



the original
your guide[™]
June–August 2020

Connecting, empowering, creating and transforming our world — one woman at a time.





womanspace
presents

 Braver Angels

Depolarize Within.

**Become A Braver Angel
in Your Own World**

Wednesday, July 10, 6:00-8:00p

at Womanspace, 3333 Maria Linden Drive, Rockford

Much of today's epidemic of toxic polarization is driven by how we talk with like-minded people about those on the other side. Too often we stereotype, dismiss, or ridicule our fellow citizens who support the other political party, its leaders, and its policies. Although political polarization in some form has always been around, it was less problematic when people interacted more outside their own silos. Nowadays, people on the other side have become not just strangers but enemies. How we talk among ourselves about them fuels fires that threaten our democracy.

What if we learn the discipline of non-polarizing attitudes and words about the political "Other" with whom we do share a national past and future?

This workshop will:

1 Help you become more aware of your inner polarizer.

2 Help you learn ways to depolarize yourself so that you can disagree without demonizing, dismissing, or stereotyping the millions of people who differ from you politically.

3 Teach you skills for how to intervene in social conversations with like-minded people when those conversations veer into contempt and ridicule for people who hold other political views.

Fee: \$15 per person

Register by July 9 at womanspace-rockford.org

Braver Angels is a national nonprofit with a mission to depolarize America.

Its leadership is half "red" and half "blue."

Learn more at www.braverangels.org.

Hours

When we officially reopen (likely in July) our Office Hours are Mon.–Thurs., 9:00a–5:00p and evenings/weekends when programs are scheduled. Grounds open everyday during daylight hours.

Accessibility

A ramp is available in the garage for access to the offices and events in the William Reif Gallery. Please call Womanspace ahead of time or upon arrival. At present, the lower level is not accessible for people with walking disabilities. New Dimensions Upper Studio is fully accessible.

Mission

Connecting, empowering, creating and transforming our world — one woman at a time. Womanspace offers programs for women, men and children to enhance body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship. Situated on a seven-acre campus between Alpine and Mulford Roads in Rockford, Illinois, Womanspace has art studios, a gallery, Gallery2Go gift shop, beautiful gardens and a labyrinth, and operates as a not-for-profit 501(c)(3) organization.

Goals & Philosophy

Womanspace believes every person is a spiritual being, having within her the potential for health, self-reliance, creativity, wisdom and responsible caring. By enhancing her potential, she enriches her own life, the life of her family, and the lives of other people with whom she relates. Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.

Our goal is to offer programs that stimulate awareness, develop competence, encourage creativity, and generate healthy decision-making. We provide support that offers honesty, compassion, challenge, and spiritual growth. Womanspace works cooperatively with others, striving for collaborative partnerships in our endeavors.

History

Dorothy Bock and Elaine Hirschenberger, members of the School Sisters of St. Francis, co-founded Womanspace in Rockford, Illinois, in 1975. The interfaith center is governed by a volunteer Board of Directors in cooperation with the Executive Director. Four Consultants assist Womanspace with their specialized expertise.

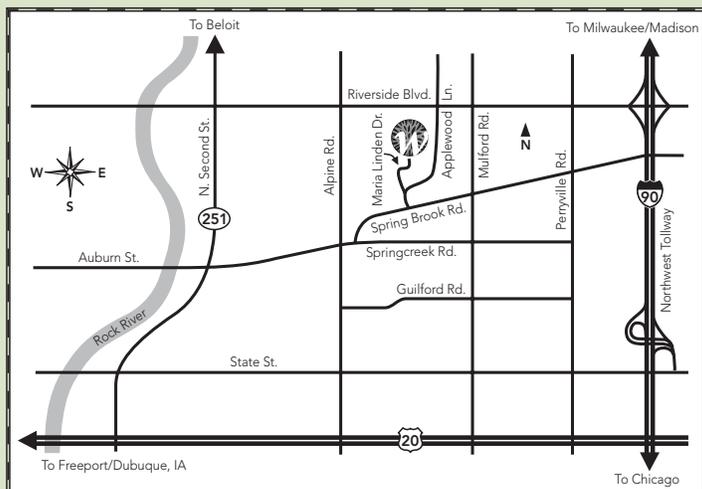
Depolarize Within: Become a Better Angel	2
General Information	3
Editor’s Note, Board, Staff, Grounds	4
Womanspace Labyrinth	5
Programs	6–13
Self-Discovery Classes	6–7
Groups	8
Bookwoman	9
Rhythmic Beats	10
Emotional Wellness Classes	11
Yoga Classes	12
Reiki Classes	13
Art Studios, Galleries & Shows	16
Art Lectures	16
Drawing Classes	17
Painting Classes	18
Kid-Friendly Art Classes	19
Claywork	20–21
Mixed Media Classes	22–24
Membership	25
Class Registration & Policy	26

Womanspace reserves the right to use photographic images taken at programs, events and classes for promotional purposes.

