

EARLY CAMPING & SET-UP: For those wishing to set up and/or begin camping prior to the festival, Early Camping begins on **Friday, April 11 at 12pm**. BYO Tent and RV Camping (no hook ups) is included in the price of a weekend ticket.

Oak Grove Rhythm Retreat 2025 (4/11-4/13)			
<i>Friday</i>			
4:00pm	Registration		
5:00	Meet & Greet with Announcements, Story of Oak Grove (Kevin)		
6:00	Dinner Hour		
7:00	Beginning Djembe	Intro to Dunun	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		
All Day until Dinner	Drum Maintenance & Tuning Tips with Tony, Ken & Mike (Just ask!) Art with Mara in the Canteen, chose your timeslot on the signup sheets Origami w Amy & Kalista and Shaker Making w Jason & Ryan, self-directed art projects Chair Massage with Micah, by appointment on the signup sheets (\$ goes to Micah)		
8:30	Early Morning Quiet Jam by the fire		Yin Yoga with Caroleeena – Chapel
9:30	Beg. & Continuing Djembe	Beg. & Cont. Dunun	Flute Circle – Chapel
11:00	Low-Impact Dance – Main Tent		Tai Chi and Qigong
12:30	Lunch Hour		
1:30	Intermediate Djembe Class		Hoop Skills For All Levels
3:00	Intermediate Dunun Class		Fluting into the Heart String – Chapel
5:00	Collaboration Crunch Time		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		
10:00	All Camp Drum, Fire & Flow Jam by the firepit		
<i>Sunday</i>			
8:30am	Breakfast		
10:00	Tai Chi and Qigong		Circle Songs – Chapel
11:30	Morning Dance with Lipbone		
1:00	Closing Circle & Group Photo {{{Group Hug!}}}		

*It is recommended that you take this 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 your help cleaning up after our event.

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 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. 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 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, 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!

Mara Cohen, Neurographic Art “The Circle of Life” - Join Mara for a workshop exploring neurographic art. There will be numerous 45-minute time slots to sign up for on Saturday. Walk away with an original 5x7 piece of your own creation! The theme for this year’s workshop is “The Circle of Life”. No experience needed!

Origami and Shaker Making - Tables will be set up throughout the day on Saturday with supplies to create your own origami art piece and shaker. Amy and Kalista can help with Origami questions. Jason and Ryan can help with making a shaker.

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 and Continuing Traditional Dunun with Linda Orovitz: 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 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.

Intermediate 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.

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.

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.

Fluting into the Heart String - The sweet and melancholic voice of the Native American flute plays very well with other melodic instruments. In this workshop we will have some tips about getting in tune with other instruments and we will play against some recordings and live guitar. Novices welcome. Am flute required. Some may be provided.

Collaboration Crunch Time - Our Saturday night show will feature YOU! Seek out others to collaborate on a piece to perform later this evening and take this time to prepare. Sign up with Tony to secure your spot in the show.

SUNDAY

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

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 Mandigue (TTM) instructor.

<https://triangledrumming.com/>

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

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

Caroleeena is an internationally recognized hooper, fire dancer and circus arts teacher from Raleigh, NC. She has been teaching since 2005. Carolyn is also an experienced yogi, yoga instructor and strength trainer.

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

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/>.

Mara Cohen, Neurographic Art “The Circle of Life”

Mara has been a professional cosmetic tattoo artist since 2002, although her journey into visual arts started in 2022. Caring for her elderly mother with dementia and watching her decline was extremely heartbreaking. That’s when watercolor and doodling came into her life. Mara found comfort in neurographic art, which is a form of art therapy that uses lines and doodles, connecting the conscious and subconscious mind, and encouraging peace and mental health. Her paintings will be for sale during the festival.

Rebecca Hill, Flute Circle

Fellow traveler Becca co-facilitated the flute circle at Profound Sound in Fall 2022-23 and OGRR 2023-24. You can also find her creative works for sale during the festival.

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>

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.

Oak Grove Rhythm Retreat 2025 <https://www.oakgrove-retreat.com/rhythm-retreat/> and

<https://www.facebook.com/share/15YJNwrfX6/>

2025 Schedule: <https://tinyurl.com/OGRR2025schedule>

