



# Canberra's West African Drum & Dance Retreat

Friday 13 Sep – Sunday 15 Sep 2019

*A weekend 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 weekend 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 Gascoyne** 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 over 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!*

### Friday

5.30pm Check-in  
6.00pm Dinner  
7.00pm Drumming  
8.00pm Dance

### Saturday

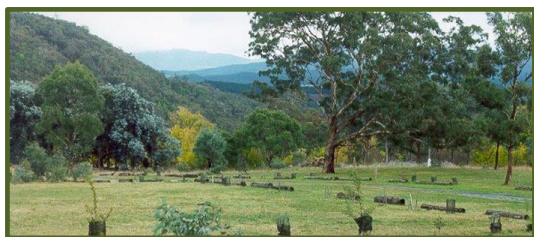
7.00am Yoga  
8.00am Breakfast  
9.00am Drumming  
11.00am Dance  
12.45pm Lunch  
1.45pm Drumming  
3.30pm Dance  
5.00pm Dundun Dance  
6.30pm Dinner  
7.45pm Activity

### Sunday

6.30am Bushwalk  
7.30am Breakfast  
8.30am Drumming  
10.15am Dance  
12noon Lunch  
1.00pm Drumming  
2.45pm Dance  
4.15pm Retreat Close

## Retreat Venue

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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 20 years and has worked as a chef in health resorts. Please bring your own fruit and snacks for between meals.

## Cost & Bookings

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Early Bird Price:	Full Price:
Drum OR Dance \$480	Drum OR Dance \$530
Drum AND Dance \$530	Drum AND Dance \$580

Drum Hire: \$25 for the weekend

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 19 July 2019. Places are limited so please book early to avoid disappointment.

To book your place, visit:

[www.drumeffect.com.au/retreats](http://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 23 August 2019 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 23 August 2019. Due to the need to confirm venue and catering costs, payments cannot be refunded after 23 August 2019.

*Contact: Kate Gascoyne 0414 236 323 or [kate@drumeffect.com.au](mailto:kate@drumeffect.com.au)*

