

Twice a year Night & Day stand in perfect balance...

# Spring Equinox

with **H**ands, **H**eart & **F**eet



**Saturday & Sunday 25th & 26th September 2010**

**Saturday:** @ Murrungundie, Springwood with John & Emily from *Hands, Heart & Feet*

Arrive any time after 4pm for a chai & chat in the lovely bush setting. Please no later than 6pm.

6pm: Celebration of the Spring Solstice - drumming, dancing, storytelling & spontaneousness around a fire, under a starry night sky. Bring a plate of food to share, dress up. Entry by donation.

**Sunday:** @ St Canices, Katoomba with Tuza & the *Salaka Ensemble* from Ghana

10am: pack a picnic breakfast & meet @ the spectacular Aboriginal Rock, in Wentworth Falls

Our afternoon workshops will be run by Tuza & the *Salaka Ensemble* from Ghana, a group of passionate, vibrant African Drummers & Dancers

1pm - 2:30pm: Drum Workshop / 3pm - 4:30m: Dance Workshop

\$30 / \$25 for one workshop or \$50 / \$40 for both

Suitable for all levels of experience



**For bookings or more information:**

**04055 177 59** (text messages welcome)

**[www.handsheartfeet.com](http://www.handsheartfeet.com)**

