

	TIME	ACTIVITY/WORKSHOP	BLURB (PARAGRAPH)	FACILITATOR(S)	LOCATION
<b>Wednesday November 9:</b>					
	The Exhibition is open on Saturdays only, 10am-4pm until Nov. 26.	<b>Manifesto Ja/Studio 174 - Art Gallery</b>	This Exhibition will feature the work of Kingston's vivacious young 'inner city' artists who are ready to stake their claim and share a new voice through the arts.		174 Harbour Street in Kingston, Jamaica.
<b>Friday November 18:</b>					
	6pm - 8:30pm	<b>Town Hall Reasoning</b>	A "reasoning" session on the fundamental relevance of the Arts to achieving "Vision 2030" with Stakeholders in the Arts; Policy makers; and the Private Sector; under the theme "The Arts and Vision 2030: Action or a Bag a Mout?"		Vera Moody Concert Hall (Music Auditorium)
<b>Saturday November 19:</b>					
	8:30-10AM	<b>Nyahbingi</b>	<b>Drumming and Libation to open the days activities with 'a reverence' in the tradition of African people</b>		Amphitheatre
	10AM-6PM	<b>ART'ical Village</b>			Basketball Court
	10:00 - 11:30	<b>"Yoga Angels Presents: Yoga for Health"</b>	Mind, body and spirit artform including stretches, postures and breathing techniques aimed at unifying ("yoking") the human with the universal. This is an older art form than common yoga approaches, which originating in North Eastern Africa. Postures can be seen in reliefs, temples, pyramids, etc.	Yoga Angels Jamaica	Drama Studio 2
	12PM- 3PM	<b>Pickney Park</b>	Workshops and art and craft activities for the children.		2D - Vis Art
	11 a.m.	<b>Promoting Music</b>	Come to this workshop to find out how music gets promoted. How does music leave the studios and reach our ears and what steps can be taken to put your music on a platform to be heard. Learn from those in the industry on the different markets for music locally and abroad, how music is purchased and what are the ideas that worked and didn't work for these huge megastars we all know so much about.	Headline Entertainment	Drama Studio 1
	11 -12:30	<b>Raw foods</b>	Raw Food Live Demonstration including information pamphlets ( A Part of The Village)	I'bo	Amphitheatre

	11 - 1:00	Poetry 101 - Part 1 (pre registration only)	Poetry 101 is a two-day poetry writing workshop which will feature poets writing and sharing their work in a round table setup. In this workshop, they will learn about different styles of writing and may even be challenged to approach their poetry differently.	Makesha Evans	Drama Lecture Room
	12 -1 p.m.	"Original Hip Hop and Funk Styles"	Pop! Lock! And Freeze!!  Break dancing is one of the most popular street dances to immerse from Hip Hop. Become b-boys and b-girls by learning to "break" with style and ease.	Martino Redwood from "Demolishun Breakers"	Drama Studio 2
	12-1:30	Audio Engineering	Come to this workshop to get introduced to the technical knowledge required to Record and mix music, amplify musical instruments and set up Live sound systems. Learn the basics about the different equipment involved in the studio and the stage and what exactly does an audio engineer do to make sure the music being created by the artists and musicians sounds as good as it possibly can.	Mahlon 'Debo Ras "Moving	Drama Studio 1
	1 p.m. - 2 p.m.	Movement in Dancehall	"Everybody can dance but nuh everybody a dancer." Bogle  Along with every new genre of music there is a dance. Since the inception of dancehall in Jamaica, dance moves have been created to embody the rhythm and the base of the music.	Mystic Davis	Drama Studio 2
	2:00pm - 3:00pm	Fashion 101	with every new piece of clothing comes a different style, pattern and purpose. This introductory fashion workshop gives you a crash course in textiles and fashion	Mama Yashi	After Dark Theatre
	1:30 -2:45	Basics of Entrepreneurship in the food industry	Machel Emmanuel will provide info on starting up successful culinary business	Machel Emmanuel	Drama Studio 1
	4:30 - 6:00	Meet the Artiste	A rare moment for up close conversation with well known Jamaican artists featuring acoustic performances and a special honour to Bob Andy		Dance Theatre
	6:00PM-12AM	ART'ical Empowerment LIVE	Main Event - feature the best in Jamaican Talent from the Underground to the Mainstream performing Live Uplifting Music		Vera Moody Concert Hall (Music Auditorium)
Sunday November 20:	11 a.m. - 5 p.m.				

