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PRESS RELEASE

SHUKUMIS'UMZIMBA / SHAKE YOUR BODY FOR HERITAGE DAY

Celebrate this year's Heritage Day by learning Xhosa dance moves at the Nelson Mandela Metropolitan Art Museum. Two introductory dance workshops will be run by the Xhosa dance group, Qhama Africa, lead by dancer Mninawa Mangweni. The first workshop will start at 9h30 on Wednesday 24 September and the second at 9h30 on Friday 26 September.

All ages are welcome to join. Bookings can be made through the Art Museum's front desk, tel: 041 506 2000, email: artmuseum@mandelametro.gov.za or visit us to make a booking at 1 Park Drive, Central, Port Elizabeth Space is limited so book now.

The workshops will run for approximately two and half hours and will include background on traditional dance, learning some basic steps and a demonstration by the experts.

Participants are asked to wear comfortable clothing that they are ready to move in. Those feeling adventurous are encouraged to bring a Xhosa flare to their outfits with beadwork, face paint and traditional clothing.

This fun programme will begin with marimba music and a brief walkabout of the exhibition entitled FOR FUTURE GENERATIONS: HUGH TRACEY AND THE INTERNATIONAL LIBRARY OF AFRICAN MUSIC (ILAM) which was curated in 2010 by the ILAM staff based at Rhodes University and has been on tour around the country starting at the Origin centre in Gauteng.

This exhibition features stunning images, publications, film and video, audio recordings and a display of traditional African instruments which relate to Hugh Tracey and his son, Andrew's field research.

Tracey made 19 field excursions between 1928 and the early 1970s that went as far north as the then Belgian Congo. His field recordings covering east, central and southern Africa comprise one of the most important collections of African Music in the world.

Come and join us for a fun morning of Xhosa dance which promises to raise your heart rate while teaching you something new about the rich heritage of the Eastern Cape.

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