

Continued from Workshops

### **BREATHING FOR HEALTH AND AWARENESS**

**Saturday, November 4 from 10 a.m. to noon**  
**\$25 members; \$30 non-members Min: 10 students.**  
**Register by October 21. Instructor: Riley Lee.**  
**Contact is through Karl Young 884 -9586**

Riley will lead participants through a sequence of simple breathing exercises to promote health, vitality, and well being. Learning correct breathing techniques will help one reduce stress levels, increase blood circulation, optimize oxygen intake, and to develop conscious awareness.

### **HOLIDAY CARDS**

**Friday November 10 from 2 - 4 p.m.**  
**The fee is \$20, plus a \$4 materials fee. Please bring a glue stick, pencil, and scissors to the class.**  
**Instructor Vivian Green: 884-4127**

A wealth of ideas to share to get you started on making your own holiday cards – the best you've ever done.

### **SUCCESSFUL TRAVEL PHOTOGRAPHY**

**Sunday – Wednesday November 5 - 8,**  
**9 a.m. - 4 p.m. + field trips.**  
**Register by October 20. Tuition: \$395 members;**  
**\$425 non-members. Class size: 15 - 22 students.**  
**Instructors: Susan & Neil Silverman**

Whether you are a serious hobbyist photographing for pleasure or have aspirations for one day creating some income from your photography, this workshop is designed to fine-tune your technical skills, as well as infuse your creative capabilities. It is designed to enrich your communication of your excitement, sense of place, time and subject through your images. Whether it is to a landscape or cityscape, if you travel to an exotic hinterland or to the local farmer's market, each sojourn is a unique moment of photographic possibilities, and creating successful images can be tremendously satisfying.

## **CLASSES**

All are at Gualala Arts Center unless indicated otherwise.

### **AEROBICS**

**Mondays, Wednesdays, Fridays, Saturdays, 8 a.m.**  
**Debbie Langwell: 884-5021**

Classes are \$8 each, on a drop-in basis, or you can purchase a multiple-pass at a discount. On Mondays and Fridays there are forty-five minutes of cardio, with a half-hour of stability training. On Wednesdays and Saturdays the classes consist of aerobic and strength training.

### **LIFE DRAWING**

**Wednesdays, 3 – 6 p.m.**  
**Tom Warnock: 785-3668**

At these informal sessions artists bring their own supplies, and a model is provided for a small fee.

### **WEDNESDAY CLAY STUDIO**

**Held every Wednesday from 10:00 a.m. to 2:30 p.m.**  
**Drop-In-Open Enrollment.**  
**For GA Members: Single Session \$20, or 6 Session Card for \$100. Non-members Single Session: \$28.**  
**Maximum: 8 students. Age: Persons under 16 must be accompanied by an adult during class.**  
**Jan Maria Chiappa: 884-3825**

Be a member of a working clay studio. Try out that clay project you've wanted to do, have an experience with a grandchild in clay, see if ceramics is for you. Bring a bag lunch; beverages will be provided. Clay, tools and teaching support will be available. All skill levels are invited.

### **KARATE CLASSES FOR CHILDREN**

**Tuesdays 4:15 – 5:15 p.m.**  
**Cost \$40 per month.**  
**Lini Lieberman-Erich: 785-2288**

North Coast Martial Arts will be resuming Tang Soo Do Martial Arts classes for kids on Tuesday September 5. This is an on-going martial arts classes for children five years and up. Learn discipline, respect, coordination, and gain self esteem. Call for more information.

### **TAI CHI YANG STYLE**

**Ongoing class every Thursday, 10 - 11 a.m.**  
**Members: \$10 per class or purchase a 6 class card for \$50.**  
**Minimum: 5 students; Maximum: 20 students.**  
**Instructor: Linda Reno: 884-4715**

There are many health benefits to the slow dance movements of Tai Chi. They improve balance, decrease falls, improve circulation, and activate the meridian system. Tai Chi aids in memory, improves breathing, relieves stress, and improves joint movements. Tai Chi is taught in comfortable clothing and socks or fabric soled tai chi shoes. The dance can be performed sitting, standing, or even lying down. No prior martial arts training is required. People with disabilities can do it. Linda J. Reno is a certified teacher in Tai Chi and has taught at medical facilities in the Bay Area and locally for a number of years.