

EARLY CAMPING & SET-UP: For those wishing to set up and/or begin camping prior to the festival, Early Camping begins on **Friday, April 14 at 12pm**. BYO Tent and RV Camping (no hook ups) is included in the price of a weekend ticket.

Oak Grove Rhythm Retreat 2023 (4/14-4/16)		
<i>Friday</i>		
4:00	Registration	
6:00	Dinner Hour	
7:00	Fire Safety	
7:30	Low-Impact Dance	Fire Spinning
9:00	Welcome & Opening Circle OneTribe & Fire Spinning Performance	
10:30	Drum Jam by the firepit	
<i>Saturday</i>		
8:30	Plant Walk	Yoga nidra w/live music by Lipbone
9:00	Drum Maintenance (1:45 min)	
9:30		Flute Circle (at 9:30am)
11:00	Low-Impact Dance	Tai Chi and Qigong
12:30	Lunch Hour	
1:30	Djembe Class	Hoop Skills For All Levels
3:00	Dunun Class	Plant Walk or Talking/Sharing Circle
5:00	Alt Percussion Jam	Fire Spinning
6:00	Dinner Hour	
7:00	Fire Safety class (30 min)	
8:00	Lipbone (drums and voices)	
10:00	All Camp Drum & Fire Jam by the firepit	
<i>Sunday</i>		
8:30	Plant Walk	
10:00	Tai Chi and Qigong	Putting It All Together: Dance, Drum & Flow Jam!
11:30	Morning Dance with Lipbone	
1:00	Closing Circle & Group Photo	

Workshop Descriptions

Fire Safety for Fire Dancers - Come and learn the basics of the element of fire with Carolyn “Caroleeena” Mabry. This class will also cover how to interact with fire safely, how to Safety for another person, how to fuel a fire prop and how to extinguish a fire prop and/or a person. This class is important for all people, not just fire dancers.

Fire Spinning Workshop* - This class is for both beginner and experienced flow artists who want to experience fire dancing or try a new prop under the guidance of a mentor. If you have fire props, bring them. If you don't, there will be a variety you can use for the class.

*REQUIREMENT: Must have taken one of the two Safety classes.

Low-impact West African Dance – Learn dance moves to some of our favorite West African Rhythms! We’ll break down each step so they are easy to learn. Follow along as Lorrie and Melissa lead dances to live drumming.

Plant Walk with Craig Richardson - Participants will be introduced to spring plant and fungi species native to NC. He will share some of the edible and medicinal uses, handiwork applications and folklore surrounding these species.

Yoga nidra with live music – Lipbone Redding has been an active member of the yoga community, since 2003, performing for classes and offering concerts at healing arts centers around the world. In 2017 he began offering immersive experiences focused on breath, music and meditation.

Drum Maintenance & Drum Building – Tony “drumsticktony” demonstrates the process of reheading a djembe and tuning rope-tuned djembes/ashikos. Learn how to tie cradle-loops, which are the top rope loops around a djembe and tune your own drum. Mike and Ken assist, giving participants over thirty years of combined experience in drum building.

Flute Circle: All levels welcome, loaner flutes available - Bring your flute or borrow ours. Melissa and Becca give an overview of the Native American Flute and show basic playing techniques followed by games to get you playing.

Tai Chi and Qigong with David Orovitz - This weekend workshop will provide an experiential introduction to Tai Chi and Qigong. Topics to be covered will be breathing, standing, and movement techniques. The internal arts principles of Tai Chi will also be explained and practiced. Come relax, have fun and be a Tai Chi player. Best to wear loose fitting clothing.

Djembe with Ronnie Pulley: All levels welcome, loaner drums available - Traditional style West African Djembe class offering basic handing, rudiments for sound refinement, and learning a West African rhythm arrangement. A great lesson to get the feel of West African drumming and culture!

Hoop Skills For All Levels - This class will be built around the folks who come. Caroleena will bring a wide variety of sizes of hoops. Class will include on-body moves, off-body moves, tosses, balances, games and more. Come play! No experience required.

Dunun with Mike Long: All levels welcome, loaner drums available - Traditional style Dunun class. Learn techniques to play traditional style dununs. Class will cover several traditional West African rhythms.

Talking/Sharing Circle with Ryan Haymore - Our ancestors have gathered around fires in a circle for centuries. We can use this technique to gather in circle as a community to connect with one another. We will draw on the Native American tradition of using a talking piece which grants the holder sole permission to speak in a talking circle. There everyone has an equal opportunity to share. Our talking circle will focus on the theme of community. All are welcome to come and participate in circle and speaking is not a requirement but an invitation. We will allow 1 hour for this activity.

