

INSIDE REGGAE



JAMAICA: KINGSTON & PORTLAND COAST

Approximate trip date: February 1 - 8.

SIGN OUR MAILING LIST AT WWW.ARTOFREGGAE.COM

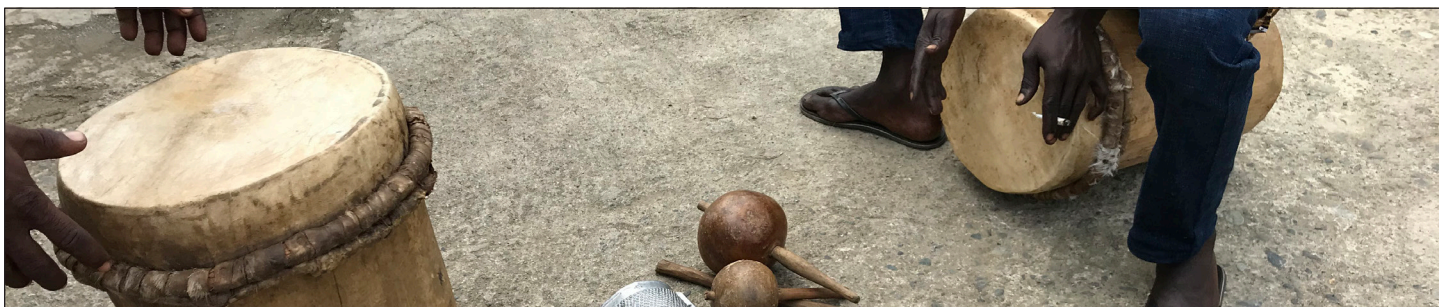
**MAX NUMBER OF
PARTICIPANTS: 15**

Travel to the heart of Afro-Jamaican reggae music with Maroghini & Matt Jenson.

This itinerary for demonstration and reflects the events of a previous trip. Specifics will vary.

REGGAE! If this music has crawled into your bloodstream with its earth shattering drum and bass riddim, its politically and spiritually driving messages of revolution and liberation, and its power to jettison you directly to a higher state of consciousness, then this cultural-musical immersion trip will satisfy your yearning for an even deeper, visceral understanding of Afro-Jamaican reggae music. This trip is part academic musicological study, part socio-political discussion group, part transcendental drum circle and part jam session/dance party!

Ideally suited for musicians (both professional and non-professional) and non-musicians who have a deep affinity for the study of music from the perspective of a musician and humble witness/participant in the culture from which the music originated.



Join Jamaican master percussionist Maroghini and key-boardist/songwriter/professor Matt Jenson as they guide you through the streets of Kingston and the lush Portland coast of this amazing island injecting you directly into experiences such as attending and participating in various concerts/jam sessions in the city with both well-known and up an coming artists, witnessing and partaking in musical demonstrations dissecting the roles of the instruments in various reggae styles with some of the master originators and producers of the music, a trip to the hills to experience the sacred drumming roots and culture of the style (Nayabinghi and/or Kumina and/or Zion Revival), attending an academic conference focused on current trends in Jamaican music, a celebration of Bob Marley's 75th birthday in a day-long music festival at his home, visits to some of the best known recording studios, some R&R time on the beach, and more. Also included is a philanthropic outreach experience where we will work directly with a specific community or school, sharing music.

Participants will join together to form a band and be asked to learn 4-5 songs ahead of time as we will encounter performance opportunities throughout the trip. (For non-musicians, don't worry, if desired, we will include you in the band playing simple percussion parts, and/or singing!) You will be asked to review assigned reading and listening material before the trip that is designed to deepen your experience. For those who are enrolled in educational institutions this trip may well qualify for academic credit. Check with your school and teachers/professors.

