



Canberra's West African Drum & Dance Retreat

Saturday 29 Sept – Monday 1 Oct 2018

A 3-day retreat in a beautiful bush setting, only 15 minutes from Canberra!

Why a retreat?

Take some time out and come and immerse yourself in the rhythms and culture of West African drumming and dancing! This annual retreat caters for all levels – supporting newer drummers and dancers while challenging experienced participants to improve technique, build stamina, and deepen their understanding of West African music.

Aside from the clear musical and physical benefits, a retreat provides the ideal setting for connecting with others who enjoy this art-form as much as you do. Balance the high-energy drum and dance sessions by taking part in a yoga session; enjoying a bushwalk; nourishing your body with delicious meals prepared by guest chef, Sid Stolk; relaxing on the lawn with a good book; or having a massage with the onsite massage therapist! A three-day escape from the daily grind into a world of music and dance – good for the mind, body and the soul. Treat yourself!



Teachers

Mohamed Bangoura (AKA Bangourake), from Guinea in West Africa, is regarded by many connoisseurs as one of the best master drummers in the world. His life is totally dedicated to passing on the music and culture of his people. All participants will have the opportunity to learn from Bangourake and experience his charismatic teaching style and sheer musical brilliance.

Kate Susko is the retreat organiser and will be supporting Bangourake with teaching drumming classes – ensuring that less experienced drummers get the guidance and support they need. A student of Bangourake's for 10 years and a highly experienced teacher, Kate is known for her enthusiasm and ability to explain the music and technique in a way that has people grooving along in no time.



Program

One dundun dance session included for all participants!

Saturday
8.00am Check-in
9.00am Retreat Welcome
9.15am Drumming
11.00am Dance
12.45pm Lunch
1.45pm Drumming
3.30pm Dance
5.15pm Dundun Dance
6.30pm Dinner
8.00pm Campfire

Sunday
7.00am Bushwalk
8.00am Breakfast
9.00am Drumming
11.00am Dance
12.45pm Lunch
1.45pm Drumming
3.30pm Dance
5.15pm Dundun Dance
6.30pm Dinner
8.00pm Activity

Monday
7.00am Yoga
8.00am Breakfast
9.00am Drumming
11.15am Dance
1.15pm Retreat Close
1.30pm Lunch

Retreat Venue



Camp Cottermouth is in a peaceful bush setting 15 minutes from Parliament House. The camp borders the Murrumbidgee River and is located in the Cotter Precinct, an area of the ACT known for its natural beauty and panoramic views of the nearby Brindabella Mountains. Bring your walking shoes if you want to enjoy a lovely bushwalk!

Accommodation is cabin style with each cabin, divided into two or three rooms, containing 10-14 beds (bunk style). All cabins have bathrooms. If you would like to ensure that friends are in the same cabin as you, please note this on your registration form.



The camp address is 1435 Cotter Rd, Stromlo, ACT.



Catering

Blue Mountains-based chef, Sid Stolk, will be preparing delicious gourmet vegetarian meals. His food not only tastes delicious but makes you feel fantastic! Sid has been catering for over 15 years and has worked as a chef in health resorts. Please bring your own fruit and snacks for between meals.

Cost & Bookings

Early Bird Price:	Full Price:
Drum OR Dance \$530	Drum OR Dance \$580
Drum AND Dance \$580	Drum AND Dance \$630

Drum Hire: \$30 for three days

For those travelling from outside of Canberra, Friday night accommodation is available: \$45

Retreat price includes drum and/or dance tuition, yoga, meals and accommodation. The dundun dance class is free for all to have a go!

To receive the Early Bird discount, bookings must be received prior to 31 July 2017.

To book your place, visit:

www.drumeffect.com.au/retreats

You will be required to pay your deposit of \$100. You can choose to pay the full amount at this time if you prefer.

If you pay a deposit, the balance of your fee is due by 24 August 2018 and you will receive a reminder email prior to this date.

Please note that deposits are non-refundable. Other monies paid can be refunded if you notify Drum Effect of your cancellation prior to 24 August 2018. Due to the need to confirm venue and catering costs, payments cannot be refunded after 24 August 2018.

Contact: Kate Susko 0414 236 323 or kate@drumeffect.com.au

