

Friday 12th July

Therapy Zone well-being sessions

Venue	Early morning	Evening
1	Tai Chi with Marion McLeod (8.45am – 9.45am)	
2	Warm up Yoga with Gemma Smith (7.30am-8.45am). Please bring a mat	Cool down Pilates with Gabriela Vinas (5.45pm-6.45pm). Please bring a mat

Music, Dance, Song, Percussion & Spoken Word sessions

Venue/ Time	9.45-11.15	11.30-13.00	14.15-15.45	16.00-17.30
1	Djembe (Int) Iya Sako	Ghanaian Xylophone Ben Lawrence	Djembe (Int) Iya Sako	Zimbabwean Voice Bruce Ncube
2	Sound Bath & Gongs Bear Love 8.45am start	Colombian Voice Camilo Menjura	Kora (Beg/Imp) Modou N'Diaye	Didgeridoo (Beg) Joe Caudwell
2a (KIWI)		How does our music affect our community? Paul Weston	Improving your mental health with CBT Sarah Jones	First Nations Teachings of the Sacred Drum Kevin Mortimer
3	Greek/Balkan Dance Birgitta Campbell	Bhangra Dance Jaya Dance	Afro-Brazilian Dance Mariana Pinho	Cuban Salsa Dance Jose Ferrera
4	Children's African Dance Libby Farrow	Ivorian Dance Louis Pierre Yonsian	Egyptian Dance Michelle Pender	Ivorian Dance Louis Pierre Yonsian
5	Djembe (Int) Jamie Riley	Cuban Percussion Jose Ferrera	Djembe (Int) Hans Sutton	Afro-Brazilian Perc'n Jon Hardeman
6	Samba-Reggae Jon Hardeman	Sabar (Int/Adv) Modou Diouf	Afro-Brazilian Perc'n Simone Sou	Sabar (Beg/Imp) Modou Diouf
7	Arabic Rhythms Intro Chas Whittaker	World Cowbell Gary Leach	Tabla Andrew Poonian	Sabar (Adv) Mohamed Gueye
8	Native American Flute Cliff Knight	Kashaka/Cas Cas Jon Sterckx	Ukulele Michael Davidson	Balafon Andy Garvey
9	Dundun (Adv) Hans Sutton	Djembe (Beg/Imp) Nigel Sadler	Djembe (Adv) Sidiki Dembele	Djembe (Beg/Imp) Nigel Sadler
10 (AAA)	Junk Percussion – Making & playing Duda Moleque		Diddle Bow – Making & playing Annie Cuatro	

(KIWI) – Knowledge, Innovation, Wisdom, Insight, (AAA) – Access All Ages

Saturday 13th July

Therapy Zone well-being sessions

Venue	Early morning	Evening
1	Tai Chi with Marion McLeod (8.45am – 9.45am)	
2	Warm up Yoga with Gemma Smith (7.30am-8.45am). Please bring a mat	Cool down Pilates with Gabriela Vinas (5.45pm-6.45pm). Please bring a mat

