

# MANDINKA ROOTS

Authentic African  
Drumming, Dance and  
Singing Workshops for  
school children of all ages.

Call 07824 636 242

An excellent way for children and young people to learn the basics of music as well as experiencing a different musical culture, and the fun and sense of achievement of making music as part of a group. It is the ideal activity for KS1-KS4, everyone is able to participate regardless of ability and it is often the hard to reach young people that make the most rapid progress.

- ✓ Health and Wellbeing, enhances wellbeing
- ✓ Encourages team work, raises self esteem
- ✓ Empowerment, encourages co-operation
- ✓ Encourages self-expression
- ✓ Stress relief, relaxation
- ✓ Improves co-ordination.



Led by renowned percussionist and educator, Oumar "Alex" Sagna (founder of the highly regarded 'Tribal Vibes' foundation) from Senegal, West Africa, Mandinka Roots facilitates Drumming and African Dance Workshops and African Awareness year-round for schools, community and corporate groups (team building), individuals and events.

For more information or to make an enquiry, please visit

[www.mandinkaroots.com](http://www.mandinkaroots.com) or email [oumar@mandinkaroots.com](mailto:oumar@mandinkaroots.com)

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***Oumar is CRB checked and is able to provide fully verifiable references upon request.***