MEET YOUR HOSTS

Maroghini: Inside Reggae is the brainchild of Maroghini who has years of experience leading culturally and musically inspiring trips to Jamaica with deep artistic and educational

integrity. He is a master percussionist from Kingston, author, lecturer, sound therapist, vocalist and former percussionist for Jimmy Cliff. He has appeared on numerous studio recordings for a long list of internationally acclaimed musicians including Lauryn Hill, Eddy Murphy, Ziggy Marley and Stephen Marley to name a few. www.maroghini.com

Matt Jenson, M.M. New England Conservatory of Music: Professor of piano at Berklee College of Music (Boston, MA) & creator of the "Music & Life of Bob Marley class/ensemble." Matt has worked with Rita Marley, Judy Mowatt, members of Steel Pulse and currently tours with Groundation. He also leads his own reggae group The Liquid Revolution. He's been to Jamaica many times, delving deeply into its musical culture and is the founder of the reggae educational platform, "Art of Reggae."

www.mattjenson.com
www.artofreggae.com



Miscellaneous Runnings and flexibility: As you browse through this itinerary you will see that on some days the activity says "Miscellaneous Runnings." The term 'runnings' is Jamaican slang for 'things going on'. The Kingston music scene is one that is fluid and often has very little exact timing or scheduling. We never know who may be in town until the last minute. We leave these times on the itinerary open and rely on your flexibility as we will most certainly be dropping into some incredible experiences including meeting and greeting various Jamaican music luminaries, attending a rehearsal, attending and partaking in a jam session, going to a famous recording studio, etc. We can't tell you in advance exactly what kind of experiences we will have on these days/evenings but we guarantee they will be extraordinary.

MEALS: We will be scheduling some fantastic dining experiences both in mid to high end restaurants and on the street. Breakfast and most dinners will be covered except for dinner on 2/6 when we will be at the all day/night Marley birthday celebration where it will be much easier for you to get dinner at your leisure. Lunches are not covered.

FRIDAY, JANUARY 31

GROUP WELCOME DINNER AND ORIENTATION
Botanical Gardens Restaurant
OPTIONAL HELSHIRE BEACH OUTING for early arrivals
OVERNIGHT: KINGSTON

Meet and greet Maroghini, Matt, Roslyn and your fellow
Inside Reggae travelers

Opening presentation by Maroghini connecting
Reggae music and traditional sacred Jamaican
drumming.

Opening presentation by Matt about Jamaican
musical-socio-political history.

Q&A, discussion to follow

SATURDAY, FEBRUARY 1

RASTAFARI SCHOOL OF VISION: Blue Mountains
EVENING: Miscellaneous Runnings (see above)
OPTIONAL ACTIVITY will be offered if needed
OVERNIGHT: KINGSTON

We will travel up into the Blue Mountains above
Kingston and hike to the Rastafari School of Vision and
experience a Rastafarian Sabbath service with
nayabinghi drumming.

*Note: This is a somewhat strenuous hike of about 45
minutes. Bring sturdy footwear: hiking shoes, sneakers,
strong sandals.*



SUNDAY, FEBRUARY 2

MORNING: Trip to Pinnacle
AFTERNOON: Academic presentation at Jamaica
Music Museum
OVERNIGHT: Kingston

Pinnacle is generally agreed to be the birthplace of
the Rastafarian movement up in the hills overlooking
Kingston. We will be accompanied by Jamaican poet,
activist, talk show host and academic Jerry "Bongo
Jerry" Small who will provide lively and provocative
commentary regarding both historical and

Sunday, February 2 cont'd
current topics relating to Rastafari and beyond.

Grounation at Jamaica Music Museum Lecture and
musical presentation at the Institute of Jamaica
organized by Herbie Miller, curator of the Jamaica Music
Museum and former Peter Tosh manager. This is the
kick off event for the month's presentations. This year's
theme is TBA.

MONDAY, FEBRUARY 3

MUSEUM VISITS: Peter Tosh Museum (morning)
Bob Marley museum (afternoon)
LUNCH at Marley Museum
EVENING: Miscellaneous Runnings (see above)
OVERNIGHT: Kingston

TUESDAY, FEBRUARY 4

EVENT: local school activity TBA
LUNCH: on school location
EVENING: Miscellaneous Runnings
OVERNIGHT: Kingston

As part of the mission of Travel To Do Good we will be
doing a workshop and performance at a local school or
community organization. This is an inspiring sharing
experience in which we give back to the community.



2019 Inside Reggae Travel To Do Good experience at Jesse
Ripol School

WEDNESDAY, FEBRUARY 5

DAY: Miscellaneous Runnings
EVENING: Reggae concert TBA
OVERNIGHT: Kingston

Often during Black History month celebratory concerts
are presented on Wednesday nights, many times with
some of the biggest stars and up an coming artists in
reggae. Location and performers TBA.

