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

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'nscious 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'nscious 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 glad, 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