On the cover:

“Healing Waters” Acrylic. ©2008 Dorothy Bock. All Rights Reserved.

Womanspace–Your Guide, Vol. 44 No. 3. Published by Womanspace, Inc., Rockford, Illinois, and mailed three times a year. Editor: Elaine Hirschenberger. Postage and fees paid – Rockford, IL Post Office.



Location

Womanspace is situated in northeast Rockford, between Alpine and Mulford Roads and between Spring Brook Road and Riverside Boulevard.

From Mulford Road: West on Spring Brook Road, half mile to Applewood Lane; right on Applewood Lane.*

From Alpine Road: One block east on Spring Creek Road; left onto Spring Brook Road for approximately one mile; left on Applewood Lane*

*Applewood Lane: Left at first stop sign (Maria Linden Drive). Womanspace is located to the right of the Presence Cor Mariae Center.

Womanspace, Inc., 3333 Maria Linden Drive, Rockford, Illinois 61114-5481
815-877-0118 Phone • 815-877-0265 Fax • info@womanspace-rockford.org

Still Trying to Discover Our New Normal

These troubling days call us to go inside and meditate on all the jagged edges emerging daily in what we thought was our "normal" life. Events are moving very fast as tomorrow's new crisis quickly supplants today's. It's no wonder that we are frequently caught breathless. "I can't breathe" has become our unwelcome and powerful mantra. Supporting one another is a gift we can share as we stay physically, mentally and spiritually healthy at Womanspace. There is no small answer as to how our shared grief as a nation will eventually resolve, but an important starting point is each of us coming from our calm center. As with the early Christians on Pentecost, may we hear one another's stories in our own language, as the Spirit breathes into us.



Elaine Hirschenberger, SSSF
Executive Director and Co-Founder, Womanspace

Board of Directors

Susan Lee, *President*
Jennifer Wood, *Treasurer*
Kristin Kofoed, *Secretary*
Karen Biasin
Marge Blake
Jennifer Cacciapaglia
Jillian Myers
Michelle Vella
Elaine Hirschenberger, SSSF,
Ex Officio

Staff

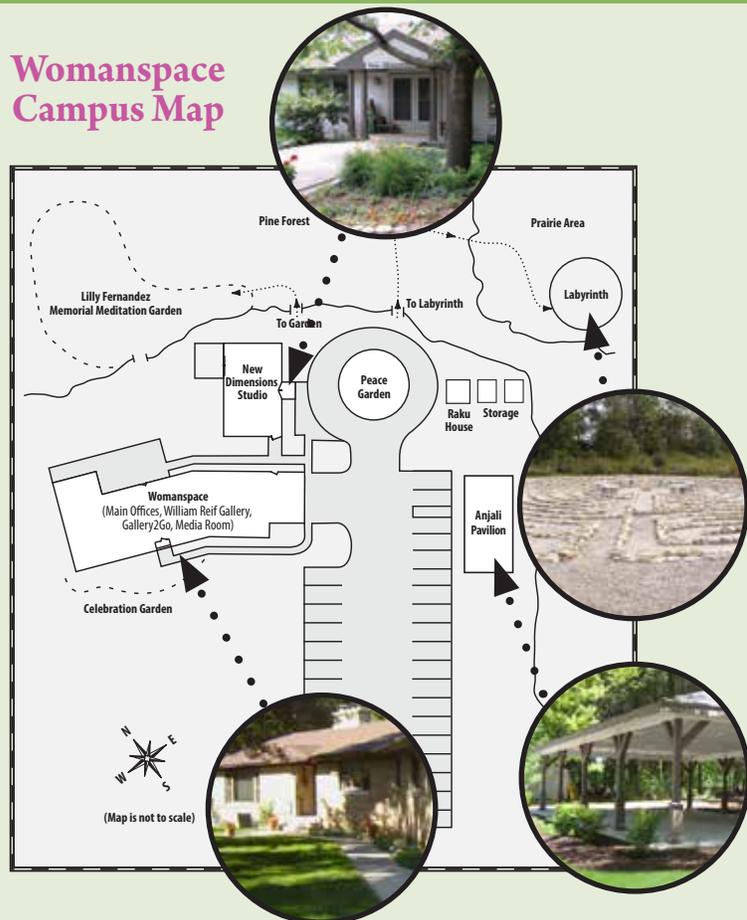
Elaine Hirschenberger, SSSF,
Executive Director
Pat Lai,
Graphic Design/Adm. Assist.
Hannah Warren,
Development & Marketing
Christi Russell,
Programming
Cherie Heck,
Arts Programming

Womanspace is happy to offer some programs using ZOOM. You can be anywhere in the country and still be virtually connected with other participants and the presenter!

To join a Womanspace Zoom class, you must be registered for the specified class. You will then receive an e-mail with a link.

