

Explore the Mbira

The mbira is very special instrument in Zimbabwe. It is known as an instrument of healing. Mbira are made from strips of metal mounted on a gwariva, or wooden board, placed in an animal shell or hollow box inside a deze or a gourd. It is played with your thumbs and fingers. Shells, bottle caps, or other objects add a buzzing sound. There are many kinds of mbiras including special ones used in ceremonies and rituals.

