



CULTURAL WORKSHOPS

Immerse yourself in Ghanaian culture!

BATIKING

Join a talented Global Mamas' batik maker in her workshop to create your own two yards of traditional batik fabric!

Where: Cape Coast

Cost: ~US\$16 each for 3+ people, \$18 each for 2 people, \$21 for 1 person



HEAD WRAPPING

Join Auntie Nana to learn an array of Gele head wrapping styles! Choose 2 yds of fabric to take home.

Where: Cape Coast

Cost: ~US\$11 each for 3+ people, ~\$13 each for 2, ~\$16 for 1 person

DRUMMING & DANCING

Experience West African drumming & dancing in an outdoor classroom. You'll learn songs and how to use a 'talking drum'.

Where: Cape Coast (Not offered on Wednesdays)

Cost: ~US\$11 each for 3+ people, ~\$13 each for 2 people (min 2 people)



COOKING - CUISINE

You will create several West African traditional dishes in Esi's kitchen, then enjoy eating the feast you've helped prepare!

Where: Cape Coast

Cost: ~US\$11 each for 3+ people, ~\$14 each for 2, ~\$17 for 1 person

BEAD MAKING

Learn how to transform recycled glass into beautiful beads and make a bracelet of your own!

Where: Nuaso Krobo

Cost: ~US\$11 each for 3+ people, ~\$14 each for 2, ~\$17 for 1 person



To book, call **0544-323-833** or email workshops@globalmamas.org

Learn more at www.globalmamas.org/Info/cultural-workshops