For instructions on how to join an online class, visit:
<https://zoom.us/resources>

Womanspace Campus Map



Memorial Gardens

Honor a living or deceased person by establishing a specially named fund or feature at Womanspace, for example:

- Lilly Fernandez Memorial Meditation Garden
- Cindy Sievers Post & Stan Sievers Memorial benches and garden
- Barbara Sjostrom Memorial Bench
- Alissa Cargill Memorial Fountain
- Peace Pole honoring our Co-Founders
- Tracy's Corner honoring Tracy Bonavia
- The Anjali Pavilion



Memorials can also include the purchase/ installation of other items. For example:

- planting a tree or a total area; donating a bench, boulder, arbor, swing, etc. (e.g. Russ Milano memorial area)
- installing a decorative fountain, a drinking fountain, a pond, etc.
- funding a special program in honor of an individual (e.g. Ann Nemitz Women in Crisis Fund; Cindy Sievers Post Memorial Library Fund)
- outfitting a room or special area (e.g. William Reif Gallery)
- purchasing needed equipment at the Center (request list from Elaine)
- purchasing an engraved paver in the Celebration Garden at the front entrance to Womanspace (\$50.00).



Families and friends are welcome to discuss other ideas for memorials with staff.



The Labyrinth at Womanspace

Come discover the ancient practice of circling to the center.

The Womanspace Labyrinth is a walking meditation path that is both therapeutic and energizing. A devoted team of volunteers, led by a core group of twelve women, broke ground on our prairie in 2000 and dedicated the Labyrinth on September 22, 2003.

Labyrinths have been in use for over 4000 years. Our eleven-circuit design is modeled after the labyrinth in medieval Chartres Cathedral in France and features an echoing energy vortex at the center. The basic design is fundamental to nature as well as many cultures and religious traditions. This sacred space is our gift to the community and available to anyone seeking quiet and reflection.



Except for times when special events are scheduled, the Womanspace Labyrinth is open to visitors seven days a week during daylight hours. PLEASE REMEMBER TO KEEP SOCIALLY DISTANT AND WEAR A MASK IF OTHERS ARE PRESENT. To reach it, follow the ribbon hoops at the entrance to the woods on the right side of the circle drive. It is not a maze, so once you reach the center, you will have walked on every part of the path. There are no rules, but most prefer to walk to the rosette at the heart of the design, contemplate the experience, and then retrace each step as the path unwinds. Both inward and outward trips offer powerful life metaphors and insights.

Interested in renting/reserving the labyrinth for special events or ceremonies? Contact us at info@womanspace-rockford.org.



lead (v) produce **change**, create **vision**, set **direction**, generate **good decisions**, inspire **action**, achieve **success**.

Bringing about change in the behavior of other people is rarely easy. Yet, influencing others to move in an aligned, positive direction is the essence of leadership. Effective interpersonal communication is often the key to success. We offer a variety of services that help improve leadership communication and achieve results.

- Individual coaching of leaders
- Development workshops
- Team assessments
- Leadership and board retreats

Leadership | **Communication**

We teach leadership through the art of better communication

Kathy Flanagan • 312-659-2789 • www.leadershipcom.com

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Women's Empowerment Group

Masha Erofeeva

TBA

True empowerment is a life long journey. When we operate without stopping to assess where we are headed or where we came from, we may get off course and feel as though we are losing inspiration and lacking luster in our daily life. Masha believes that women are outrageously resilient, but often seem to put their own needs last. Society and culture may put additional expectations on women that we habitually adhere to, sometimes without even realizing it. In order to empower oneself, we must first know who we are. Women have many roles and often wear many hats — daughters, sisters, mothers, partners, caregivers, but what about our identity as women?

Connect to your true essence as a woman for a more balanced, meaningful and joyful life. What would it be like to re-assess the narrative which is currently navigating your life?

This will be a four week course broken up into these sessions:

Session 1: What are the pillars of your life? When we make decisions based on our strongest values, we are at peace with ourselves and our choices. In this session you will explore, identify and re-assess your current values.

Session 2: Who are we really? Sharing your story When we share our stories with one another, we hear them differently. It is only when our body and mind is in harmony that we feel truly connected to our intuition. This session will be focused on exploring and applying the concept of mindfulness by getting in touch with our five senses.

Session 3: What is your vision? Just like a snake shedding its skin, we must from time to time take a look at what end goal is really driving us. This session will explore the narratives that we have been living by and re-write the narratives which no longer serve us.

Session 4: Create a game plan for your vision. This session will focus on setting real, attainable goals for our future. We will have a brainstorming session on how to take action and make our dreams a reality.

This will be an interactive process group where we will be sharing our experiences, investigating what in life truly brings us joy, and learning new techniques such as assertive communication, mindful meditation, breathing exercises, journaling and much more..

[Course GP19-41 – Reg. by 6/8](#)

Wednesdays, 6:00–7:30p

June 10, 17, July 1, 8

Regular \$50 **Member \$40**

Vibrant Health & Success Through Emotional Intelligence

Connie Messina

ZOOM

In this workshop, we will define three key areas of emotional intelligence, and discuss why they are important. EQ, or people skills, affect our health, our ability to learn, our relationships with others and our behavior. Through stories, role plays, music and discussion, participants will not only learn EQ skills, but they will be prepared to teach them to others. Connie's high energy presentations are enjoyed by audiences of all ages.

