

WORKSHOPS

All workshops are held at Gualala Arts Center unless otherwise indicated. Register by calling the Arts Center Office at (707) 884-1138 weekdays 9 - 4.

BONSAI

Instructor: Bob Shimon, 707 884-4126, shimon@mcn.org
Wednesdays, January 31, and February 7, 14, & 21 from 6 – 8 p.m. Class size: 8 – 12.
\$100 members; \$110 non-members. Materials fee: \$25 to be paid to instructor. **Tools needed:** garden pruning shears and scissors.



These four workshops will give everyone an appreciation of the lifelong commitment needed for bonsai cultivation and the knowledge to start their own bonsai. You will learn how to cut the bases so that the plants can develop a proper root system in a special mixture. Then you will learn how to feed, groom, and wire the branches to develop the ideal qualities for bonsai.

RIBBON CARDS

Instructor: Vivian Green
Friday, February 2 from 1 - 3 p.m.
Students must pre-register by Wednesday, January 31 by calling both 707-884-1138 and 707-884-4127. The fee is \$20, plus a \$4 materials fee. Please bring a glue stick, pencil, and scissors to the class. Also a paper punch, if you have one.
 Have fun making hand crafted fine paper greeting cards of four different designs, using ribbon and a paper punch. You can do this!

THE SOUNDING BODY: BREATH MEDITATIONS AND VOCAL EXPRESSIONS

Instructor: Jamie McHugh, 415-255-1886, Jamie.mchugh@sbcglobal.net, **Saturday, February 3, noon to 5:30 p.m.**
Members: \$75; non-members: \$85.

Class size: 8 - 20 for age 18 and over. Register by January 20. Materials: Blanket or sitting cushion and snack.

In this workshop, you will explore specific breath and vibratory sound practices to enliven your body and quiet your mind. This personal inquiry with breath and sound is designed to give you more choices for sensing, feeling, and expressing your inner landscape, and easier access to deep states of stillness. No experience necessary.

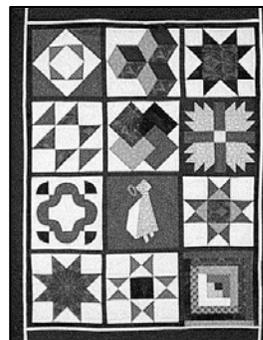


CREATIVITY FOR KLUTZES

Instructor: Libby Lehman, 713-688-7681, threadplay@aol.com
Wednesday & Thursday, February 14 & 15, 10 a.m. to 4 p.m. Register by January 15.
Member of GA and PPQG: \$130; Member of GA or PPQG: \$150; Non-member: \$175.

Class size: 14 - 20. Classes require a zigzag sewing machine and knowledge of using it.

Are you stuck in a creative rut? Learn how to turn it into a groove. After some simple and fun exercises, students will create a small quilt top using a variety of techniques. Libby Lehman's art quilts have won many awards and appear in private, corporate, and museum collections. She is the author of *Threadplay with Libby Lehman* (That Patchwork Place, 1997) and her quilt *Joy Ride* was chosen as one of the Best 100 American Quilts of the 20th Century. To see examples of Libby's quilts, go to her website: www.libbylehman.us/



BEGINNING QUILTING

Instructors: Mary Austin, 785-2181, maustin@mcn.org and Janet Sears, 785-3523, jansears@mcn.org
Six Thursdays – February 22, March 1, 8, 15, 22, 29, from 9:30 a.m. – 12:30 p.m.
Member of GA and PPQG: \$40; Member of GA or PPQG: \$60; Non-member: \$90.

This will be a class for beginner quilters with no previous experience. The class size will be small so that each student may receive lots of individual attention. All the basic quilting skills will be taught in careful increments. Students will make ten different quilt blocks while learning cutting and piecing. It is the instructors' goal to present alternate ways of cutting and piecing so that the student can select the one with which they are most comfortable. Color selection and use is emphasized.

STRIPS CARDS

Instructor: Vivian Green
Friday, March 23 from 1 – 3 p.m.
Students must pre-register by Wednesday, March 21 by calling both 707-884-1138 and 707-884-4127. The fee is \$20, plus a \$4 materials fee.
Please bring a glue stick, pencil, and scissors.
 Have fun making hand crafted fine paper greeting cards using those leftover narrow strips with lovely designs, colors, and textures. You can do this!