

EARLY CAMPING & SET-UP: For those wishing to set up and/or begin camping prior to the festival, Early Camping begins on **Friday, April 10 at 12pm**. BYO Tent and RV Camping (no hook ups) is included in the price of a weekend ticket.

Oak Grove Rhythm Retreat 2026 (April 10 - 12)		
<i>Friday</i>		
4:00pm	Registration	
5:00	Meet & Greet with Announcements, Story of Oak Grove (Kevin)	
5:30	Dinner Hour	
6:30	Fire Safety*	
7:30	All Levels Djembe	Low-Impact Dance
8:30	All Levels Dununs	Fire Spinning
9:30	Rhythm Church with Greg – Chapel	
	All Camp Drum, Fire & Flow Jam by the firepit	
<i>Saturday</i>		
	Breakfast on your own	
All Day	Drum Maintenance Tips with Tony, Ken & Robin (just ask!)	
	Cyanotype Art (aka “Sun Art” prints) with Kelly (drop in at her booth between 9:30-10:30am, 12-1pm, and 2-3pm)	
8:30	Early Morning Quiet Jam by the fire	Yin Yoga with Caroleeena – Chapel
9:30	All Levels Djembe	Flute Circle – Chapel
10:45	All Levels Dununs	Tai Chi and Qigong
12:00	Low-Impact Dance and Drumming for Dancers – Main Tent	
1:00	Lunch Hour	
2:00	Intermediate Djembe	Hoop Skills For All Levels
3:15	Intermediate Dununs	Let’s Practice, Practice (flute) – Chapel
4:45	Percussive Dance	Fire Spinning
6:00	Dinner Hour	
7:00	Social Hour	
8:00	Open Mic, One Tribe & Flow Performance – Main Tent	
	Lipbone (drums and voices) Performance	
	All Camp Drum, Fire & Flow Jam by the firepit	
<i>Sunday</i>		
	Breakfast on your own	
9:00	Balafon Jam	
10:00	Tai Chi and Qigong	Circle Songs with Greg - Chapel
11:30	Morning Dance with Lipbone	
1:00	Closing Circle & Group Photo {{{Group Hug!}}}	

*It is required that you take the Fire Safety workshop if you want to try Fire Spinning

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.

Workshop Descriptions

FRIDAY

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 required that you take this workshop if you want to try Fire Spinning.

All Levels Djembe with Robin Leftwich, loaner drums available - Review the 3 basic notes, Bass, Tone, and Slap. Learn West African rhythms with an easy to play arrangement and call and response techniques.

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.

All Levels Traditional Dunun with Linda Orovitz, 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. Learn a couple of traditional West African rhythms including arrangements, with focus on rhythms that will be used later in the "Drumming for Dancers" session.

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 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 beautiful facilitated listening meditation that fuses drum circle and sound bath using chimes and small percussion. Everyone plays in this soft-sounds circle focused on deep connection to self and others.

SATURDAY

Drum Maintenance & Drum Building - Throughout the weekend, find Tony, Robin or Ken for help using the drum tuning table and advice on your drum. They have over 50 years of combined experience in drum building!

Cyanotype art aka "Sun Art" prints - Join Kelly and learn the wonderful world of Cyanotypes aka "Sun Art" printing. Here you will create your very own custom OGRR souvenir artwork to take home, solidifying all the magic and rhythms of the weekend.

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.

All Levels Djembe with Robin Leftwich, loaner drums available - Learn a West African rhythm with an arrangement. After this class you can play along with more comfort and ease at the Saturday night bonfire.

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 techniques followed by games to get you playing.

All Levels Traditional Dunun with Linda Orovitz, 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. Learn a couple of traditional West African rhythms including arrangements, with focus on rhythms that will be used later in the "Drumming for Dancers" session.

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.

Low-impact West African Dance and Drumming for Dancers - 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. Jennifer Borishansky leads drummers in learning how to play for dancers. Practice "throwing the breaks" during the dance class! Djembe and dunun players welcome.

Intermediate Djembe with Robin Leftwich – This class 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 a West African rhythm and learning some solo techniques.

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.

Intermediate Traditional Dunun with Linda Orovitz - 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.