What is Emotional Intelligence?

- IQ vs EQ
- Self Awareness
- Managing Emotions
- Relationship Skills

Why is EQ Important?

- EQ affects our: health, ability to learn, behavior and relationships

How to learn key EQ Skills?

- Stories
- Role Play
- Discussions

Saturday, 9:00a–12:00p

Regular \$40 **Member \$30**

[Course RT19-42 – Reg. by 6/11](#)

June 13

ABOUT THE INSTRUCTORS

Masha Erofeeva is a Masters Level Therapist and a former mental wellness personal coach. She received her Bachelors in Psychology from Rockford University and her Masters in Clinical Mental Health Counseling from Northern Arizona University in Flagstaff, AZ. Women's work is one of her major interest areas, and she deeply enjoys helping women walk the road of self-exploration and empowerment towards becoming their most genuine self.

Connie Messina has been a school counselor for over 20 years in three different school districts in San Diego county. She was the interim Director of the School Counseling program at San Diego State University and is a past president of the California School Counselor Association. She is the author of **Brain friendly Guidance Activities to Build Emotional Intelligence** and is the producer/director of the documentary film, *From the Outside Looking In: The Crisis of Illiteracy in America.*

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



No More Bugs!

Liz Fiorenza

Anjali Pavilion or ZOOM

Insects and bug bites are not only annoying but can cause skin irritation and disease. This can not only affect us but our pets as well. Learn about the benefits of using herbs and essential oils to rid our homes, yards and other areas of pesky insects by using many common essential oils, and how to blend them into effective products for a bug free summer.

Wednesday, 12:00–1:00p

Regular \$15 **Member \$10**

[Course LL19-42 – Reg. by 6/15](#)

June 17

Self-Care for Busy Women

Jayme Durkee

ZOOM

Has anyone ever told you that you should take some time for a little self-care and your first thought was "I don't have time for that!?" Join us and discover the facts and myths surrounding self-care and learn how you can incorporate self-care into your life without adding one more thing to your never-ending to do list.

Thursday, 6:00–7:30p

Regular \$40 **Member \$30**

[Course WK19-47 – Reg. by 6/16](#)

June 18

Empowering Women to Transform Communities

Hannah Warren

TBA

In 2008, at the age of 24, after learning about the plight of female weavers while taking their portraits in Maheshwar, Madya Pradesh, India, Hannah was inspired to found Jhoole (*pronounced Joo lay*), a non-profit, eco fashion, social enterprise designed to combat poverty and empower women. Jhoole will impact over 2,000 people by the end of this year. Hear the women's stories, brought to life by images and videos, and learn about the exciting plans for future collaborations between Jhoole and Womanspace. The presentation will be followed by a discussion on Women's rights globally and how to be an advocate for women's empowerment worldwide.

Recommended reading: *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* by Nicholas D. Kristof and Sheryl WuDunn.

[Course WK19-48 – Reg. by 8/3](#)

Wednesday, 6:00–7:30p

August 5

Freewill Offering

Vision & Values: An Action Board Workshop

Jayme Durkee

TBA

This workshop will guide you through the vision board creation process and walk you through creating a plan to make the vision a reality. We take a unique approach that helps you identify and incorporate your values into your vision. This ensures that your goals are consistent with your priorities and significantly increases your chance of success. Plan to spend some time digging deep into what you actually want out of your life. Make sure you bring your planner, because we're going to spend some time engineering your life and turning your vision board into an action board. We're taking this a step beyond the vision to ensure you have a plan before you leave the room. You'll leave this workshop with a personalized vision board and action plan for actually turning your dream into your reality.

Saturday, 1:00–4:00p

Regular \$40 **Member \$30**

[Course WK19-49 – Reg. by 8/6](#)

August 8

ABOUT THE INSTRUCTORS

Liz Fiorenza, RN is a nurse aromatherapist and owner of Wind Ridge Herb Farm. She has utilized her medical knowledge into creating products to assist with many symptoms and conditions for a healthier, more natural way to stay healthy and heal the body.

Jayme Durkee is a business coach who specializes in helping women define their business vision, creating a plan to make it happen, and guiding them along every step of the way. She guides her clients through a 5-step process that includes clarifying their dreamy (and achievable) goals that are aligned with their values, creating a plan and implementing the systems and processes that will make it happen, and working through any mindset issues that are blocking the way. She has a JD and is licensed to practice law in Wisconsin. She has three boys who keep her running through creeks and climbing trees, and she enjoys reading, travel, and cooking.

Hannah Warren is Development and Marketing Coordinator of Womanspace and Executive Director of Jhoole, a social enterprise in Maheshwar, India (which she founded in 2008) that employs women in garment manufacturing so that they can gain economic independence, invest in education and break the cycle of poverty. Hannah is a devout believer that strong women, working together, can transform the world.

