



## Friday February 8<sup>th</sup> 2019

6pm to 9:00pm

**OPENING CEREMONIES**

Featuring a *THE VEGAN ALL STARS*

50.00 GHC per fundraiser plate

## Saturday February 9<sup>th</sup> 2019

5:00am 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

- 1:00pm to 1:45pm                      **AFRICAN WHOLISTIC WELLNESS: “Balancing the mind, body, spirit, and culture for the Unity of the Global African Family.”**  
Natural Health Remedies Made Simple
- 2:00pm to 2:45pm                      **HAPPILY NATURAL: “Dangers of Beauty Treatments and Natural alternatives to beauty solutions”** Panel discussion
- 3:00pm to 3:45pm                      **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, MEDITATION, 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**

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**GATE FEE**                                      **2.00 GHC**

**EXPO AND WORKSHOPS**                      **FREE**

**REGENERATION CONCERT**                      **FREE General Admission VIP 50.00 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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