



2nd Annual Ascension Praise Dance Workshop  
July 8 – 10, 2010

**“Delivered to Disciple & Dance”**

**SCHEDULE**

Thursday, July 8, 2010

Time	Activity	Instructor
7:00 – 12:00pm	<b>Registration</b>	
8:30 – 8:55am	<b>Praise &amp; Worship</b>	
9:00 – 11:45am	<b>Theography Class by Ascension</b> <i>Introduction to theography; dance styles of African-Caribbean will be explored including several dance improvisation techniques.</i>	<b>Ascension</b>
12:00 – 1:15pm	<b>Lunch</b>	
1:30 – 3:00pm	<b>Theography II Class</b> <i>Theography concepts continued with an emphasis on choreograph.</i>	<b>Ascension</b>
3:15 – 4:30pm	<b>Sign language &amp; Movement</b> <i>Incorporating sign language and dance to accurately and creatively illustrate the Word of God.</i>	<b>Chinyere Anyanwu</b>
4:45 – 5:15pm	<b>Snack Break &amp; Bible Game Trivia</b>	<b>Ascension/Extension</b>
5:30 – 6:30pm	<b>Boot Camp (Gospel Aerobics style)</b> <i>Class offers challenging options for athletic conditioning to keep your temple fit as a form of worship.</i>	<b>Wanel Thomas</b>

Friday, July 9, 2010

Time	Activity	Instructor
7:00 – 12:00pm	<b>Registration</b>	
8:15 – 8:55am	<b>Praise &amp; Worship</b>	
9:00 – 11:45am	<b>Theography Class</b> <i>Introduction to theography continued; dance styles of Modern are explored including key choreography tips in using theography. Also featuring special guest instructor, Rodney Scott for an “Introduction to Apologetics.”</i>	<b>Ascension</b> <b>Rodney Scott</b>
12:00 – 1:15pm	<b>Lunch</b>	
1:30 – 3:00pm	<b>“Garments of praise &amp; Geared for Worship”</b> <i>Biblical foundation of liturgical dance; 2. Appropriate garments for liturgical dancers; 3. The importance of preparation (both spiritually and technically) to choreograph and create pieces for ministry</i>	<b>Trent Von Lee</b>
3:15 – 4:30pm	<b>Urban Dance Movement</b> <i>Praising the Lord through urban movement!</i>	<b>Enrika Greathouse</b>
4:45 – 5:15pm	<b>Snack Break &amp; Bible Game Trivia</b>	<b>Ascension/Extension</b>
5:30 – 6:30pm	<b>Boot Camp (Gospel Aerobics style)</b>	<b>Wanel Thomas</b> <b>(Ascension)</b>
7:00 - 8:30pm	<b>Dance Showcase (Limited to 10 dance ministries)</b>	<b>All instructors - Panel</b>

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**Saturday, July 10, 2010**

(Including children's division, ages 5 -12)

<b>Time</b>	<b>Activity</b>	<b>Instructor</b>
7:00 – 12:00pm	<b>Registration</b>	
8:30 – 8:55am	<b>Praise &amp; Worship</b> <i>Dance Leader: Trent Von Lee</i> <i>Featuring Sam Brown-Dawson</i>	
9:00 – 11:45am	<b>Theography Class by Ascension (adults)</b> <i>Introduction to theography continued; dance styles of Contemporary are explored including key choreography tips in using theography.</i>  <b>Urban Movement for Children</b> Exploring urban movement while praising the Lord!	<b>Ascension</b>  <b>Enrika Greathouse</b>
12:00 – 1:15pm	<b>Lunch</b> <b>"Oh Taste and See" w/special guest Nutritionist</b> <i>Healthy foods demonstration that will include instruction and preparation of easy healthy meals that will be provided as part of lunch.</i>	<b>Kayla Scott</b>
1:30 – 3:00pm	<b>"Garments of praise &amp; Geared for Worship"</b> <i>Biblical foundation of liturgical dance; Appropriate garments for liturgical dancers; the importance of preparation (both spiritually and technically) to choreograph and create pieces for ministry.</i>  <b>Introduction to Theography for children</b> <i>Fundamentals of liturgical dance for children</i>	<b>Trent Von Lee (adults)</b>  <b>Ascension/Extension (Children – Bldg # 2)</b>
3:15 – 4:30pm	<b>Urban Dance Movement</b> Exploring urban movement while praising the Lord!  <b>Theography II for children</b>	<b>Enrika Greathouse</b>  <b>Ascension/Extension (Children – Bldg # 2)</b>
4:30 – 4:55pm	<b>Snack Break &amp; Bible Game Trivia</b>	
5:00 – 6:00pm	<b>Boot Camp Gospel Aerobics style)</b>  <b>Bible Games and Creative arts for children!</b>	<b>Wanel Thomas</b>  <b>Extension (Children- Bldg #2)</b>
6:15 – 7:00pm	<b>Closing Celebration</b> <i>Presentation of choreography from workshop classes, gifts, prizes, and more!</i>	<b>All participants</b>