PLEASE NOTICE THE "REGISTER BY" DATE FOR EACH CLASS AND REMEMBER TO REGISTER!

We need a guaranteed number of people to run many of our offerings. Otherwise we cancel the program. Thank you!

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Get Your Body Moving!

Hannah Warren

Various Outdoor Locations

For all ages & abilities. Let's get our bodies moving, admire nature, soak in the fresh air and form wonderful friendships. We will meet in scenic places throughout the area. Walk, run, jog stroll — each individual can go their preferred distance and speed. Sessions will conclude with a 10-minute meditation to savor the "endorphin rush." Optional group coffee at varying places afterwards. Based on recommendations from the group, we will try new locations for each session.

Saturday, 9:00–10:30a

Freewill Offering

[Course GW19-42 – Reg. by 6/25](#)

June 27 (Baumann Park)

[Course GW19-43 – Reg. by 7/23](#)

July 25

[Course GW19-44 – Reg. by 8/27](#)

August 29



Chakra Club

Beth Campisi & Kathy

Moehling

Anjali Pavilion

For all levels — those experienced with chakras and want further exploration, and those who are new to these ideas. The purpose of this once a month Chakra Club is to help us find deeper meaning, wholeness, and healing — as we tap into our higher consciousness in sharing our personal experiences and combined wisdom. As we bring healing to our inner selves, our true soul-selves shine forth; and we increase our ability to create lives that work and are truly fulfilling. (Originally created and offered by Marcia (Phillips) West-Bridges of Unity).

Saturdays, 10:00–11:30a

Freewill Offering

[Course CHC19-42 – Reg. by 6/11](#)

June 13

[Course CHC19-43 – Reg. by 7/9](#)

July 11



Stories with Spirit Group

Gloria Perez

ZOOM

In-person space is limited. In this group, find a safe place to share your stories and deepen your spiritual journey. Our stories are created from the events of our lives, the experiences we go through, the things that we do. We use them to explore the meaning of life and our relationship to spirit within us and around us.

Tuesday, 12:00–1:30p

Regular \$20 **Member \$15**

[Course SS19P-43 – Reg. by 7/12](#)

July 14

[Course SS19P-44 – Reg. by 8/9](#)

August 11



Seekers Group

Elaine Hirschenberger

ZOOM

This group is currently full and will continue to meet.

[Course GS19-41 – Reg. by 5/16](#)

Mondays, 10:00a–12:30p

May 18, June 15, July 20,

August 17

Members Only \$60

Interested in joining a new group? Contact Elaine. With enough inquiries, Seekers 2 may form.

PLEASE NOTICE THE "REGISTER BY" DATE FOR EACH CLASS AND REMEMBER TO REGISTER!

We need a guaranteed number of people to run many of our offerings. Otherwise we cancel the program. **Thank you!**

ABOUT THE INSTRUCTORS

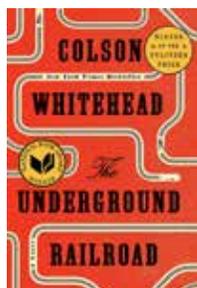
Hannah Warren is Development and Marketing Coordinator of Womanspace and Executive Director of Jhoole, a social enterprise in Maheshwar, India (which she founded in 2008) that employs women in garment manufacturing so that they can gain economic independence, invest in education and break the cycle of poverty. Hannah is a devout believer that strong women, working together, can transform the world.

Beth Campisi, LMT is a Reiki Master/Teacher and Certified Chakra Instructor through Bridges of Unity. Her focus is helping others connect on the physical, emotional, mental, and spiritual levels to achieve wholeness and well-being using holistic and complementary modalities including working with the chakras.

Kathy Moehling, RN is a Board Certified Holistic RN, Traditional Naturopath, Holistic Health & Life Coach, energy work practitioner in Therapeutic & Healing Touch, and a Massage Therapist with over 40 years experience. In addition to teaching telecourses in holistic coaching with Wisdom of the Whole (formerly Bark Coaching Institute), Kathy maintains a private practice in her home and at Womanspace.

Gloria Perez enjoys listening to people tell stories. She especially likes to hear the stories of another's life experiences and deeply believes that these stories are told by an inner spiritual voice. Her training as a spiritual guide has provided her with the skills to support and invite another to explore the relationship between the storyteller and their experience of what is spiritual to them

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



The Underground Railroad

by Colson Whitehead

ZOOM

Cora is a slave on a cotton plantation in Georgia. An outcast even among her fellow Africans, she is coming into womanhood — where even greater pain awaits. When Caesar, a recent arrival from Virginia, tells her about the Underground Railroad, they decide to take a terrifying risk and escape. Matters do not go as planned — Cora kills a young white boy who tries to capture her. Though they manage to find a station and head north, they are being hunted.

