

The cost of the program is \$250 per person, double occupancy, including meals; \$225 if registration is received before July 29, 2009.

Reduced prices for volunteers.

Or, for only \$75, sign up just for the Saturday session from 9 am to 11 pm. Meals not included: bring your own food, or join us at lunch for \$7 and/or dinner for \$15 (order in advance).

Bring your own drum, or rent one for \$10. Drums also available for sale.

WEEKEND SCHEDULE (subject to change)

“Weekenders” are welcome to check in to their rooms any time after 1 pm Friday. We encourage folks to come early – avoid the traffic, and RELAX: enjoy the pool, walk the labyrinth, hike the 2-mile nature trail to the Bay, pamper yourself with a massage (please schedule in advance) or simply take it easy and rest up for an exciting weekend! For real early-birds, rooms are also available during the week for \$35 per person.

Friday dinner is on your own. You are welcome to bring food and place it (labeled) in our refrigerator, or explore one of the many restaurants in our area.

FRIDAY EVENING

6:30 Registration and Opening: Fireside Room
7:00-8:30 Workshops: Drum or Dance
9:00-11:00 **DRUM/DANCE JAM: Fire Circle**

SATURDAY

7:30-9:00 Light breakfast: Dining Room
9:00 Registration for Day Pass: Fireside Room
9:30-11:00 Workshops: Drum or Dance
11:00-12:30 Workshops: Drum or Dance
12:30-2:00 Lunch (day-passers \$7: order in adv)
2:00-4:00 Workshops
4:00-6:00 Rest, relax, swim, practice, explore....
6:00-7:30 Dinner (day-passers \$15: order in adv)
8:00-11:00 Facilitator Entertainment and

DRUM, DANCE & FROLIC
around the **FIRE CIRCLE**



SUNDAY

7:00-9:00 Light Breakfast
9:00-10:30 Workshops: Drum or Dance
10:30-12:00 Workshops: Drum or Dance
12:00-1:00 Closing Circle, Snacks

Registration Form

Name(s) _____

Address _____

Phone(s) _____

Email _____

Dietary Restrictions: _____

Female Male Limited mobility
(call before registering)

I'm interested in a massage at \$1/minute

Ask about volunteering in exchange for reduced fees!

_____ x \$225 double occupancy (by 7/29) _____

_____ x \$250 double occupancy _____

_____ x \$65 Saturday 9 am to 11 pm (by 7/29) _____

_____ x \$75 Saturday 9 am to 11 pm _____

_____ x \$7 Saturday lunch (day-passers) _____

_____ x \$15 Saturday dinner (day-passers) _____

Total _____

Pay by: check (Payable to Murray Grove Assoc)

credit card (circle one) **Visa Mastercard**

Card #: _____

Exp: ____/____

Name on card (please print) _____

Billing address (if different than above) _____

Register by phone with a credit card.

**For more information,
go to www.murraygrove.org**



Murray Grove Retreat and Conference Center
P.O. Box 246
Lanoka Harbor, NJ 08734-0246

RETURN SERVICE REQUESTED



2nd Annual



Murray Grove Drum & Dance Retreat!

*Express yourself creatively
and spiritually!*

LEARN::

**Afro-Brazilian, Latin and
West African Drumming,
African Dance and
Belly Dancing**

*(Plus Drum/Dance Jams, Fire Circle,
Facilitator Performances, On-Site
Massage Therapist, Pool, Walks)*

August 14-16, 2009

Friday 6:30 pm to Sunday noon

**Murray Grove
Retreat and
Conference Center**

PO Box 246

Lanoka Harbor, NJ 08734

609-693-5558

murraygrove@murraygrove.org

www.murraygrove.org

Nonprofit Org.
US Postage
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Lanoka Harbor, NJ
08734

