

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

Oak Grove Rhythm Retreat 2024 (4/12-4/14)				
<i>Friday</i>				
4:00pm	Registration			
5:00	Meet & Greet with Announcements			
6:00	Dinner Hour			
7:00	Beginning Djembe	Intro to Dunun	Low-Impact Dance	Fire Safety*
7:45	Beginning Djembe	Intro to Dunun	Low-Impact Dance	Fire Spinning
8:45	Welcome & Rhythm Church – Chapel			
10:30	All Camp Drum, Fire & Flow Jam by the firepit			
<i>Saturday</i>				
8:00am	Breakfast			
8:30	Plant Walk		Yin Yoga with Caroleeena – Chapel	
9:30	Beg. & Continuing Djembe	Beg. Dunun	Flute Circle – Chapel	Drum Maintenance – Dining Tent
11:00	Low-Impact Dance – Main Tent		Tai Chi and Qigong	
12:30	Lunch Hour			
1:30	Experienced Djembe Class		Hoop Skills For All Levels	
3:00	Experienced Dunun Class		A Little Bit More Fluting – Chapel	Plant Walk
5:00	Alt Percussion Jam		Fire Spinning	
6:00	Dinner Hour			
7:00	Social Hour			
8:00	One Tribe & Flow Performance – Main Tent Lipbone (drums and voices) Performance			
10:00	All Camp Drum, Fire & Flow Jam by the firepit			
<i>Sunday</i>				
8:30am	Plant Walk			
10:00	Tai Chi and Qigong		Drum Maintenance – Dining Tent	
11:30	Morning Dance with Lipbone			
1:00	Closing Circle & Group Photo {{{Group Hug!}}}			

CLEAN UP & TAKE DOWN: For those who wish to spend a little more time at beautiful Oak Grove, feel free to hang out for a bit on Sunday afternoon. We appreciate help cleaning up after our event.

Oak Grove Rhythm Retreat 2024 <https://www.oakgrove-retreat.com/rhythm-retreat/> and <https://www.facebook.com/events/1432088674041739/>

Workshop Descriptions

FRIDAY

Beginning Djembe with Ronnie Pulley, loaner drums available: Introduction to the Djembe including how to sit and hold the Djembe, play the 3 basic notes, Bass, Tone, and Slap. Learn to play a few basic hand drum patterns using mnemonics and engage in fun games on your drum. Note that there are two 40 minute classes on djembe covering the same material.

Introduction to Traditional Dunun with Mike Long, loaner drums available: Includes fundamentals of playing these 'stick drums' and their bells. Learn to play basic patterns that are used in some West African rhythms. Note that there are two 40 minute classes on dunun covering the same material. Each of these classes will be limited to 14 folks to ensure more one on one time.

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.

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.

*It is recommended that you take this workshop if you want to try Fire Spinning.

Fire Spinning Workshop - This class will follow the fire safety class and 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 class. If there are props we don't get to during the class time, Caroleeena is happy to mentor/safety during the social hour and you are also invited to spin at the fire jam as long as you've taken the fire safety portion of the workshop. Caroleeena will have a few fire hoops and uniwick hoops, long and short staves, fans and poi. Come play!

Rhythm Church with Greg Whitt - has nothing to do with religion and everything to do with sharing your spirit. It's a musical meditation where you're both observer and active participant. In this interactive session, listening is the key to making music with the angelic sounds of chimes supported by small percussion instruments. While drums may be the sounds of the soul, chimes are the sound of the spirit!

SATURDAY

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 for Drummers and Flow Artists (Yin Yoga) with Carolyn Mabry - This practice is for everyone, even total beginners. It will include a warm up followed by a yin practice that involves holding gentle stretches for longer periods of time in order to allow not only the large muscle but the connective tissue and fascia to relax and stretch. This helps increase our range of motion, move better and feel better in our bodies. Yin is called "the fountain of youth yoga practice" for a reason. This restorative practice will focus on our shoulders, arms, and upper back but will touch on other areas too. Most of this practice will be seated or lying down. If you have a stretchy band or belt, please bring it.

Beginner and Continuing Djembe with Ronnie Pulley reviews what we did Friday night and continues to build on timing, feeling, sound, and movement on the drum. Learn basic West African rhythms with an easy to play arrangement and call and response techniques. After this class you can play along with more comfort and ease at the Saturday night bonfire.

Beginner Traditional Dunun with Mike Long: Spend time reviewing the basics learned Friday night. Learn a couple of traditional West African rhythms including arrangements.

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.

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, use of a drum tuning table, the Mali-weave and more. After class find Tony, Mike or Ken for help using the drum tuning table and advice on your drum. They have over thirty years of combined experience in drum building!

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.

Experienced Djembe with Ronnie Pulley will review djembe fundamentals and techniques while also moving more quickly and challenging those who have been playing Djembe for a while. This will include learning an authentic West African rhythm and learning some solo techniques.

Experienced Traditional Dunun with Mike Long: This workshop is for more experienced dunun players and beginners that want an extra challenge. Class will focus on more complex West African rhythms and topics.

Hoop Skills For All Levels - This class will be built around the folks who come. Caroleeena 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.

A Little Bit More Fluting - Join Asdiel to start your journey of learning a simple Native American song for the flute. In the process we will touch up on breath exercises and other tips to improve your practice and improvisation. "Am" flute preferred but any other key is OK too.

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

SUNDAY

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

Ronnie Pulley Djembe Workshops

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 Workshops

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://homesteaddrumming.com/>

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>

Greg Whitt Rhythm Church

is an award-winning facilitator and edutainer. Since 2001 he's been teaching through music, sharing wisdom traditions from across the globe; ideas heavily influenced by his graduate studies in Transformative Leadership & Social Change at the Maryland University of Integrative Health. He's founder of the Raleigh Drum Circle, Director of the Drum Circle Facilitators Guild, a board member of the NC Storytelling Guild, and a City of Raleigh Arts Commissioner. Greg is a proud US Air Force veteran. You'll find him online at <http://www.drumforchange.com/>.

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/>

Rebecca Hill, Flute Circle

Fellow traveler Becca co-facilitated the flute circle at Profound Sound in Fall 2022-23 and OGRR 2023.

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>

Asdiel Echevarria, A Little More Fluting

Asdiel is a music enthusiast that believes in the power of music to connect us all at a fundamental level. Playing music from the heart brings about the best in all, and for all.

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

<https://onetriberhythms.com/>

Lipbone Redding (Drums & Voices) Featured Performer, 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

Chair Massage: **Micah Christian** will offer Chair Massage using manual manipulation combined with Healing Touch. Sessions are usually about 10 minutes on a chair and standard cost is a dollar a minute. Stop by and get some awesome bodywork for a few minutes. Then go on your way refreshed and feeling good!

Sessions will be available **during the day on Saturday** and are by appointment on the signup sheets. Payment can be made directly to the Healer.

Bio: After getting a degree in Biology, Micah worked as a Fireman and an EMT. He went on to pursue a career in IT. Following his desire for a more holistic and people-oriented field, Micah began his practice of massage therapy in 2015.

