



WORKSHOPS ~SATURDAY JULY 31, 2010
NEW! Workshop Registration Sign up at the workshop tent.

- 9:00 to 10:00** ~ **Partner Yoga** **Dawn & Julie**
Fee: Donation **Max Participants:** open
Partner Yoga, unites two energies to flow as one during practice... discovering newness together. Dawn & Julie are both Registered Yoga Teachers, who also massage and love all things creating a happier body, mind & spirit.
- 10:00 to 11:00** ~ **Zumba Fitness** **Rachelle Whiteman**
Fee: Free **Max Participants:** open
Zumba Fitness is a Latin dance, aerobics workout that feels more like dancing at a club then doing aerobics at the gym. Zumba fuses Latin, Indian and African beats into pulsing songs that will keep you moving through the class. With thousands of participants around the world the Zumba craze is quickly becoming one of the most well-known fitness classes around the world! Join me for a breakdown of simple steps like you would never get anywhere else! "Ditch the workout, Join the Party!"
- 11:15 to 12:15** ~ **Hoop Fairy** **Pam Mc Donald**
Fee: \$5.00 **Max Participants:** 20
Pam discovered hoop dance at a festival in Tennessee...this whimsical toy is a beautiful performance art that is joyful & engages the sprit & body. She performs at various festivals teaching workshops with her custom made hoops! Join The Hoop Fairy and learn basic hooping techniques and moves such as the weave, the bow, the vortex... Hoops provided. Custom Hoops on hand for purchase.
- 12:30 to 1:30** ~ **Garifuna Drum Making Demo & drumming** **Mark Welch**
Fee: 10\$ **Max participants:** open (20 drums)
Mark Welch, Belizean artists, rooted in the Garifuna, Creole Culture had been performing and making Primero, and Segunda drums for over a decade. Join Mark as host a drum making demonstrations, he builds the drum, story unfolds! Then bring the traditional ceremonial Garifuna drum alive as he guides you through the basic hand techniques that manifest rhythms! Learn & play "Niabingi" rhythms of the elders to the high-energy beats of the "Punta"! Bring in the dancers of free form whom evoke a high-energy response from the drummers! Experience these amazing drums all hand made by Mark. Visit Mark at the Art from the Heart Vendor, sign up to make your own. Drum on hand for purchase. www.mccaribbeandrums.com
- 1:45 to 2:45** ~ **Rhythmic Art ~ World rhythms & songs** **Angela Roy**
Fee: Donation **Max participants:** open (20 drums)
Award winning Artist-Educator, Angela shares her passion of world rhythms & song since the birth of Komasket! Join her on a sound voyage, where all people and drums unite! Chants and beats that promote peace & unity! Learn polyrhythm combos and explore free style forms, space for dancers and drummers to celebrate! A variety drums and percussion provided! Through out the year Angela tours across western Canada for artist in residency in schools, conventions & retreats events. Recorded/released Ana Kupatana ~ Unity Child CD. This year, find her in vendor alley with Art from the Heart drum making & drum booth! CD'S on hand for purchase. www.expression.bc.ca
- 3:00 to 4:00** ~ **Cuban Percussion** **Myles Bigelow**
Fee: Free **Max participants:**
Myles returns to the Okanagan as a world-class percussionist, from Boston to Cuba, New York to Vancouver. Myles is bringing his knowledge bang up to the 21st century, fusing his understanding, as a percussionist /producer /vocalist...mixing Latin House, Tech House, HipHop, B'More, Soul and African music. Join this riddim-keeper for a percussion experience as share his magic on both skins and bass bins. Myles has developed a sound that represents the knowledge of tradition with a vision of tomorrow
- 4:15 to 5:15** ~ **Rhythm and Ritual** **Maria in the Shower**
Fee: Free **Max participants:** 30
A Voodoo Hour, a place where all music come to play! Members of Maria in the Shower are your guides as we weave the history of music through Myth and Ritual. Hailing from deep inside the creative beating heart of East Vancouver, the boys of Maria deliver true folk songs, rooted in the rich soil and realized through hard work, joy, and love of storytelling. Always fun, always captivating. If Tim Burton could have his way with "O Brother, Where Art Thou?" you would taste something like the fabulous delights of Maria in the Shower. Join this one-hour delight and learn to play one of the world's oldest instruments. CD'S/Rhythm Bones on hand for purchase.
- 6:00 to 7:00** ~ **Capoeira** **Ache Brazil**
Fee: Free **Max Participants:** Open
"Aché (axé, asé) is the magic force that moves all things in the universe according to the African religions in Brazil. It exists in all realms of nature and can be transmitted through specific rituals, as Brazilians, are related one way or another with Afro-Brazilian rituals. Capoeira is an art form, which combines dance, music, and acrobatics with martial arts. Known as the secret dance of Brazil, capoeira is an astonishing display of acrobatics, breath-taking kicks and self-defense tactics performed to the music of the Berimbau and drums. Originating in the Northeast of Brazil (about 400 years ago), by slaves from the African

WORKSHOPS ~ SUNDAY AUGUST 1st 2010
NEW! Workshop Registration Sign up at the workshop tent.

