



Thursday February 7th 2019

7pm to 11pm

ACAWF FESTIVAL LAUNCH with a live radio broadcast of Mutabaruka's radio show "Cutting Edge" on IRIE FM in Jamaica and XLIVE FM in Ghana.
@Jam Rock Jamaican Restaurant in Accra. East Legon.
This year's theme for ACAWF 2019 is "Our Land Our Sovereignty"

Saturday February 9th 2019

FESTIVAL at the Aburi Botanical Gardens

5:30am to 8:30am

HEALTHY LIFE WALK CHALLENGE
From Ayi Mensah Toll booth to Aburi Botanical Gardens

9:00am to 6:00pm

EXHIBITION OPENS 4 EXPOS
*Healers Village Expo... African Market Place Expo...
Natural African Beauty Expo... Vegan All Star Food Court*

AFRICAN FITNESS WORKSHOPS

9:00am to 9:45am

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

10:00am to 10:45 pm

NEW DAY YOGA: Khemetic Yoga

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

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

WELLNESS WORKSHOPS

- 1:00pm to 1:45pm **AFRICAN WHOLISTIC WELLNESS: “Balancing the mind, body, spirit, and culture for the Unity of the Global African Family.”**
Natural Health Remedies Made Simple
- 2:00pm to 2:45pm **HAPPILY NATURAL: “Dangers of Beauty Treatments and Natural alternatives to beauty solutions”** Panel discussion
- 3:00pm to 3:45pm **FOOD VIBRATIONS: “The Vegan Kitchen”**
with The **VEGAN ALL STARS**
(Vegan All Stars as seen on TV3 Sunrise Morning Show and GTV)

PNUT BUTTA KIDS ACTIVITIES AGES 5 TO 15

- 9am to 3pm **AFRICAN ARTS AND CRAFTS, STORYTELLING, ORGANIC FARMING, MEDITATION, VEGAN FOOD PREPARATIONS** taught by ages 9 to 15

- 8pm to 12 midnite
Gates open at 7pm **REGENERATION CONCERT**
Featuring International Artist/Poet/Musician/Actor **MUTABARUKA**
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GATE FEE **2.00 GHC**

EXPO AND WORKSHOPS **FREE**

REGENERATION CONCERT **FREE General Admission**
VIP 50.00 GHC comes with Vegan All Star Jam Rock Jamaican Buffet

VENDOR SPACE

<i>Single Space</i>	<i>1 table 2 chairs</i>	<i>250.00 GHC</i>
<i>Full Canopy</i>	<i>3 tables 10 chairs</i>	<i>600.00 GHC</i>

SCHEDULE MAY CHANGE. PLEASE STAY POSTED last update Jan 11th 2019
WWW.ACAWF.COM