	8:-10AM	Nyahbingi	Drumming and Libation to open the days activities with 'a reverence' in the tradition of African people		Amphitheatre
	10AM-6PM	ART'ical Village			Basketball Court
	10:00 - 11:30	Kemetic Yoga	Mind, body and spirit artform including stretches, postures and breathing techniques aimed at unifying ("yoking") the human with the universal. This is an older art form than common yoga approaches, which originating in North Eastern Africa. Postures can be seen in reliefs, temples, pyramids, etc.	Sis. Iyah Binghi	Drama Studio 2
	12PM- 3PM	Pickney Park*	Workshops and art and craft activities for the children.		2D - Vis Art
	12 -1 p.m.	West African Dance	Traditional African dance moves to live drums.	Tamara Thomas	Big Tree by the Art'ical Village
	12 -1 p.m.	Contact Improv	Contact improvisation is a dance technique in which points of physical contact provide the starting point for exploration through movement improvisation.	Safi Harriott	Drama Studio 2
	12-1:30	DJ101	DJ 101 is the workshop to attend to get an introduction to the skill, technique, technical know-how and understanding of entertainment required to practice the "Art" of DJing. From mixing, to scratching, to selecting, to types of equipment and software, to talking on the mic. Come here and get a taste of what it takes to mash up a dance!!!	Richie Ras	After Dark Theatre
	1 p.m. - 2:30	Food Art techniques	interactive workshop session introducing different cutting and carving techniques. • IceSculpture • FoodCarving	Dwayne & Jason	Art'ical Village
	1 p.m. - 2:30	Film 101: New Caribbean Cinema Guerrilla Film making Tactics	This workshop will take the student through the basics of Guerrilla film making in Jamaica. Director Storm Sauter will guide the students through previews of short films and discussions around key elements that help can define style and create a good film, even on a low budget.	Storm Sauter	Drama Studio 1
	1 p.m. - 2 p.m.	Jamaican Xaiyen Dao	Xaiyen Dao or "The Way of Sean" is a Jamaican Martial Art style created and developed by Sean Meikle. This technique incorporates movements from other Martial Art forms such as Karate, Kung Fu, and Taekwondo, while remaining inherently Jamaican in its application. Attend this workshop to learn more!"	Sean	Drama Studio 2

	2p.m. - 3pm	Photography 101	a peek through the lens of photography	Damien Baddy, Che	After Dark Theatre
	2:00pm - 3:30pm	Poetry 101 - Part 2 (Pre Registration Only)	Poetry 101 is a two-day poetry writing workshop which will feature poets writing and sharing their work in a round table setup. In this workshop, they will learn about different styles of writing and may even be challenged to approach their poetry differently.	Makesha Evans	Drama Lecture Room
	3p.m. - 4:00pm	Michie's Mee's Hip Hop Journey	Jamaican-born Canadian rapper and actor, Michie Mee, is Canada's first notable female Hip Hop artist and is considered as a national pioneer of the genre. Michie is returning to Jamaica to share her experience in the business of music and entertainment, for which she has been involved for over two decades.	Michie Mee	Drama Studio 2
	4 p.m. - 5pm	"Be the Revolution. Write the Revolution. Publish the Revolution"	This workshop will be conducted by self-published author, Dutty Bookman. In the workshop, he will carry participants through his personal journey and spiritual evolution, the process of writing his book - Tried & True - and publishing it himself. He will also share general information for all writers, especially those seeking to be published, whether by a publisher or independently.	Dutty Bookman aka Gavin Hutchinson	Drama Studio 1
	5pm-9pm	Artical Empowerment 'Word in Motion'	Poets and dancers take centre stage in a showcase of lyrical prowess and physical finesse... skills in the spotlight!		Dance Theatre

Workshops Colour Code:

Spiritual/Martial

Literary

Culinary

Music

Visual

Dance

Non-Workshop Activities