Music, Dance, Song, Percussion & Spoken Word sessions

Venue/ Time	9.45-11.15	11.30-13.00	14.15-15.45	16.00-17.30
1	Djembe (Int) Iya Sako	Ghanaian Xylophone Ben Lawrence	Djembe (Int) Sidiki Dembele	Zimbabwean Voice Bruce Ncube
2	Sound Bath & Gongs Bear Love 8.45am start	Kora (Beg/Imp) Modou N'Diaye	Colombian Voice Camilo Menjura	Didgeridoo (Beg/Int) Joe Caudwell
2a (KIWI)			Astrology talk - Ikka	Grief & Loss (how to help family and friends) Sarah Jones
3	Greek/Balkan Dance Birgitta Campbell	Bhangra Dance Jaya Dance	Afro-Brazilian Dance Mariana Pinho	Cuban Salsa Dance Jose Ferrera
4	Children's African Dance Libby Farrow	Guinean Dance Fatou Sallah	Turkish Dance Michelle Pender	Ivorian Dance Louis Pierre Yonsian
5	Djembe (Adv) Sidiki Dembele	Cuban Percussion Jose Ferrera	Djembe (Adv) Hans Sutton	Djembe (MC) Hans Sutton
6	Samba-Reggae Jon Hardeman	Sabar (Int/Adv) Modou Diouf	Afro-Brazilian Perc'n Simone Sou	Sabar (Beg/Imp) Modou Diouf
7	Odd-metered Rhythms Chas Whittaker	Brazilian Percussion Simone Sou	Tabla Andrew Poonian	Tama (Talking Drum) Mohamed Gueye
8	Ukulele Michael Davidson	Balafon Andy Garvey	Beats Exotique (Book Q&A) Gary Leach	Hang & Udu Barry Mason
9	Dundun (Lower Int) John Tullo	Dundun (Beg) John Tullo	Djembe (Int) Iya Sako	Djembe (Beg/Imp) Jamie Riley
10 (AAA)	Diddley Bow – Making & playing Annie Cuatro		Creating/making carnival flags, hats and décor for Sunday's Samba Parade	

(KIWI) – Knowledge, Innovation, Wisdom, Insight, (AAA) – Access All Ages

Sunday 14th July

Therapy Zone well-being sessions

Venue	Early morning	Evening
1	Tai Chi with Marion McLeod (8.45am – 9.45am)	
2	Warm up Yoga with Gemma Smith (7.30am-8.45am). Please bring a mat	Cool down Pilates with Gabriela Vinas (5.45pm-6.45pm). Please bring a mat

Music, Dance, Song, Percussion & Spoken Word sessions

Venue/ Time	9.45-11.15	11.30-13.00	14.15-15.45	16.00-17.30
1	Djembe (Int) Sidiki Dembele	Ghanaian Drumming Kakatsitsi	Djembe (Int) Iya Sako	Ghanaian Xylophone Ben Lawrence
2	Sound Bath & Gongs Bear Love 8.45am start	Didgeridoo (Adv) Joe Caudwell	Kora (Int/Adv) Modou N'Diaye	Colombian Voice Camilo Menjura
2a (KIWI)		JIDDY VARDY - Book- signing and author talk Ruth Estevez	Driftwood Ocarina and the Flute - The Journey Joe Caudwell	
3	Cuban Salsa Dance Jose Ferrera	Gumboot Dance Bruce Ncube Bring Wellies	Ghanaian Dance Kakatsitsi	Afro-Brazilian Dance Mariana Pinho * See note below
4	Bwiti Ceremonial Singing David Mbilou	Guinean Dance Fatou Sallah	Egyptian (Drum Solo) Dance Michelle Pender	Guinean Dance Fatou Sallah
5	Djembe (Adv) Iya Sako	Cuban Percussion Jose Ferrera	Djembe (Adv) Hans Sutton	Djembe (MC) Sidiki Dembele
6	Samba-Reggae Jon Hardeman	Sabar (Int/Adv) Modou Diouf	Sabar (Beg/Imp) Modou Diouf	Afro-Brazilian Perc'n Simone Sou * See note below
7	Egyptian Drum Solo Chas Whittaker	World Cowbell Gary Leach	Kashaka/Cas Cas Jon Sterckx	Tama (Talking Drum) Mohamed Gueye
8	Native American Flute Cliff Knight	Children's African Dance Libby Farrow	Balafon Andy Garvey	Hang & Udu Barry Mason
9	Djembe (Int) Hans Sutton	Djembe (Beg/Imp) Jamie Riley	Dundun (Int/Adv) John Tullo	Djembe (Beg/Imp) Nigel Sadler
10 (AAA)	Junk Percussion – Making & playing Duda Moleque		Creating/making carnival flags, hats and décor for the Samba Parade	

(KIWI) – Knowledge, Innovation, Wisdom, Insight, (AAA) – Access All Ages

* Workshops will start at 4.30pm and lead into the Samba Parade (starts at 5.30pm)