

March 25 - May 28, 2021

## African Piragramac: A Rite of Movement Workshop

Company: Kinetic Kinship (Powered by Elisa Monte Dance)

Venue: Zoom

Location: New York, NY

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Men Ca teaches African Piragramac: A Rite of Movement Workshop the last Thursday and Friday of each month 6-8PM EST!

2-Day Workshop Price: \$40 (This gives you access to both Thursday and Friday's two-hour sessions for the month)

For more information and to see the Full Class Schedule go to <https://bit.ly/kinetickinship>

Workshop Description: With traditional African movement as its base, while multi-layered with a modern aesthetic, this workshop series centers within two rites of movement: go in to go through (meditation) and go through to go out (transformation). All in effort to connect to the first drum and spiritual center: the heart and the mind, respectfully. Created by the late Kemetologist (Egyptologist) and multi-faceted Artist, Lee Aco Thompson, this workshop yields to invigorate the self to be spiritually physical and physically spiritual. - One must activate one's self to be one with creation.

Bring a journal and writing utensil to class!

### Teacher Bio:

The bio-kemet-cal essence of Men Ca is in his name: Mata is Energy from the Nucleus of the Ca'nsconscious Atam. A practitioner of defining that which he does through that which he is (i.e., Men Ca), his absolute Art and Science is to be ca'nsconscious at all times, in all times. Thus, deepen the life force energy of love and understanding.

As a fourth generation Horton modern teacher and a soul conduit of the African based rite of movement, Piragramac (developed by the late Lee 'Aco' Thompson), the underpinning energy of Men Ca's teaching, especially with Piragramac, is to ascertain being spiritually physical and physically spiritual; exhilarating the body to be in tune with the first drum and the first spiritual center, the heart and the pineal gland, respectfully.

For more information go to <https://bit.ly/kinetickinship>

Kinetic Kinship (Powered by Elisa Monte Dance)  
8 W 126th Street  
New York, NY, 10027  
<https://kinetickinshipddc.corsizio.com/?instructor=5f55063bfff5aaa4b50e4b1c>

Schedule  
March 25, 2021: 6:00pm  
March 26, 2021: 6:00pm  
April 29, 2021: 6:00pm  
April 30, 2021: 6:00pm  
May 27, 2021: 6:00pm  
May 28, 2021: 6:00pm

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