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Winner of the Best Music Documentary Award at SilverDocs and the Audience Awards at SXSW and Vancouver International Film Festival

Béla Fleck: Throw Down Your Heart

**Own it November 3, 2009 on DVD
filled with over an hour of bonus scenes and musical
performances proudly presented by Docurama Films**

"An entertaining journey...a well-made film." – *San Francisco Chronicle*

"...not just a stunning documentary and soundtrack, but an important work of artistic memory and conscience." – *Los Angeles Times*

"Béla Fleck, Sascha Paladino and a lot of beautiful people have created a dazzling film. *Throw Down Your Heart* is proof positive that music is life."- *Michael McKean*

"With *Throw Down Your Heart*, Béla Fleck has contributed significantly to the history of the banjo, as well as inventing a style of music never before played on this great instrument."- *Steve Martin*

OVERVIEW: When world-renowned banjoist Béla Fleck (winner of 11 Grammys and nominated in more categories than any other musician in Grammy history) realized that his instrument had lost its musical heritage, he decided to make a pilgrimage to Africa to rediscover the banjo's folk music roots.

Overflowing with the incredible music of Fleck and the many celebrated folk musicians who hosted him in Africa, [BÉLA FLECK: THROW DOWN YOUR HEART](#) follows the banjo virtuoso on a musical adventure that takes him from Uganda to Tanzania and from the Gambia to Mali. As he travels through the continent to research the history of the banjo and record an album with some of Africa's finest musicians—and, in his words, "to make great music"—Fleck discovers the rich and diverse musical traditions of Africa, as well as the warmth and generosity of its people.

Through its stunning location footage, enthusiastic jam sessions, and hauntingly beautiful music, director Sascha Paladino's multi-award-winning [BÉLA FLECK: THROW DOWN YOUR HEART](#) captures one of the world's greatest musicians demonstrating how music transcends languages, cultures and continents. With an inspirational soundtrack and several prestigious film awards including Best Music Doc from Silverdocs and Audience Awards from SXSW and Vancouver International Film Festival, [THROW DOWN YOUR HEART](#) premiered theatrically to the highest national per-screen average earning in its opening weekend. And now you can bring home this treasured film on DVD on **November 3, 2009** from [Docurama Films](#).

DVD BONUS FEATURES:

- Audio Commentary with Béla Fleck and Director Sascha Paladino
- Over an Hour of Bonus Scenes and Musical Performances

CAST and FILMMAKERS:

Cast: Béla Fleck, Oumou Sangare, Bassekou Kouyate, Anania Ngoliga, Haruna Walusimbi, Harouna Samake

Director: Sascha Paladino

Producers: Béla Fleck and Sascha Paladino

Director of Photography: Kirsten Johnson

Production Sound Mixers: Wellington Bowler and Dave Sinko

Editors: Scott A. Burgess, Béla Fleck, Sascha Paladino

Supervising Editor: Joe Bini

Re-Recording Mixer: Elmo Weber

TECHNICAL INFORMATION:

Pre-order date: October 6, 2009

Price: \$26.95 SRP

Street date: November 3, 2009

Catalog #: NNVG158461

Rating: N/A

Language: English

Running Time: 97 mins + extras

Color: Color and B&W

Genre: Documentary

Audio Format: Stereo

www.throwdownyourheart.com

About Docurama Films®

Docurama Films (<http://www.docurama.com>) is dedicated to making critically acclaimed and cutting-edge documentaries available digitally and on DVD. The collection unites both classic and contemporary docs from award-winning filmmakers whose work continues to astound and enlighten. Since being launched by parent company New Video in 1999, Docurama Films has released over 250 award-winning and highly acclaimed titles.

2009 marks the 10th anniversary of the label. Among releases for 2009: Academy Award®-winning director James Moll's hauntingly profound film *Inheritance*; a moving portrait of Estonia's fight for freedom in *The Singing Revolution*; and Stacy Peralta's gripping *Crips and Bloods: Made in America*.

Films in the library include the Academy Award®-winning *Murder on a Sunday Morning*, *Marjoe* and *Maya Lin: A Strong Clear Vision*. In addition, Docurama Films specializes in definitive films like D.A. Pennebaker's seminal work *Bob Dylan: Dont Look Back* and *The Brandon Teena Story* (the true story behind the Oscar®-winning movie *Boys Don't Cry*), as well as films of enormous sociocultural relevance including *Hacking Democracy* and the Academy Award® nominee *Operation Homecoming: Writing the Wartime Experience*. Docurama Films has also released the critically acclaimed *The Wild Parrots of Telegraph Hill* and *Andy Goldsworthy's Rivers and Tides*. In 2007, Docurama Films had its exciting first theatrical release with *Air Guitar Nation*, and in 2008, release highlights included *Gypsy Caravan* with Johnny Depp, the fun and engrossing expose *King Corn*, and the Emmy Award-winning *Autism: The Musical*.