**Maire Tashjian & Amy Schindler: ViRAGO
Afro-Brazilian Drumming**

Learn how to play a variety of traditional ethnic rhythms, including an Afro-Brazilian Samba-Batucada! Learn why drumming is an important part of each cultural community and gain insight into Brazilian culture as they explore the powerful rhythms of Carnival! Learn how to play Samba-Batucada with authentic Afro-Brazilian percussion instruments including a variety of drums, bells and shakers and have fun playing call and response patterns while creating a high-energy percussion ensemble! For everyone, with or without musical experience! ViRAGO has inspired children and adults to explore the World of ethnic drumming. They are music educators and present “*The Joy of Rhythm*” multi-cultural, educational percussion program, including workshops, after-school programs, interactive school assemblies, community drum circles and in-service programs for educators and facilitators. Maire studied Performing Arts at the County College of Monmouth. She also trained at the Drummer's Collective in Manhattan, and studied West African rhythms with Nigerian drummer Baba Olatunji. Her repertoire of drumming styles includes Afro-Cuban, Afro-Brazilian, Haitian, and West African. Amy has earned her BFA in music from Long Island University and is certified to teach music in NY and NJ. They studied Afro-Brazilian percussion styles at the Office of the Arts in Salvador, Bahia, Brazil. ViRAGO's music has an edgy rock sound with elements of blues and samba. They have opened for well-known artists including Sophie B. Hawkins, Amber and Sonia and Disappear Fear, and were featured in GO NYC Magazine as “The Very Best of NYC”. Their performances include The Stone Pony and internationally. The New York Council on the Arts recognized ViRAGO for their recording “Here Be Dragons.” They perform at theaters, colleges, bars, festivals, coffeehouses, private parties, weddings, cruises and LIVE-radio and TV appearances. Women can join ViRAGO and play drums every 2nd Sunday of the month at Onespirit Women's Community Drumming Circle. Guys are welcome to join us and play drums at the co-ed Monmouth County Drumming Circle. For more information: 732-616-0497 or visit: www.viragomusic.com or www.myspace.com/viragomusic.

**Tom Brown
Latin Drumming**

Tom Brown, Latin drummer and jazz reedman, will present an opportunity to get in touch with your deepest Latin roots – even if you weren't aware you had any – on a wide variety of drums and percussion instruments. He studied music at Berklee School of Music in Boston and Rutgers-Newark; graduated from The Jazz Performance Program at William Patterson; has played sax in Latin Bands for more than 15 years and conga drums for more than 10 years; played and recorded with numerous Latin Bands over the past 15 years. Although a deep agnostic, Tom is convinced of the bottomless mystery and power of rhythm.

**Skip Leib
West African Drumming and Percussion**

Skip Leib, also known as Greywoulf, is currently the co-facilitator of the Monmouth Community Drum Circle. He also had his own percussion ensemble, Sticks And Bones, that performed for many years at various venues in NJ. Skip is an experienced drum circle facilitator and teaches West African rhythms, some basic drum circle rhythms, and several new rhythms he has created himself. He enjoys working with people of all levels of experience, and likes teaching hand percussion basics to beginners, and also teaching soloing techniques to more experienced drummers. Skip's own teachers over the years have included many workshops with drummers such as Babatunde Olatunji, Papa Ladji Camara, Joe Barnes (Joe Slap), John Amira, Mamady Keita and Basha Alade, among many others.

**Lara Gonzalez and Yael Shacham: Marafanyi
West African Dance**

Fitness & fun meets culture with Lara Gonzalez & Yael Shacham, the ladies of Marafanyi! They have a holistic approach to West African dance and drum that is exciting, encouraging and accessible with a focus on joyful exploration. Connecting mind, body and spirit, students learn to express themselves through a powerful and lyrical vocabulary of traditional music & movement that is hundreds of years old, highlighting beautiful, dynamic dances and rhythms from Guinea and the connection between dancers & drummers. The ladies are

