



Friday February 10th 2017

1:00pm to 4:00pm

OPENING CEREMONIES

Keynote speaker Dr. Paul Goss of New Body Products

THEME: "Building a solid foundation for our future Global Young African Leaders".

Featuring a *THE VEGAN ALL STARS*

50.00 GHC per fundraiser plate

Saturday February 11th 2017

6:00am to 9:00am

FESTIVAL at the Aburi Botanical Gardens

HEALTHY LIFE WALK

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 and Vegan All Star Food Court

Gate FEE 2 GHC

AFRICAN FITNESS WORKSHOPS

9:00am to 9:45am

NEW DAY YOGA: Khemetic 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

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**

GATE FEE

2.00 GHC

EXPO AND WORKSHOPS

FREE

REGENERATION CONCERT

General Admission 20.00 GHC, 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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