Alt Percussion Jam – Learn about a variety of percussion instruments with Brian & Ken and create your own groove!

Putting It All Together: Dance, Drum & Flow Jam! - Use your new skills and raise the vibration even higher with our last jam together.

Morning Dance with Lipbone - You might call this “Yoga Square-dancing” and it’s the best way to cap off the weekend with some high-energy fun.

Instructor Bios with Links

Carolyn Mabry Flow Arts Teacher & Performer

Caroleena is a hooper, fire dancer and flow arts teacher from Raleigh, NC. She has been teaching since 2005.

<https://www.facebook.com/CaroleenasCirclesOfJoy>

Craig Richardson Plant Walks

Camper, hiker, animist, bodhrán drummer, waterfall, weed-eater, rewilding human and student of life.

Craig describes himself as a camper, hiker, animist, bodhrán drummer, mushroomer, waterfall chaser, weed-eater, rewilding human and student of life. He loves sharing information concerning the edible and medicinal value of plants and fungi native to NC."

<https://www.instagram.com/practical.animist/>

Lipbone Redding (Drums & Voices) performance, Yoga nidra with live music, Morning Dance with Lipbone!

Lipbone is a one-man orchestra who turns story into song. Lipbone tells his life-story through his unique music. Vocals, guitar and...other stuff, Lipbone has a style that adheres to no style at all. When not on the road making music and friends, Lipbone is artist-in-residence at Oak Grove Retreat in Tarboro, NC.

www.Lipbone.com

www.Instagram.com/lipbone

www.facebook.com/lipbonereddingmusicmaker

Rebecca Hill, Flute Circle

Fellow traveler Becca co-facilitated the flute circle at Profound Sound in Fall 2022.

David Orovitz Tai Chi and Qigong Teacher

David has practiced various Meditative Arts for 50 years, including Yoga, Qigong, Tai Chi, and Meditation. He started meditating when he was 18 years old, learning from teachers and monks from India. His Tai Chi and Qigong training began in his 30's; he took classes in California and then locally in the Triangle when he moved to NC in 1991. David retired at age 62 in 2016; he was the Director of Social Work at a large NC state psychiatric hospital. He currently teaches Tai Chi and Qigong to veterans through the Durham Veterans Medical Center. He also teaches individual lessons in Durham NC.

<https://tinyurl.com/davidorovitz>

Ronnie Pulley Djembe Workshop

Over the past 20 years Ronnie has been an avid student and teacher of West African Music, drum circle facilitation, and provider of therapeutic drumming and wellness programs for various populations. He is the founder and director of Triangle Drumming & Wellness, has trained with several Master Djembefolas, and is a certified Tam Tam Mandingue (TTM) instructor.

<https://triangledrumming.com/>

<https://www.facebook.com/triangledrum/>

Mike Long, Dunun Workshop

Mike considers himself a student of the Djembe and has had the privilege of learning from West African master teachers including Bolokada Conde, Fode Camara, Aly Camara, Mohamed DaCosta and Amo Damas, as well as Forrest Matthews, Beverly Botsford, Ronnie Pulley and Robin "Bountourabi" Leftwich. He is a Certified Associate Instructor having graduated from the Tam Tam Mandingue School under the tutelage of Bill Scheidt of TTM Winston-Salem in 2015.

He thoroughly enjoys teaching and helping folks with their specific goals along their rhythmic journey. Mike founded “Homestead Drumming” in 2017 and is dedicated to educating students on West African rhythms by providing individual and group lessons and workshops, and encouraging community involvement.

<https://homsteaddrumming.com/>

Ryan Haymore, Talking/Sharing Circle

Facilitator Ryan Haymore has 24 years of experience working with youth to support positive social and emotional health. He has recently learned about restorative circles and is excited to share the talking circle with others for healing or connecting.

One Tribe: Tony and Melissa Griffin, Lorrie Houze, Brian Lane, Mike Long, Linda Orovitz, and Ken Wierzbicki are thrilled to host the inaugural OGRR and excited to share our passion of bringing the community together through motion and sound.

<https://onetriberhythms.com/>



Oak Grove Rhythm Retreat 2023 <https://www.oakgrove-retreat.com/rhythm-retreat/> and <https://www.facebook.com/events/729205422054245/>