

## ***Class description West African Dance***

We believe African dancing includes everything that a human being needs to stay healthy today on the physical, mental, emotional and spiritual level. We will draw from other techniques used in Yoga and Nia in preparation for the dance with live drumming.

In our classes, we teach the basics of West African dance technique from Burkina Faso, Liberia and Senegal as well as its cultural and social significance. Using live drumming, participants will learn to dialog with the drums. Drumming clarifies the connection between various rhythms and dances.

The class will learn to appreciate the relationship between music and dance in the various cultures and countries involved, as well as the similarities between these dance traditions. In West African practice, for example, a great deal of communication is expressed through group dancing. Bringing joy and empowerment to the community through West African dance is one of our major goals.

### ***The workshop has two slots:***

1.00pm- 2.00pm The first session is an introduction to the origins, alignment, core work, posture in the body and foot work used in West African dance. We are learning about spiritual reflexology and the importance of feet and hands in African dance, connecting to the elements. We are getting the body ready to dance to West African music and into the feeling the rhythm and the relationship to the drums, preparing for the traditional dance in the afternoon.

Twenty minute break!

2.20pm-4.00pm We are accompanied by master drummers Mamadou Lamine Thioub and Abdoulaye Thioub from Senegal, who share the story and song about the traditional dance, we are experiencing as a group.

There is a limit of 20 occupants for this facility. Please register in advance at [bobodance90@gmail.com](mailto:bobodance90@gmail.com) \$45.00 with [PayPal.Me/GabrielleEggstein](https://www.paypal.com/merchot/?from_seller=&item_name=GabrielleEggstein).

All age and experience levels are welcome!

### ***What to bring:***

Comfortable clothing, water to drink, if you do have, soft knee pads, earplugs for sensitive hearing

*“With one person, it’s hard to see very far.  
Two people, you can see a bit more.  
But if you have a whole group of people around,  
really caring...it helps you fulfill your purpose”.*

Sobonfu Somé

