

## **Gullah Festival 2022 Workshop Descriptions**

### **Sweetgrass Basket Weaving Workshop**

#### **BASKET WEAVING**

**Friday, May 27, 2022**

**Session1: 11:00am to 12:00pm**

**Saturday, May 28, 2022**

**Session 2: 11:00am to 12:00pm**

Facilitators: Michael Smalls and Dino Badger

#### **Gullah Sweetgrass Basket Creation in Mt. Pleasant, SC**

Sweetgrass basket sewing is a craft that originated in Sierra Leone, West Africa and was brought to the Lowcountry of South Carolina by enslaved African people. Basketry was first used for the harvesting of rice, fruits, and vegetables on the plantations of the Lowcountry, and later used for decorative purposes.

Workshop participants will learn the techniques of Gullah sweetgrass basket weaving. Additionally, each participant will have the opportunity for a hands-on experience of creating their own keepsake sweetgrass item.



## Percussion (Drum) Making

Friday, May 27, 2022

Session1: 12:30pm to 1:30pm

Saturday, May 28, 2022

Session 2: 12:30pm to 1:30pm

Facilitator: Attorney Thomas E. Mosley AKA Baba Ngoma

Cultural Anthropologist of the Drum

During Mr. Mosley's lecture and demonstration workshop at the 2022 Original Gullah Festival, he will use locally obtained gourds, bamboo and other available materials to make percussive musical instruments. All of the materials he uses during his workshop are both for sale and to further others to learn innate being and ability to make something valuable out of what exists around us. Each workshop participant will experience making an item that is theirs to keep.



## **Gullah-Geechee /African American Quilt Making Workshop**

**Friday, May 27, 2022**

**Session1: 2:00pm to 3:00pm**

**Saturday, May 28, 2022**

**Session 2: 2:00pm to 3:00pm**

**Facilitator: Ms. Bessie Bates**

African American quilting is almost as old as the history of America. African enslaved women were needed for spinning, weaving, sewing and quilting on plantations and in other wealthy households.

For enslaved people, quilts were made for everyday use out of necessity. Scraps, discarded clothing and feed sacks were the materials used. In making "string quilts," strips of various fabrics were sewn together. The result was then cut into blocks and made into a quilt.

Come to a Quilting Workshop and experience the art of basics quilt-making. Using a hand needle to create straight stitches of quilting. Gain the basic skills, and leave this workshop with the beginning of your first Gullah-Geechee Quilt, to later complete at your leisure, in your home. You will also experience a modern-day method of straight stitch quilting on a sewing machine.



## **Chair Yoga Demonstration**

**Facilitator: Kind Essence of NY**

**Friday, May 27, 2022**

**Session1: 3:30pm to 4:15pm**

**Saturday, May 28, 2022**

**Session 2: 3:30pm to 4:15pm**

Welcome to Gentle Chair Yoga!

This practice has many of the benefits as Matt Yoga, without leaving your seat. Yoga consists of mindful breathing and focusing; slow stretching in harmony with the breath; toning muscles, flexing the joints, and strengthening the body.

These exercises can provide cardiovascular conditioning. Meditating and deep breathing reduces stress, lowers blood pressure, and induces relaxation. Mind and body awareness can influence mood and self-esteem while improving quality of life.

Additional, individual hand massage and spiritual reading also offered by Kind Essence.