

**WORLD MUSIC FESTIVAL MARCH 5<sup>TH</sup> 2016**  
**LAKE PLACID CENTER FOR THE ARTS**  
**AFTERNOON WORKSHOPS**

( all workshop passes can be purchased day of at the registration table in the LPCA lobby Registration opens: 9:45am )

**12:30 – 1:20pm**

**Stomp – Lead by Evelyn Cook**

This type of dance uses the body to create rhythmic patterns. Clapping, slapping and “stomping”

**Belly Dancing – Lead by Jamie Shaunessey**

This type of Middle Eastern dance uses the torso and hypnotic arm gestures to create beautiful movements. Work your abs while learning about this inspiring dance form

**Haitian Drumming – Lead by Burlington Taiko**

Learn new rhythms in this amazing venture into Haitian drumming

**Kids Native North American Interactive Storytelling – lead by Native North American Traveling College –**

Kids will have the opportunity to learn about Native North American culture through music, song and dance.

**1:30pm – 2:20pm**

**Zumba – lead by Adirondack Zumba**

Get ready to boogie, sweat and feel good with this energizing group of Zumba instructors.

**Classic Indian dance – lead by Navatman**

This NYC group will inspire you to understand and be a part of Classic Indian dance and music. Their goal is to bring the hypnotic sounds of South Asian Arts to the North Country.

**African Drum – lead by James Gann**

Energize your spirit with West African Drumming. Bring a Djembe if you have one, otherwise drums will be provided

**Tas Cru – lead by Richard Bates**

Kids will love this class. Tas Cru will bring an interactive class to share the heritage and creative achievements of the Blues.

2:30 – 3:20pm

**Native American Dancing – lead by Native North American Traveling College**

This unique class will share and explore the traditions of Native North America through rhythm and dance.

**Taiko Drum – lead by Burlington Taiko**

Traditional Japanese drumming class. Last year we had over 20 students experience Stuart's passion for this classic art form

**Laughing Yoga – lead by Nicky Frechette**

Laughing boosts the immune system, releases “feel good” endorphins and lowers blood pressure - join Nicky for a playful hour of laughing yoga sure to inspire a daily routine of laughter.

**Kids Hip Hop – lead by Emily Brown**

Hip-hop is a combination of popping, locking, and flow incorporated into basic dance moves. Kids will learn a fun routine to a current song that is age appropriate.

**Irish Step – lead by Stef Kearns**

Get ready for St. Patrick's Day! Learn basic steps and group Ceilidh dance. Lively traditional Celtic music will put a spring in your step and get you hopping.

### 3:30pm – 4:20pm

#### **African dance with live drumming by Wulaba – lead by Jackie Gilmore**

With live drumming you can't help but feel the West African rhythm and dance. This class with dance to the celebratory beat of Kuku.

#### **Salsa – Jackie Robertin**

Jackie believes we all have a dancer inside of us - this is your opportunity to find that inner dancer with the rhythms of Latin American inspired – Salsa

#### **Reason2Smile Presentation – Keela Grimmette, Donna Rosenblum and other Reason2Smile board members (FREE and open to the public)**

An interactive presentation of Reason 2 Smile's mission of education at the Jambo Jipya School in Kenya and locally in area schools. The World Music Festival benefits the Reason2Smile mission.

#### **Didgeridoo making – lead by Shaun Ondak (max 12 in this class)**

Create a Didgeridoo and play one too - you don't get to do this too often in the North Country - space limited

#### **Kids Irish Step – lead by Champlain Valley Irish Dance**

This Irish dance workshop will introduce kids to the basic posture and technique of Irish dance. We will cover the basic steps in the beginner Irish jig and teach it to traditional Irish music.

### 4:30pm – 5:20pm

#### **Paraguayan Polka – lead by Evelyn Cook**

Flowing skirts, spinning and intoxicating Paraguayan polka rhythms. A unique opportunity to dance a polka!

#### **Flash Mob – lead by Victoria LoRe**

Learn a fun new dance with friends to share!

#### **Kids Organic Drum creation – Erik Van Yserloo (max 12 in this class)**

The first half of this class will include creating your own drum using "household" items. In the second half kids will learn to play a few rhythms on their newly created instrument. Space limited

#### **Burlesque (18 and over only) – lead by Brianna Knapton**

Burlesque - a mix of class, sass and self-confidence - Join Brianna in this phenomenal dance class.