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This just in  
By [Denver Post Staff and Wire Reports](#)

### **Drumming may help you hit peak rhythm**

Companies looking to help their employees get in the groove might want to consider getting them together to bang on drums. The Breckenridge-based Peak Rhythms provides the opportunity and a leader who can help them empower and unite people through rhythm.

"It's an excellent corporate training program," said founder Jon Crowder. "When an organization is creating music together, they're working together as a team, which is a very powerful thing."

Since its inception two years ago, more than 30 business groups have banged on Peak Rhythms' drums, including Wells Fargo and Copper Mountain resort.

To give interested companies a test run, Peak Rhythms hosted a free Group Empowerment Drumming Showcase on Thursday in Breckenridge. More than 100 people showed up.