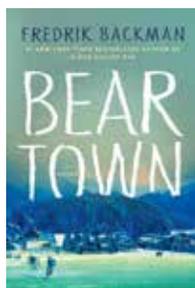
Cora encounters different worlds at each stage of her journey. As Whitehead's narrative seamlessly weaves the saga of America from the brutal importation of Africans to the unfulfilled promises of the present day.

Wednesday, 9:30–11:00a

Freewill Offering

[Course BW19-42 – Reg. by 6/8](#)

June 10



Beartown: A Novel

by Fredrik Backman

William Reif Gallery or ZOOM

People say Beartown is finished. A tiny community nestled deep in the forest, it is slowly losing ground to the ever encroaching trees. But an old ice rink is the reason townsfolk believe tomorrow will be better. Their junior ice hockey team has a shot at winning the national semi-finals. All the hopes and dreams of this place now rest on the shoulders of a handful of teenage boys. Being responsible for the hopes of an entire town is a heavy burden, and the match is the catalyst for a violent act that will leave a young girl traumatized and a town in turmoil. Accusations are made and, like ripples on a pond, they travel through town, leaving no resident unaffected.

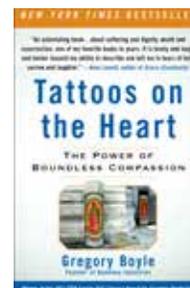
Beartown explores hopes that bring a community together, secrets that tear it apart, and courage of an individual to go against the grain.

Wednesday, 9:30–11:00a

Freewill Offering

[Course BW19-43 – Reg. by 7/6](#)

July 8



Tattoos on the Heart: The Power of Boundless Compassion

by Gregory Boyle

William Reif Gallery or ZOOM

As a pastor working in a neighborhood with the highest concentration of murderous gang activity in Los Angeles, Gregory Boyle created an organization to provide jobs, job training, and encouragement so that young people could work together and learn the mutual respect that comes from collaboration.

Tattoos on the Heart is a breathtaking series of parables distilled from his 20 years in the barrio. Arranged by theme and filled with sparkling humor and glowing generosity, these down-to-earth, utterly heartening essays offer a stirring look at how full our lives could be if we could find the joy in loving others and in being loved unconditionally.

With Gregory Boyle's guidance, we can recognize our own wounds in the broken lives and daunting struggles of the men and women in these parables and learn to find joy in all of the people around us.

Wednesday, 9:30–11:00a

Freewill Offering

[Course BW19-44 – Reg. by 8/10](#)

August 12

PLEASE NOTICE THE "REGISTER BY" DATE FOR EACH CLASS AND REMEMBER TO REGISTER!

We need a guaranteed number of people to run many of our offerings. Otherwise we cancel the program. Thank you!

Shop at Amazon, Give to Womanspace!

Visit smile.amazon.com and select Womanspace as your charitable organization, then get shopping! Womanspace will receive a portion of each purchase made.

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, they will donate a percentage of the purchase price of eligible products to the charitable organization of your choice. It really adds up!

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Intro to Belly Dance

Freya
Anjali Pavilion

Limited to 8. No experience required. Great for all sizes and abilities — even those with physical limitations. Have fun while building confidence, strength and grace. Learn the Egyptian roots of Belly dance and then experiment with modern tribal and fusion styles. Short combinations and choreography will be incorporated into technique and drills making it a great workout for your muscles and your mind. We will incorporate props such as veils, fan veils, canes, or finger cymbals. A limited number of items and hip scarves will be available for purchase. Wear close-fitting attire that allows full range of motion and to see your body positions. Scarf or shawl to tie around hips is helpful to see hip movements in the mirror.

[Course DN19A-42 – Reg. by 6/1](#)

Wednesdays, 10:00–11:00a
June 3, 10, 17, 24

Regular \$50 Member \$40

[Course DN19P-42 – Reg. by 6/1](#)

Wednesdays, 6:00–7:00p
June 3, 10, 17, 24

Regular \$50 Member \$40

[Course DN19A-43 – Reg. by 6/29](#)

Wednesdays, 10:00–11:00a
July 1, 8, 15, 22, 29, Aug. 5, 12, 19

Regular \$90 Member \$75

[Course DN19P-43 – Reg. by 6/29](#)

Wednesdays, 6:00–7:00p
July 1, 8, 15, 22, 29, Aug. 5, 12, 19

Regular \$90 Member \$75

Belly Dance

Freya
Anjali Pavilion

Limited to 8. Prerequisite: One *Intro to Belly Dance* course or previous training in another class. We will build upon the foundational moves learned in the Intro class. Short combinations & choreography will be incorporated into technique and drills making it a great workout for your muscles and your mind. Choreography will become more complex as we begin to layer multiple moves into the dance or incorporate props such as veils, fan veils, canes, or finger cymbals. Props will be available to borrow in class. A limited number of items and hip scarves will be available for purchase. Wear close-fitting attire that allows full range of motion and to see your body positions. Scarf or shawl to tie around hips is helpful to see hip movements in the mirror.