known for their teaching expertise and flexibility with all levels of experience. Olympic Bronze Medalist, Jojo Starbuck, had this to say after taking one of their workshops - "I appreciated how you peeled the onion so beautifully for us!" Lara & Yael are committed to the therapeutic, educational and transformational power of drum, dance and song for all ages and populations and have been teaching and performing for over 10 years. They travel frequently to Guinea where they focus on music and dance from a variety of ethnic groups and maintain assistance programs for artists in the region. The ladies of Marafanyi are pleased to have recently collaborated with Guinean Master Artist, M'Bemba Bangoura and Guinean Griot & Balafon Master, Famoro Dioubaté. They also supported Congolese guitarist Dominic Kanza and his African Rhythm Machine at MASS MoCA and Grammy award winner, Angélique Kidjo from Benin at SOPAC (South Orange Performing Arts Center). Visit www.marafanyi.com

**Marta Jaremko
Belly Dancing and Massage**

Belly dancing has been around for over a thousand years. Like any other art form, it has evolved over the years, blending many cultural styles, artistic flavors, and personalities. But the basic essence remains—it's a dance of women, of female expression, based on the natural sensual ways a woman moves. And it doesn't exclude any size, shape, or age. This course is for the beginner who is interested in exploring her natural rhythms and putting them together with basic belly dance moves. We will work on slow and sensual movements, like taxim, mayan, snake arms, body waves; and on fast and fun moves—shimmies, hip drops, hip twists. The class will start with extensive stretching and strengthening, and end with a cool-down stretch. Marta has been dancing and performing since 1996 as a soloist and in several belly dance troupes. Recently she joined the troupe Bellydance Revolution. For the past six years, she has been teaching belly dance to adults and children in the tri-state area, New England, and Portugal.

Marta is a certified massage therapist who has been in practice since 2005. She studied at the prestigious Green Mountain Institute for Integrative Therapy and International School for Bodywork in

Portugal and Vermont. The massage Marta gives is both invigorating and deeply relaxing. She emphasizes contactfulness with the client, with a truly present touch that is deeply healing. Through her massage, Marta focuses on the client's whole being: physical, emotional, energetic, and spiritual.

**Mihrimah
Belly Dancing**

Dancing on stages, in a professional capacity, since the 80s, Mihrimah discovered a love for belly dancing when she took a class from a friend in 1992. Soon thereafter, she joined The Moon & Star Dance Troupe and performed throughout NJ, NY and PA from 92-99. She founded a new troupe in 2002, Tribe Anisa. And in 2006, Mihrimah founded the BellyStars Dance Troupe. The BellyStars taught and performed Mihrimah's signature co-created choreographies around NJ until 2008. In 2009, Mihrimah collaborated with the Fin-Dicators and created RockaBelly, successfully fusing belly dance with surf rock. Mihrimah teaches and performs most forms of belly dance: cabaret, tribal, tribaret, gothic, fusion, folk, Ghawazee, Egyptian, Turkish, Persian, and Gypsy. Her specialty props include veil, fan, sword, candle and zills. Ever the engaging performer, Mihrimah often draws the audience to her and with her on the dancefloor. A belly dance instructor for many years at Brookdale Community College and Bayshore Fitness, Mihrimah now teaches her popular series “Belly Basics” primarily at Dynamic All Star Dance and workshops in and around New Jersey. Her classes are usually full, with students of differing abilities, ranging in age from 7 to 70, male and female. Mihrimah's most recent workshops have been “Dangerous Dance and Pointy Props” and “Henna, Healing and History”. Her favorite dance partner continues to be her daughter. Mihrimah has performed at multicultural festivals, private parties, weddings and family celebrations, nightclubs, restaurants, and networking events. She has advised several NJ High School Dance Teams in recent years. In her spare time, she does some modeling and guest dj spots on college radio stations. Visit her websites: www.shimmyspirit.com and www.myspace.com/mihrimahbellydancer.

