

# Southeast Alaska State Fair Performer Workshop Schedule

All workshops will take place at the Fairgrounds. All workshops are 1 hour long unless otherwise noted.

## Friday

### **3pm Nicole Fournier** Dalton City

How to Front a Blues Band. Have you ever wondered what its like, or dreamed of fronting your own band... ? Now is your chance, we bring the band, the song and direction. You bring the courage to get up in front of "your fans" and TAKE CONTROL by leading the band and belting out a standard blues tune. Workshop is for all ages and NO music experience is necessary. All you will need is the desire to have fun and to lose your inhibitions...

**Friday 4pm Ray Troll Fish Worship** Dalton City (JR Dalton General Merchant building) Alaskan artist Ray Troll will share the twists and turns of his unique fish inspired career with slide show.

### **Friday 6pm Yoga and Kirtan with Sarana** (dome near Kid Stage)

Come sing, breathe and stretch out your body with in a playful and fun way with this amazing guest yogini. No experience necessary. All ages welcome.

## Saturday

### **2:00 Ray Troll presents The Sharkabet: a Sea of Sharks from A to Z.**

Dalton City (JR Dalton General Merchant building) Alaskan Author Ray Troll will tell the story of the creation of his alphabetical book of living and prehistoric sharks and how his son inspired it. Slide show. Open to all ages. Ray will be signing copies of The Sharkabet after his talk.

### **3:00 Blue Scholars** Dalton City (JR Dalton General Merchant building)

"Hip-hop and the Media" presented by Blue Scholars Geo and Sabzi of the Seattle-based hip-hop duo Blue Scholars share their creative process and the content of their music as it relates to their community, their listeners, and the music industry. In addition to becoming familiar with the group's history and music, participants will engage with the duo and with each other to discuss ways to use music as a means of expression and spurring action.

### **4:00 Jiu Jitsu** (Kid's Stage)with Chorus Bishop

Get a taste of the local martial arts scene! Learn 3 fun but real self defense techniques from some of the most common street attacks- All ages, no experience necessary.

## Sunday Workshops

**12pm Pamyua** Main Stage will teach Yup'ik song dance and stories.

Yup'ik songs from southwest Alaska depict natural elements of the environment, reflect on history, and demonstrates the humor of Native peoples. Learn to sing, dance, and drum the story of Andre the Seal. Great for all ages.

**1pm NANDA**

**Juggling/ Object Manipulation** Dalton City: Learn to juggle or get pointers from experienced jugglers! And/or manipulate a staff through the air in arcing weave patterns. The aim is to find fluid and relaxed ways of spinning it around different parts of the body and between both hands. You may increase your ability to deal with getting hit by hard wooden objects, and learn to spin without hitting yourself. All ages. Bring bean bags, balls, etc if you have em. Some props will be available.

**OR**

**Faux-fu fighting!** (Combat Resolution) Main Stage Learn stage combat techniques! This slow motion, goofball movement class gives participants a chance to sample a non-aggressive style of stage-combat. Participants will interact in a fun and safe way, engaging in tightly choreographed energetic movements.

Despite being a great cardiovascular work-out, this program is not reserved for the physically fit.

For participants in this workshop, who want to keep honing their Faux Fu Fighting skills, there will be an opportunity to keep working with NANDA for an additional hour long workshop directly afterwards, in an alternate location TBA.

**\*The Faux- Fu Workshop will have maximum of 30 participants. A sign up sheet will be available at the Merchandise Table next to the Main Stage.**

**\*Nanda will be presenting the Juggling/Object Manipulation and Faux Fighting workshops simultaneously.**

**2pm Spiral Hoop Dance** Dalton City

Want to experience the reincarnation of the hula hoop that is revolving bodies all over the world? These larger, hand-made hoops move slower, making hooping accessible for people of all ages. Join Spiral for a playshop to learn the basics of moving with hoops. Hooping is a beautiful exercise for the bodymind, a fun community ritual, and is guaranteed to make you smile. Hoops will be provided for use and for sale, but if you have one, bring it- and some water- along.