9:00 to 10:00 ~ **Flow Yoga** **Bethy Bliss**

Fee: Donation

Max Participants: open

Elizabeth Martin has been teaching morning yoga classes at Komasket for several years now. This is definitely her biggest yoga venue! She encourages all festival goers to come out to breathe deep and stretch regardless of flexibility. Elizabeth is a Registered Yoga Teacher and will lead you through a flowing class of basic yoga postures to wake your body up for a beautiful day at Komasket.

10:00 to 11:00 ~ **Poi Workshop** **Mystress Fyre ~ Belva**

Fee: 10.00\$

Max Participants: 20

Mystress Fyre has been spinning poi and teaching for over ten years throughout Western America. She has performed all over. From the Komasket Festival all the way to Aruba, Belva has been sharing her fire with everyone who crosses her path~! Her unique and funny style keeps audiences laughing and on their toes! Poi on hand for purchase

11:15 to 12:15 ~ **Classical Indian Dance Bharatanatyam** **Melanie & Jenny Rae**

Fee: Free

Max Participants: open

Join Melanie and Jenny and experience a masala of Indian dance...from classical to flowing belly dance shakes through playful bollywood notions! Dance moves for men, women...good times all around! Dance is a long time love for Melanie...over a decade ago she embarked on a colorful journey of the Indian culture, studying classical Indian dance (Bharatanatyam) in Canada & India! Jenny moves from the heart through her passion movement. She has studied yoga and authentic movement for over a decade. In the past few years, she has flowed into tribal belly dance and classical Indian, performing with Devi Dasi. Together Melanie and Jenny will guide you through the celebrations of the colors of dance.

12:30 to 1:30 ~ **History of the Okanagan First Nations** **Victor Antione**

Fee:

Max Participants: open

Learn from an Okanagan Indian Band Elder the history of Komasket Park and its inhabitants. Victor's 12 year old granddaughter will also be taking part in the presentation.

1:45 to 2:45 ~ **Dance, Move, Explore!** **Robin Irwin**

Fee:

Max Participants: open

Use vocal sounds, breath, movement, imagination and sensory awareness to ignite an inner journey of creative exploration. Create a context and container to explore our natural fluid potential and access deep inner nourishment and earth connection. Robyn is most recently inspired by Craniosacral biodynamics, Continuum Movement, Soul Motion Dance, and Nature.

3:00 to 4:00 ~ **Bikutsi Cameroon African Dance** **Jackie Essombe**

Fee: 10.00\$ adult 5.00\$ 10-15years

Max participants: open

Originally from Cameroon, Jacky Essombe grew up in Paris and now lives in Vancouver. She has toured in Canada, the United States and Europe with major recording artists, appeared on television and radio in Canada and France. As a dance instructor, she gives more than just a dance lesson!

If you can breathe, you can dance! She offers the experience of openness to the self through movement, a true cultural experience. Over the last five years, Jacky has been presenting the African Healing Dance Workshop for Women the increasingly popular Afro'Robics! Jackie shares the beauty of dance of life; of Africa in all she does...she guides and inspires all people to connect with Africa. Her message: You belong this is your culture too! I invite you to open your heart and feel Africa..."

4:15 to 5:15 ~ **African Drumming** **Daren James**

Fee:

Max participants:

Darren James born in Ontario Canada now from Vernon BC specializing in African drumming /middle eastern and Afro Cuban/will be facilitating a progressive African drum workshop in the spirit of his drum teacher, The late Babatundi Allitungi, African master and drum guru, who introduced the Gun go do gun pa method into the America's in the 1950's . Darren also incorporates a call and response group singing to add to a very special and interactive workshop.

5:30 to 6:30 ~ **Spoken Word for Youth** **Kia Kadiri**

Fee: Free

Max participants: open

In the last 5 years, Kia Kadiri has become a West Coast phenomenon. Drawing on hip hop, jazz, funk and soul to create a sound that is truly universal. She released her debut full length recording "Feel This", on Maximum/Universal. She has emerged as a stand out artist in Canada's urban artists scene. Born to a Nigerian father and Irish mother in Liverpool, UK, moved to BC and got involved in musical theatre and youth outreach programs in Victoria. This workshop is for Youth; in the last decade, hip hop has emerged as the worldwide voice of a new generation and a mode of artistic expression that knows no bounds. Kia will take you there, release your vocal arts, make a statement...her artistic depth, vocal skills; dynamic presence will inspire you and empower you!