

WORLD MUSIC FESTIVAL MARCH 5TH 2016
LAKE PLACID CENTER FOR THE ARTS
MORNING WORKSHOPS AND LUNCH

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

10 -11:30am KIDS CAMP 6 – 12 years old \$12 5 and under free with adult

Children can enjoy this hour and a half of Kenyan based games and crafts followed by hands on African drum and dance session.

10:30 – 11:20am Adult Workshops 13 years and older \$8 per class

Wing Chun Kung Fu – lead by James Gann

Wing Chun is a self-protection martial art created by a female monk. It is highly efficient and can be learned by people of all ages and abilities. Wing Chun helps with grounding, relaxation, and mental focus

Yoga – lead by Robin Shaver

Join Robin as she leads you in an all-level yoga class to create balance in the body through mindful stretching and breathing.

Tai Chi –lead by Jim Holt

Jim will be teaching a series of chi gun movements, which activate “the healer within”. The movements are simple yet profound and suitable for all ages and abilities. Jim is a licensed massage therapist and has studied tai chi and chi gun with teachers Roger Jahnke, Rene Navarro and Ron Dianna

11:15am – 12:30pm Join us in the LPCA lobby for lunch!

Green Goddess will have lunch items for sale

Face painting

Glitter Tattoos

Chair Massage

“What Music Means to Me” kids art project

Kenyan block art project, and more.

Kenyan Market Place will be open selling authentic Kenyan goods.