Saturdays, 10:00–11:00a

Regular \$70 Member \$55

[Course DN19i-42 – Reg. by 7/23](#)

July 25, August 1, 8, 15, 22, 29

Cardio Drumming

Beth Campisi
Anjali Pavilion

Limited to 8 students. No experience needed. All levels welcome. Cardio Drumming combines movement with the beat and rhythm of drums for a fun, high energy workout. A large stability ball is the drum. Reduce stress, improve your mood and get fit while having fun with Cardio Drumming! **Equipment needed: stability ball, a five gallon bucket, drum sticks. We will have a few extra.**

Thursdays, 6:00–7:00p

Regular \$45 Member \$35

Can't make every class? \$10/class

[Course DR19C-42 – Reg. by 6/16](#)

June 18, 25, July 2, 9, 16, 23

[Course DR19C-43 – Reg. by 7/28](#)

July 30, Aug. 6, 13, 20, 27, Sept. 3

Beth Campisi, LMT is a Reiki Master/Teacher and Certified Chakra Instructor through Bridges of Unity. Her focus is helping others connect on the physical, emotional, mental, and spiritual levels to achieve wholeness and well-being using holistic and complementary modalities including working with the chakras.

Drumming Workshop

Helen Bond
Anjali Pavilion

Come be a part of this joyful group where we come together as a small village and enjoy the uplifting beauty of traditional hand drumming from Guinea, West Africa. You will learn basic rhythms on dunun drums and the djembe accompaniment parts. You'll also learn the origins of each rhythm, receive expert instruction on all instruments in the traditional djembe orchestra and deepen your understanding of place of music, dance, and song in West African life. Helen is able to work simultaneously with students of all levels — beginners to professional. Limited drums are available for use during the class.

Sundays, 1:00–4:00p

Regular \$85 Member \$75

[Course DR19B-42 – Reg. by 6/19](#)

June 21

[Course DR19B-43 – Reg. by 7/17](#)

July 19

[Course DR19B-44 – Reg. by 8/28](#)

August 30

ABOUT THE INSTRUCTORS

Freya took her first bellydance class in 2000 — she was immediately hooked. She has studied with some of the world's top dancers including Rachel Brice, Ariella, Sonya Blacker, Zoe Jakes, Jasmin Jahal, Mae the Bellydancer, Christina King and many more. As a semi-professional dancer, she has performed with troupes and as a soloist in shows throughout the region. Freya is most well known for her ethereal & powerful veil routines using both Egyptian & Chinese style veils that she custom makes herself.

Helen Bond is a dynamic percussionist, teacher & storyteller who has found music to be an inspiration and source of strength and resiliency since her childhood. Since 2000, Helen has traveled regularly to Guinea, West Africa to study the intricate musical traditions and culture of the Malinke people, whose ancestors created the djembe and dunun drums centuries ago. She also teaches at retreats, local schools, colleges and universities.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Basic Qigong

Nancy Mayhew

ZOOM (June) & Anjali Pavilion

Qigong is a gentle exercise system with relaxed exercise and regulation of mind and breath. It has gentle flowing stretches and soft, rhythmic movements performed with focus. It improves all of the functions of the body including the digestive, nervous and immune system. It also improves core strength and posture, plus it increases flexibility. It can be practiced either standing or sitting. **All ages and abilities are welcome.**

Mondays, 1:30–2:30p

Can't make every class? \$15/class

[Course QG19-41 – Reg. by 6/20](#)

June 22 (What is Qigong?)

FREE

[Course QG19-42 – Reg. by 7/4](#)

July 6, 13, 20, 27

Regular \$50 **Member \$40**

[Course QG19-43 – Reg. by 8/1](#)

August 3, 10, 17, 24, 31

Regular \$60 **Member \$50**



Full Moon Sound Healing

Eve Harker

ZOOM (June) & Anjali Pavilion

It has been known for centuries of the overall benefits of sound healing. Sound can recharge and rejuvenate you — aligning your energy, promoting peace and well-being, and even ridding the air and self of negative energy and emotions. Come with some clear intentions for the next lunar cycle and join us for a sound healing using singing bowls, a crystal triangle and drum. We will start with a short guided meditation and then move into sound healing for the majority of our time together.

Sundays, 4:00–5:30p

\$15 Afford \$10 Middle \$5 Tight

[Course MD19H-41 – Reg. by 6/5](#)

June 7

[Course MD19H-42 – Reg. by 7/3](#)

July 5

[Course MD19H-43 – Reg. by 7/31](#)

August 2



Meditation: A Wellness Practice

Dr. Shiraz Tata

ZOOM

Meditation is the practice and process of paying attention and focusing your awareness. Whether you're seeking greater focus, less stress and more peace of mind, or a deeper appreciation of the beauty and richness of life, the simple practice of sitting down and turning your attention inward can do wonders! Different forms of meditation are introduced and practiced in a seated position. **Suggested equipment: comfortable attire, yoga mat or rug.**

Tuesdays, 9:00–10:00a

Can't make every class? \$15/class

[Course MD19T-42 – Reg. by 6/7](#)

June 2, 9, 16, 23, 30

Regular \$75 **Member \$50**

[Course MD19T-43 – Reg. by 7/12](#)

July 14, 28

Regular \$30 **Member \$20**

[Course MD19T-44 – Reg. by 8/9](#)

August 11, 25

Regular \$30 **Member \$20**

PLEASE NOTICE THE "REGISTER BY" DATE
FOR EACH CLASS AND REMEMBER TO REGISTER!

