

**FOR IMMEDIATE RELEASE**  
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**ADULT INVOLVEMENT AT FESTIVAL 2005  
INVITES YOU TO PLAY, DANCE, DREAM, ENJOY!**

Festival of the Arts, Grand Rapids, MI – Festival of the Arts, the annual arts event in downtown Grand Rapids, has an array of activities designed to help adults get creative and stretch the imagination.

Festival visitors are encouraged to not just drop their kids off at the paint in...but wander back to the Adult Involvement area, behind the County Building on Calder Plaza, find an easel and paper, and paint away at the Adult Paint-In. Also in back of the County Building, you'll find the Adult Involvement area – a place where teens and adults can find their inner child, explore dance from around the world, practice a little tai chi and kung fu, and stretch their minds to new activities! The Adult Involvement schedule is as follows (subject to change):

**FRIDAY JUNE 3**

**6:30PM East West Karate Center**  
Tiger, Dragon & Crane develop Mind, Body & Spirit  
Martial Arts Demonstration and Adult Involvement

**7:45PM WaZoBia**  
African dance moves and drumming

**9:15 PM Karen Missavage & The Panning Family Band**  
Traditional contra dancing

**SATURDAY JUNE 4**

**11:00AM The Miles Family**  
Campfire Sing-A-Long: Traditional Old Time Favorites

**1:00PM Tai Chi Praying Mantis Kung Fu Studio**  
Tai Chi and Kung Fu Praying Mantis Studio with Master Lee  
Introduction to chi-kung exercises, relaxation techniques, and tai chi forms

**2:30PM Lia's Country Line Dance Instruction and Open Dance**  
Beginner line dances will be taught and some open dance for those that are familiar with line dancing.

**3:45PM The Nia Technique**

Nia--the ultimate East meets the West Fitness Program. Nia seamlessly blends martial arts, healing arts, and dance arts. This lyrical, dance-like routine will leave you strong and centered.

**5:00PM Damhsa Uisce Ban Mor (Dance Grand Rapids)** Need not be Irish to Apply: Irish social dance for everyone! Local support group for the rhythmically dysfunctional will lead beginners and learners through the steps of several Irish Ceili dances <--Slash marks over the first E and last I of Ceili

**7:00PM Sizzling Swingers**

Country Western Line Dance

This is fun for all ages.

**8:45PM DJAZ by Sean**

Sing your heart out! Karaoke with DJAZ by Sean. Everyone's favorite.

**SUNDAY JUNE 5**

**12:00PM The Armenta Studio**

Salsa/merengue (Latin Dance)

Dance class, family oriented, from children to seniors

**2:00pm-3:00pm World Dance Collective**

Afro-Cuban Drumming and Singing

**3:00pm-4:00pm World Dance Collective**

Middle Eastern Dance and Rhythm **Instruction by Sarah Mayne-Steigenga with Garbha-Grha**

The Festival of the Arts is the largest all-volunteer arts festival in the nation and is included in the Library of Congress in Washington, D.C. Its mission is to showcase the arts in West Michigan in all forms – visual, performance, culinary and more, and involve people of all ages in producing, participating and experiencing as many aspects of the arts as possible. All performances and exhibits, and most activities, are free of charge. Festival is a member of the Arts Council of Greater Grand Rapids and is co-sponsored by the City of Grand Rapids, with support from the Kent County Board of Commissioners. For more information, call 459-1300 or visit the Web site at [www.festivalofthearts.org](http://www.festivalofthearts.org).

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