



## Friday February 10<sup>th</sup> 2017

6:00pm to 9:00pm

OFFICIAL OPENING CEREMONIES OF  
THE ACAWF 2017 - AFRICAN CULTURE AND WELLNESS FESTIVAL  
THEME: "Building a solid foundation for our future Global Young African  
Leaders".  
Dinner featuring our *"THE VEGAN ALL STARS of the year"*  
50.00 GHC per plate

## Saturday February 11<sup>th</sup> 2017

### FESTIVAL at the Aburi Botanical Gardens

9:00am to 6:00pm

EXHIBITION OPENS  
Healers Village Expo, African Market Place Expo,  
Natural African Beauty Expo and Vegan All Star Food Court

Gate FEE 2 GHC

### AFRICAN FITNESS WORKSHOPS

9:00am to 9:45am

NEW DAY YOGA: Khemtic Yoga

10:00am to 10:45 pm

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

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

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

## **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 PANEL**

**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)**

**8pm to 12 midnite  
Gates open at 7pm**

## **REGENERATION CONCERT**

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

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### **WORKSHOPS**

**FREE**

### **REGENERATION CONCERT**

**General Admission 20.00 GHC, VIP 40.00 GHC**

### **VENDOR SPACE**

**ONLY 200.00 GHC 1 table 2 chairs,  
Full Canopies 3 tables 10 chairs 500.00 GHC**

**Pay before Jan 1st and get 25.00GHC off your vending fee**

**SCHEDULE MAY CHANGE. PLEASE STAY POSTED**