Let's Practice, Practice 😊 - Let's go over some ideas and principles to keep in mind while practicing and learning flute, other instruments or almost any other subject. We will see these guides in practice and at the end open the floor for sharing your own practice tips.

Percussive Dance - Learn dance moves while playing a dunun! We'll break down each step so they are easy to learn. Follow along as Lorrie and Melissa lead dances to live drumming. Loaners available. Bring sticks if you have them!

SUNDAY

Balafon Jam - Bring your bala, share melodies and play!

Circle Songs with Greg - Drumming and dancing are only part of the pie when it comes to the music of rhythmacultures found all across the planet. Singing completes the trifecta. As we deepen our understanding of the magic of rhythm, we begin to collect the stories and songs to accompany them. Join in as we explore chants and songs from a variety of world music traditions. (No instruments needed for this session.)

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

Robin "Bountourabi" Leftwich, Djembe Workshops

Robin has been a student of West African art and culture for over 30 years. Her three trips to Guinea, West Africa have given her a unique and authentic perspective of the role of the djembe in African ceremonies, celebrations, and everyday life. Robin has a special talent for sharing the love of the djembe and African culture with students of all levels. In 2010, she co-founded Happy Beat Drumming with Rachel Juren. Robin has also developed a curriculum for West African Drumming that she has been implementing in the middle school setting. <https://happybeatdrumming.com/>

Linda Orovitz, Dunun Workshops

Linda started drumming in 2017. Her interest was sparked when she studied with Atiba Rorie in his "Intro to World Drumming" class. She soon attended an All Levels class with Aly Camara and hasn't looked back. Linda has studied with Mike Long, Teli Shabu, Ronnie Pulley, Bolokada Conde, Robin "Bountou" Leftwich, Abou Sylla, and more. Linda played classical piano for many years and performed and played for her high school chorus. She says drumming is a stress reliever and was "easy" because of her musical background. Continued learning and the social aspects of the drumming community keep her engaged.

Carolyn Mabry Flow Arts Teacher & Performer

Caroleena is an internationally recognized hooper, fire dancer and circus arts teacher who is one of the resident artists at Oak Grove Retreat. She has been teaching since 2005. Carolyn is also an experienced yogi, yoga instructor and strength trainer. <https://www.facebook.com/CaroleenasCirclesOfJoy>

Greg Whitt Rhythm Church

Greg Whitt is an in-demand teaching artist, team builder, storyteller, and wellness facilitator, US Air Force veteran, a Raleigh Arts Commissioner, and owner of Drum for Change.

You'll find him online at <https://www.drumforchange.com/>.

Kelly Rye, Cyanotypes aka "Sun Art" printing

This creative activity will be led by Oak Grove Retreat's resident artist Kelly Rye, who has over 25 years experience in the art world. She specializes in all things art and loves letting her creative passions speak on her canvas. She's spent many years teaching both youth & adult workshops, and currently teaches many art classes at Oak Grove. Kelly's goal is to help guide individuals through their fears of art making, creating a fun and safe space for all to express themselves freely. So come pick her brain about the world of art and let YOUR creativity sing! Check out her work in the vending area too!

Rebecca Hill, Flute Circle

Fellow traveler Becca co-facilitated the flute circle at Profound Sound in Fall 2022-23 and OGRR 2023-25. You can also find her "Intentionally Becca" creative works for sale during the festival. Becca is a Chakradance Facilitator since 2020. Look for her sessions at Oak Grove Retreat.

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/davidorovitz2025>

Jennifer Marks Borishansky, Drumming for Dancers

Jennifer is musician, educator, therapeutic drummer, and expressive arts facilitator living in Scottsville, VA. She is a certified beginner drum instructor from Tam Tam Mandingue Djembe Academy and a lead drummer for Kuumba Drum and Dance Ensemble. Jennifer's great joy in life is building community and sharing her passion for West African music and dance with others.

<https://www.dununma.com/>

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, 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

Oak Grove Rhythm Retreat 2026 <https://www.oakgrove-retreat.com/rhythm-retreat/> and <https://www.facebook.com/events/1245487884313910/>

2026 Schedule: <https://tinyurl.com/OGRR2026schedule>