



Friday February 7th 2019

7pm to 11pm

ACAWF FESTIVAL LAUNCH with a live radio remote 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", which is in perfect alignment with our endorsement from Ghana's 2019 "Year of Return" for Africans in the diaspora.

Saturday February 9th 2019

5:30am to 8:30am

FESTIVAL at the Aburi Botanical Gardens

HEALTHY LIFE WALK CHALLENGE

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... Vegan All Star Food Court

ABURI GARDENS GATE FEE 2 GHC

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, MEDITAION, *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

GATE FEE **2.00 GHC**

EXPO AND WORKSHOPS **FREE**

REGENERATION CONCERT **FREE General Admission VIP 50.00 GHC**

VENDOR SPACE *Single Space* *1 table 2 chairs* *250.00 GHC*
Full Canopy *3 tables 10 chairs* *600.00 GHC*

SCHEDULE MAY CHANGE. PLEASE STAY POSTED last update Jan 2nd 2019
WWW.ACAWF.COM