

Gualala Arts Lecture Series

**Off the Wall:
Mixed Media Cloth Sculpture
with Susan Else**
Friday, April 17, 2009, 12:30 p.m.
Gualala Arts Center

California artist Susan Else will give a presentation on quilted sculpture on Friday, April 17, 12:30 pm, at the Pacific Piecemakers Quilt Guild meeting, Gualala Arts Center.

In her lecture, Else will discuss the relationship of her work to the art-quilt movement and to contemporary folk art, as well as to other three-dimensional textiles. She explores how sewn cloth differs from traditional sculptural materials such as clay and metal, and she describes her own metamorphosis from quilt-maker to sculptor.

For more information on the artist, SusanElse.com. Otherwise, contact Gualala Arts, 707-884-1138, GualalaArts.org or Pacific Piecemakers Quilt Guild, PacificPiecemakers.org. Attendance is free for PPQG members; \$5 for visitors.

Discovering the Body's Wisdom
with Mirka Knaster
Monday, April 20, 2009, 7:00 p.m.
Gualala Arts Center

Those attending Mirka Knaster's talk entitled "Discovering the Body's Wisdom" will not only learn important concepts but also will have the opportunity to engage in simple yet practical body experiences that help increase awareness and ease.

Mirka believes that the body has much to say that is valuable for our physical, emotional, and spiritual well-being. One only has to cultivate a friendlier relationship with the body and tune in to its language to discover its message.

The information she will share to promote greater health at any age is contained in her book published by Bantam Books that has the same title as the lecture. It is available at Four-Eyed Frog Books in Gualala and has been translated into Portuguese, Chinese, Dutch, and Russian.

One can learn more about her background and writings by visiting her website www.mirkaknaster.com.

Brain Function
with Arlene Taylor
Monday, April 6, 2009, 7:00 p.m.
Gualala Arts Center

She may not offer a penny for your thoughts, but Arlene Taylor definitely has the subject of how the brain functions on her mind. She returns to the Gualala Arts lecture series on Monday, April 6 at 7:00 p.m. to discuss two new topics - Cellular Memory - Past, Present, and Future and The Brain and Laughter - Laugh and Last. Every day brain research discovers new insights on how we think and this talk includes some of the latest findings.

In terms that all can understand Taylor explains a specific type of memory that all cells with a nucleus

are believed to possess, a memory which helps people perform learned behaviors. The process often occurs on the subconscious level so a better understanding of how it works can improve personal choices and behaviors.

Arlene Taylor is founder and president of Relations Inc., a non-profit corporation pledged to promoting brain-function research and to providing related educational resources. She is a recipient of the American Medal of Honor for Brain-Function Education and a member of the National Speakers Association.