

DESCRIPTIONS and ARTIST-TEACHERS

Shamanic Drumming – Anne Wennhold



Start your arts day with rhythm – drumming, shaking, rattling, fun!

Anne Wennhold, a Shamanic practitioner, made her first drum in 1996. She has hosted the monthly Shamanic Compass Drumming Circle for several years and given drum sessions for seniors. She offers mandala drawing and drum making workshops and has co-led *Choosing Conscious Elderhood* retreats and vision quests, as well as “Transitions in Aging” discussion groups for older adults.

The Actor’s Craft – Michael Bias



What is acting? Learn and play with the fundamentals of acting in a fun, interactive and informative workshop.

Michael Bias, founder and Artistic/Producing Director of The Garage Theatre Group, in residence at FDU, has directed/produced over 100 plays and musicals including his own original work and a number of world premieres. He has critiqued for the Bergen Teen Arts Festival and participates in arts-in-education programs throughout NJ. Michael teaches acting at FDU and for youth and adults.

Poetry: Where Are You From? – Teresa Carson

We'll use this simple question as the jumping off point for an expansive exploration of the experiences that made us who we are today. A mix of reading, writing and sharing.

Teresa Carson, poet and playwright, is associate publisher at CavanKerry Press, a non-profit literary press based in Fort Lee, and assistant director of the Frost Place Conference on Poetry and Teaching. She has published three books of poetry, *Elegy for the Floater*, *My Crooked House*, and *The Congress of Human Oddities*. Teresa holds MFAs in Poetry and Theatre from Sarah Lawrence College



Reuse, Recycle, Make Art! – Herrat Summerhoff



What's in *your* recycling bin? Egg-crates, paper towel rolls and tissue boxes make a terrific foundation for wall art and sculpture! Come create – give garbage a whole new life!

Herrat Sommerhoff has exhibited widely in area museums, galleries and corporate spaces from the NY tri-state area as well as showing outdoor sculpture in Colorado and for the Ministry of the Environment in Berlin, Germany. She lectures and conducts workshops at art centers, schools and festivals and is a faculty member and a trustee at the Art Center of Northern New Jersey.

Move That Body! – Alexandra Stavrou



Warm-up emphasizing breathing, body alignment and movement mechanics used in dance and daily life. We'll improvise our own "dances for a small space."

Alexandra Stavrou, dancer and choreographer, has performed and created dances throughout the US, Greece, New Zealand and Papua New Guinea, in venues from the Brooklyn Academy of Music to remote village clearings. She was a member of the Balinese-American Dance

Theatre and the Haitian Troupe, "Shango". Alexandra is a Teaching Artist at the Center for Modern Dance Education and teaches movement and body awareness to adults of all ages.

Lunchtime Music – Amy Herbitter

Have you every wanted to try out an instrument? Here's one to think about.

Saturday – Enjoy recorder and guitar music as you relax and eat lunch.

Sunday – Recorder Artistry – a presentation/demonstration on the history and music of this centuries-old instrument, from Bach to pop.

Amy Herbitter has been Music Director and Recorderist for the Morris Consort since 1998, appearing in performances from New York to Boston. In 2004 Amy presented her solo New York recital debut. She continues solo appearances in the metro area, coaches playing sessions for the American Recorder Society in Connecticut and New Jersey, and also performs on classical guitar.



Flat Rock Brook Nature Center, at 443 Van Nostrand Ave. in Englewood, is a block north of Route 4 at the Jones Road exit. Turn right at the sign and head up the hill.