THURSDAY, FEBRUARY 6

BOB MARLEY BIRTHDAY CELEBRATION: 56 Hope Rd
LUNCH & DINNER: at 56 Hope Road, Marley Museum
OVERNIGHT: KINGSTON

This year Bob Marley would have been 75 years old (b. February 6, 1945). The Marley museum/foundation hosts an all day/evening celebration at Bob's residence. Enjoy a full experience of music, crafts and culture, hear many of the up and coming bands in Kingston. Transportation will be provided for the entire event so you can go back and forth from your accommodations at any time.



Bob Marley birthday celebration at 56 Hope Road

FRIDAY, FEBRUARY 7

TRAVEL TO PORTLAND COAST
KUMINA DAY VISIT
OVERNIGHT: Boston Bay/Port Antonio

Early departure for a 3 hr drive to the lush Portland coast. On the way we will participate in a private Kumina sacred Afro-Jamaican drumming experience. Then we begin rest and relaxation time!

SATURDAY, FEBRUARY 8

DAY OFF: R&R, beach and other activities
DINNER & CULTURAL EVENT: Great Huts
OVERNIGHT: Portland Coast

LUNCH: Soo Soom Ba restaurant with Sista P
Sista P is a living legend in Jamaica as a keeper of Jamaican culture, music and food. We will dine at her restaurant & she will host an informal discussion with us.

Rest and relax: Frenchman's cove or Boston Bay, walk and shop the streets of Port Antonio or just relaxing at your accommodation.

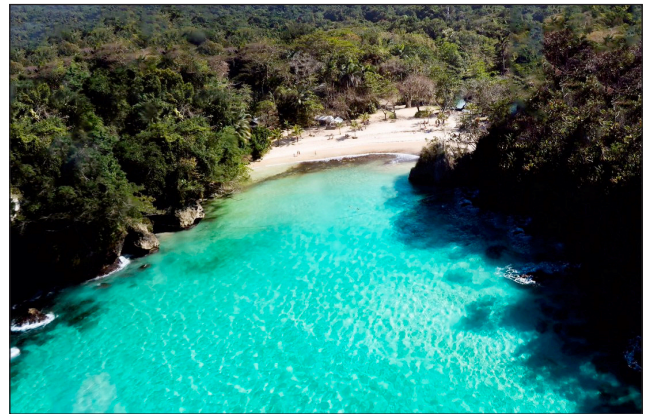
Saturday, February 8 cont'd

Evening: Farewell dinner. We'll take time to celebrate and reflect on the week's events!

SUNDAY, FEBRUARY 9

MAROON VILLAGE VISIT: Charlestown (TIME PERMITTING)
LATE MORNING DEPARTURE FROM PORTLAND COAST TO KINGSTON AIRPORT

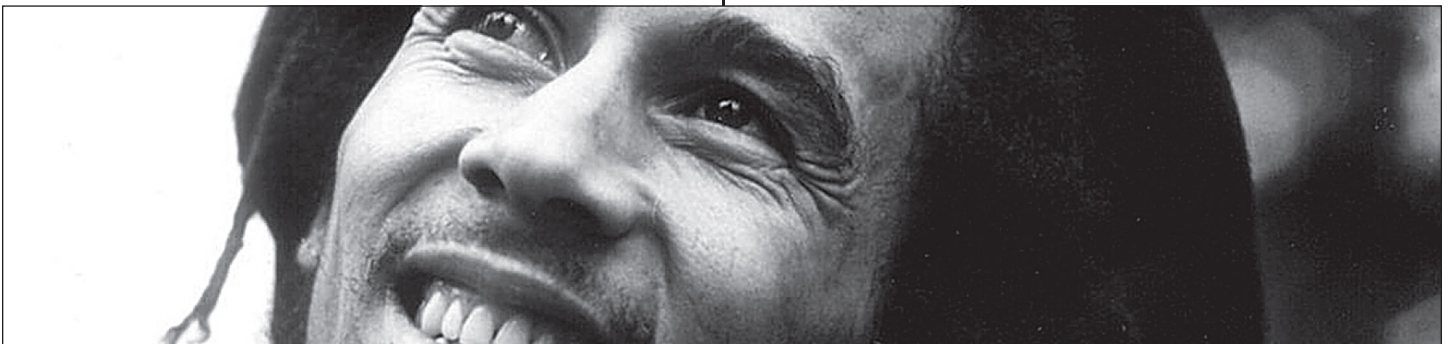
Visit the Charlestown Marron Village museum and gain a deeper understanding of Jamaica's runaway slave history and culture.

