoring or leaving our feeling states unacknowledged then, can have unintended results as we are moved to action, blindly.

Walk of the Drum is working with this idea, calling upon being present to, yet in acceptance of the various emotional and mental states that arise, whilst engaging in a journey over time with sound as the driver.

As a harmony of feeling and thinking comes about, so too does an experience of Zone states of being.

New research points to a very simple way that has been with us all along. It's just a difficult one for us, in the west to accept.

The more we ignore our feeling nature, the more at sea we really are.