



Friday February 9th 2018

1:00pm to 4:00pm

OPENING CEREMONIES

Keynote speaker Dr. Paul Goss of New Body Products

THEME: "Building a solid foundation for our future Global Young African Leaders".

Featuring a *THE VEGAN ALL STARS*

50.00 GHC per fundraiser plate

Saturday February 10th 2018

6:00am to 9:00am

FESTIVAL at the Aburi Botanical Gardens

HEALTHY LIFE WALK CHALLENGE

From Ayi Mensah Toll booth to Aburi Botanical Gardens

9:00am to 6:00pm

EXHIBITION OPENS

Healers Village Expo... African Market Place Expo...

Natural African Beauty Expo... Vegan All Star Food Court

ABURI GARDENS GATE FEE 2 GHC

AFRICAN FITNESS WORKSHOPS

9:00am to 9:45am

AFROBICS with African rhythms incorporating hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some belly dance moves

10:00am to 10:45 pm

NEW DAY YOGA: Khemetic Yoga

11:00pm to 11:45pm

TRADITIONAL GHANAIAN DANCE

Dance forms an integral part of all vital facets of the life cycle. We dance during childbirth, naming ceremonies, puberty rites, marriage, religious ceremonies, festivals etc. Dance teaches customs and history.

12:00pm to 12:45pm

"CAPOEIRA" AFRICAN MARTIAL ARTS " Capoeira is a multidisciplinary art form containing life-lessons in each of its components: history, philosophy, music, movement, and technique.

WELLNESS WORKSHOPS

- 1:15pm to 2:00pm **AFRICAN WHOLISTIC WELLNESS: “Balancing the mind, body, spirit, and culture for the Unity of the Global African Family.”**
Natural Health Remedies Made Simple
- 2:15pm to 3:00pm **HAPPILY NATURAL: “Dangers of Beauty Treatments and Natural alternatives to beauty solutions”** Panel discussion
- 3:15pm to 4:30pm **FOOD VIBRATIONS: “The Vegan Kitchen”**
with The **VEGAN ALL STARS**
(Vegan All Stars as seen on TV3 Sunrise Morning Show and GTV)

PNUT BUTTA KIDS ACTIVITIES AGES 5 TO 15

9am to 3pm **AFRICAN ARTS AND CRAFTS, STORYTELLING, ORGANIC FARMING, MEDITAION, VEGAN FOOD PREPARATIONS taught by ages 9 to 15**

8pm to 12 midnite
Gates open at 7pm

REGENERATION CONCERT

Featuring International Artist/Poet/Musician/Actor **MUTABARUKA**

GATE FEE **2.00 GHC**

EXPO AND WORKSHOPS **FREE**

REGENERATION CONCERT **General Admission 20.00 GHC, VIP 50.00 GHC, STUDENTS 10.00 GHC**

VENDOR SPACE **Single Space** **1 table 2 chairs** **200.00 GHC**
Full Canopy **3 tables 10 chairs** **500.00 GHC**

SCHEDULE MAY CHANGE. PLEASE STAY POSTED
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