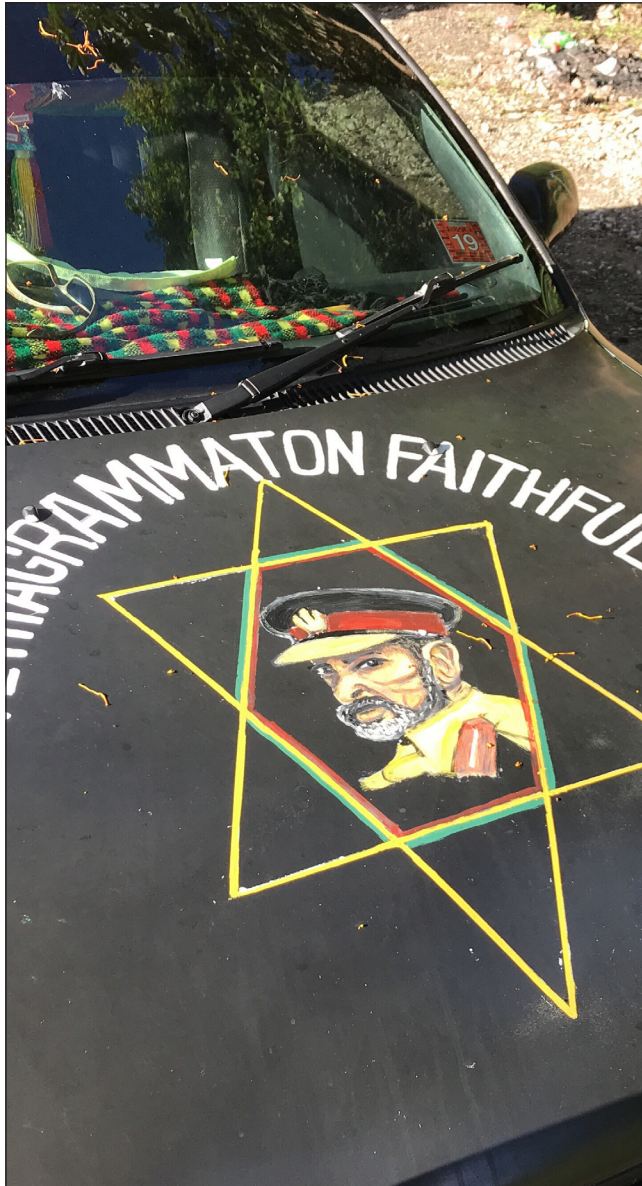


Frenchman's Cove beach, Portland Coast



2019 Inside Reggae participants with Bobby Digital





PRICING: TBA

INCLUDED

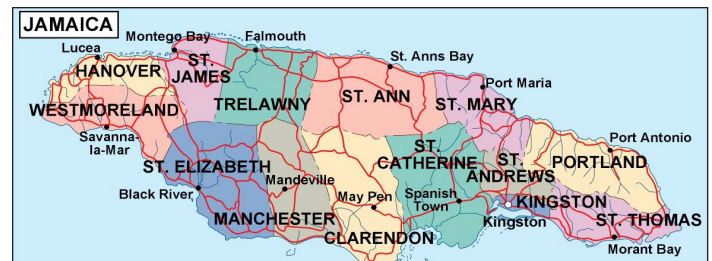
- Nine nights accommodations in Kingston and Portland Coast
- Daily Breakfast at your accommodation
- Most dinners (see 'MEALS' on pg 2)
- All local ground transportation
- Admission to all museums and public events
- Donation to school/organization that we do the Travel To Do Good event
- All tips for "Miscellaneous Runnings" happenings

NOT INCLUDED

- Round trip airfare
- Airline baggage fees
- Individual house/hotel expenses (mini bar, room service, laundry, etc.)
- Lunches (see 'MEALS' on pg 2)
- Anything not specifically mentioned as included

FLIGHTS

You are in charge of booking your flights to and from Kingston. Please be sure to book so that you are not late for the opening dinner on the first night (6pm) and do not book departure flights any time after 5pm the last day. Travel from Kingston airport to accommodations will be provided.



2019 Inside Reggae participants with Sizzla

TO BE KEPT INFORMED OF OUR NEXT TRIP,
SIGN OUR MAILING LIST AT
WWW.ARTOFREGGAE.COM

INSIDE REGGAE

