

# Workshop Stage Schedule ~ Saturday August 1<sup>st</sup> 2009

## YOGA

**8:45 – 9:45**

**Sequoia**

Find harmony within through conscious breathing, movement and sound, going beyond the physical body and connecting to your sacred self. Sequoia's relationship with yoga and sound healing began in her first visit to India 1991 and continues to journey there...Yoga is now an integral part of her daily life and continuous her journeys to India, now offering to other to join in. [www.feelingsoulgood.com](http://www.feelingsoulgood.com)

## PINE NEEDLE BASKETS

**10:00 – 11:00**

**Val Chiba**

Join local artist and presenter Val as she share tales of her people, the land and demonstrates the art of basket making.

## POI DANCE

**11:15 – 12:15 FEE: \$5**

**Julie Roberts**

Join Julie is a yoga instructor and has been performing in various dances forms and drumming...know for her poi passion! Julie will take you on a movement journey with her glow in the dark poi ~ learn basic skills of this art form with Julie. **Max participants 15**

## BELIZE ~ GARIFUNA DRUMS & RHYTHM

**12:30 - 1:30 FEE: \$5**

**Mark Welch**

Join Belizean, Garifuna artists, drum maker, performer Mark as takes us through a journey of the Garifuna drums & rhythms...vibrant, engaging, powerful rhythms & songs that tell tales his people's journey to the Caribbean. The messages delivered display the courage, strength, and synergy! Traditional hand-made Primero, Segundo drums carved from mahogany log, with tuning pegs inserted in the rope and nylon string across the top creates unique sound and vibration. **Garifuna Drums available for up 15 participants**

## RHYTHMIC ART

**1:45 -2:45**

**Angela Roy**

Celebrate your rhythmic self! Journey with Angela award winning Educator/performer for interactive voyage of sound...explore free style forms & polyrhythm fusion, blended with percussion & vocals! Angela tours schools, conferences & festivals across the country. Released the "Ana Kapatana" ~ Unity Child" CD July 2009. [www.expression.bc.ca](http://www.expression.bc.ca) **Drums/percussion available 30 participants**

## WOMEN HAKA

**3:00 –4:00 FEE: \$5**

**Mihirangi**

Women and young girls... sorry no men allowed (women are only allowed to teach the women). Learn the words, calls, actions, history, meaning and protocols of traditional Maori Haka. You will learn the feminine spiritual role, the power and essence that belongs to women, sisterhood and womens business... and the reasons why we need to practice this now. This workshop sets to empower women with the vitality, strength and sacredness of the traditional aspects of the "war dance". It will show you how to utilise the beautiful strength you have that will give you an empowering sense of equality. This is not about being masculine... it's the empowerment of it's opposite to bring some balance into our world.

## SONGWRITING

**4:15 – 5:15**

**Hunter & Gatherers**

Hosting a songwriting/arranging workshop. This will consist of an in depth analysis of our songs, as we discuss the process we take for songwriting and arranging instrumental/vocal parts. This will be accompanied by the performance of several sections of our songs. Participants and spectators may purchase CD's / T-shirts at the workshop.

## GRACEFUL FLAME PO

**5:30 – 6:30 FEE: donations**

**Urs**

All guests are welcome to attend an hour workshop on the basics of fire staff techniques. Attendees will learn the foundational moves and then start transitioning. Then we will work on coordinating the basic techniques with music. There will be 15-20 dowels provided for practice in the workshop. **Space is limited**

# Workshop Stage Schedule ~ Sunday August 2<sup>nd</sup> 2009

## HEALING SOUND

**8:45 – 9:45**

**Sequoia**

Join Sequoia for an educational and practical workshop on the healing powers of toning, mantras, and other sound tools that are used in healing. Sequoia's relationship with yoga and sound healing began in her first visit to India 1991 and continues to journey there...Yoga is now an integral part of her daily life and continuous her journeys to India, now offering to other to join in. [www.feelingsoulgood.com](http://www.feelingsoulgood.com)

## YOGA

**10:00 – 11:00**

**Bethy Bliss**

Bethy will guide you through a deep calm Yoga Flow...Enhance ~Realignment~ Balance ~Flow.

## KEEPING URBAN MUSIC ORGANIC

**11:15 – 12:15**

**Speech of Arrested Development**

Teacher, preacher and musician of 17 years, Speech, of Arrested Development brings his colourful views on life, lyrics and the history of urban music to this workshop on the power of the spoken word. Discussing it's importance to the history of hip hop and urban music scenes. Speech will share some tips and lessons learned from his journeys throughout the urban music landscape, drawing on his experience in creating what he affectionately terms "life music".

## SOMBA TRIBE

**12:30 - 1:30 FEE: \$5**

**Yonisha & Bob**

Join founders & performers of the Somba Tribe Yonisha & Bob...Take a journey to Brazil! Experience the different styles of Brazilian rhythms and dance, which emerged from the beautiful fusion of the European musical influence, the African percussion, the Brazilian aboriginal tunes and melodies. Brazilian music and dance is characterized by its repetitive style and fast pace, where celebration and happiness is contagious and infectious! Yonisha is a Brazilian musician, dancer and performer, instructor of Brazilian percussion and different styles of dance, events organizer, graphic designer and writer. She is also a former Carnival parade sambista in Rio de Janeiro, who has performed and taught internationally! Along with her partner Robert Rohloff, she is also the creator and leader of the Brazilian Batucada group SAMBA TRIBE in Kelowna. **Max Participants: 25**

## FREE STYLE HIGH ENERGY DANCE

**1:45 – 2:45**

**Eshe of Arrested Development**

If Speech works to create 'Life music', Montsho-Eshe dance choreographer for Arrested Development works for 'Life Dance'. Literally. Eshe teaches, trains and runs her own dance company called Life Dance out of Atlanta, Georgia. Combining her passion for community and music, following in her dancer mother's steps; Eshe uses dance to develop the spirit, move audiences world-wide, and will be shaking up the Komasket festival grounds with this FreeStyle Dance introduction.

## MAORI ACTION SONG

**3:00 –4:00 FEE: \$5**

**Mihirangi**

A whole family. Learn the song, words, calls, actions, harmonies, history, meaning and protocols of a traditional Maori Waiata-a-ringā (Action Song). You will learn the spiritual role, the power and essence, the vitality, strength and sacredness of the traditional aspects of the Waiata-a-ringā. Mihirangi will take you on a cultural tour of the significance and spirituality of Maori songs and dances with lots of fun and laughter for the whole family.

## BELLY DANCE

**4:15 – 5:15 FEE: \$10**

**Taiya**

Gentle, fun, for all ages, shapes and sizes! Taiya performed/taught around the globe from Australia to India! Blending Middle Eastern style with creative movement! Chakra dance integrate body, mind and spirit. Taiya present captivate you! **Max participants: 20**

## INTENSE DRUMMING SKILLS/PERFORMANCE COACHING

**5:30 – 6:30 FEE: \$10**

**Melissa Meretsky**

WASSABI Collective front woman has been studying Cuban percussion and touring Canada's music scene as a powerful female percussionist pushing boundaries and getting people grooving for over a decade. Also acclaimed painter Melissa is a woman who has dedicated her life to the arts and enriches the BC music scene with her passion and talent. Learn some incredible drumming skills with a performance coaching quality that will enhance all your musical journey!!