

Tarab Retreat Schedule: September 6-8 2019 at La Foret Conference Center

FRIDAY, SEPTEMBER 7th

Time	Ponderosa Hall	Icehouse	Meadow	Indian Paintbrush
9:00am - 10:00am	Deborah Newberg Yoga in Ponderosa Hall			
10:00am - 11:00am	Staff Meeting & Rehearsal in Ponderosa Hall			
11:00am -12:00pm	Pete Jacobs Orientation in Ponderosa Hall Walking Tour of La Foret Campus & Load-In to Cabins			
12:00pm	LUNCH in Cafeteria			
1:00pm - 2:30pm	Zac Bigbee Body Awareness & Contemporary Dance	George Sepmeier Turkish Ensemble	Zara Sadeghi & Sina Goharjou Persian Daf	Julia Moon & Donovan Warnick Tribal Dance & Arabic Percussion
3:00pm - 4:30pm	Annya Ishtara Rajasthani Dance	George Sepmeier Intro to Maqam	Travis Jarrell Zils Performance & Platter Dance	Eric Zang Percussion/ Intro to Nay
5:00pm - 6:30pm	Travis Jarrell & Parson Sisters Armenian Dance	Nabin Shrestha Indian Tabla	Georgia Michelle Muwashahat: Andalusian Dance	
7:00pm	DINNER in Cafeteria			

FRIDAY PERFORMANCES

8:00pm - 9:00pm	Rajasthani/Hindustani Concert feat. Anya Ishtara & Nabin Shrestha
9:00pm - 10:00pm	George Sepmeier Turkish/Armenian/Greek Hafila
10:00pm - Late	Armenian/Turkish Folk Dancing feat. Travis Jarrell & the Parson Sisters

Note: Please use Ponderosa Hall Dressing Rooms to prepare for shows and classes.

Cabin bathrooms are for showers and general use. Thank you!

Tarab Retreat Schedule: September 6-8 2019 at La Foret Conference Center

SATURDAY, SEPTEMBER 8th

Time	Ponderosa Hall	Icehouse	Meadow	Indian Paintbrush
8:00am - 9:00 am	BREAKFAST in La Foret Dining Hall			
9:00am- 10:00am	Deborah Newberg Yoga & Sound Healing Concert: Veil Taksim Practice in Ponderosa			
10:30am - 11:30pm	Zac Bigbee Body Awareness & Contemporary Dance	Nabin Shretha Indian Tabla	Zara Sadeghi & Sina Goharjou Persian Daf	
1:00pm	Persian Catered LUNCH Indian Paintbrush			
2:00pm - 3:00pm	Julia Moon & Donovan Warnick Tribal Dance & Arabic Percussion	George Sepmeier Arabic Ensemble	Travis Jarrell Zil Performance & Platter Dance	Eric Zang Percussion/ Intro to Nay
3:30pm - 4:30pm	Travis Jarrell & Parson Sisters Balkan Dance	George Sepmeier Intro to Maqam		
5:00pm - 6:00pm	Georgia Michelle Muwashahat: Andalusian Dance	Parson Sisters Balkan Ensemble	Annya Ishtara Rajasthani Dance	
7:00pm	Persian Catered Dinner Indian Paintbrush			

SATURDAY PERFORMANCES

8:00pm - 8:45pm	Persian Concert feat. Sholeh Malekzadeh Mani, Zac Bigbee & Special Guests TBA
9:00pm - 10:15pm	The Parson Sisters Balkan Dance Concert feat. Travis Jarrell
10:30pm - Late	George Sepmeier Arabic Hafila & Lebanese Dabke Social Dance

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Tarab Retreat Schedule: September 6-8 2019 at La Foret Conference Center

SUNDAY, SEPTEMBER 9th

Time	Ponderosa Hall	Meadow or Icehouse
9:00am	Deborah Newberg: Yoga & Sound Healing Concert: Veil Taksim Practice	
10:00am	Julia Moon Veil Workshop	Pete Jacobs Sufi Ilahi Singing
11:00am	STRIKE / LOAD OUT No Class	Music Class TBD
12:00pm	LUNCH in La Foret Cafeteria	
2:00pm	Chapel Concert feat. Catrene Payan and Members of Zuruna	
4:00pm	Chapel Closing Circle & Goodbye!	

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