We need a guaranteed number of people to run many of our offerings.
Otherwise we cancel the program. **Thank you!**

ABOUT THE INSTRUCTORS

Nancy Mayhew is a Personal Trainer, Wellness Coordinator, Qigong and Tai Chi instructor trained under Dr. Paul Lam, Masters Michael Leone, Lisa O'Shea, and Bruce Frantzis. She and 12 other international expert Qigong instructors, are developing Guidelines for Structure and Delivery of Qigong Exercise for Cancer Care Programming. She teaches Qigong and Tai Chi around the southern Wisconsin area.

Eve Harker is co-owner of Luna Datura's Curious Gifts with her husband Brian. For over 25 years, she has studied various belief systems, spiritual paths and ancient methodologies. Eve has a range of knowledge on many spiritual, metaphysical, and old age subjects. She incorporates many of these various methodologies in her business and healing work to be as inclusive as she can in all her dealings.

Shiraz Tata came to the U.S. from India to get a doctorate in Counseling Psychology from SIU-C. She is a Licensed Clinical Psychologist in private practice where she creates a safe space for people to share whatever may be weighing on their minds or hearts. She loves to facilitate discussions on diversity and all topics multicultural. She also enjoys teaching mindfulness and meditation classes.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Hatha Vinyasa/ Restorative Yoga

Keri Knutson

ZOOM (June) & Anjali Pavilion

All levels. Hatha yoga is a slow-paced gentle asana practice focusing on introducing basic yoga poses and establishing a strong foundation in the practice of yoga. Hatha yoga balances the “Ha” – sun/stimulating energy with the “Tha” – moon/calming energy.

Restorative yoga helps promote deep relaxation of the body and the mind. Postures provide similar benefits to classic Hatha yoga postures and are usually done in a supported manner to minimize strain and maximize opening. **Dress comfortably and bring a yoga mat.**

Thursdays, 9:30–10:45a

[Course YG19-42 – Reg. by 6/2](#)

June 4, 11, 18, 25

Regular \$52 **Member \$40**

[Course YG19-43 – Reg. by 6/30](#)

July 2, 9, 16, 23, 30

Regular \$65 **Member \$50**

[Course YG19-44 – Reg. by 8/4](#)

August 6, 13, 20, 27

Regular \$52 **Member \$40**

Advance Registration
Appreciated!
Can't attend every session?
\$15 per class

Yoga Nidra

Keri Knutson

TBA

Yoga Nidra is a systematic method of inducing complete physical, mental, and emotional relaxation. With regular practice, Yoga Nidra has been found to reduce stress, tension, anxiety and depression. Additionally, Yoga Nidra is beneficial for insomnia, aids in calming symptoms of chronic pain, and has been shown to help those with PTSD or other psychological wounds. It is said that one hour of Yoga Nidra is equivalent to 4 hours or sleep! Learn this practice of self-inquiry. Restore your energy and relax into the real you. Expect to spend the majority of this class reclined on your yoga mat on the floor. (Please talk with Keri before class begins if you need to be seated.) **Class is open to all. No experience necessary. Dress comfortably and bring a yoga mat. Walk-ins welcome.**

Saturday, 10:00–11:30a

Regular \$25 **Member \$20**

[Course YN19-42 – Reg. by 7/9](#)

July 11

Adaptive Yoga for People with Chronic Conditions

Keri Knutson

ZOOM (June) & William Reif Gallery

All levels. Adaptive Yoga is a particularly effective practice and can have therapeutic benefits for those recovering from, or living with injury, illness, or disease. This specialty yoga class blends chair yoga, restorative yoga (supported postures), gentle yoga, Pranayama (breath work), individualized attention through gentle hands-on adjustments and assists, and guided meditation techniques combined in such a way that it is an excellent choice for those who need something gentle, yet effective.

Examples of chronic conditions that may benefit from this therapeutic approach: multiple sclerosis, chronic pain, fibromyalgia, arthritis, lupus, injury/surgery recovery, diabetes/neuropathy, those with limited mobility, and those just wanting a safe, gentle practice to support healthy aging.

Potential students must be evaluated on an individual basis prior to joining this group. The gallery is wheelchair accessible. Dress comfortably and bring a yoga mat.

Tuesdays, 11:00a–12:00p

[Course YT19T-42 – Reg. by 5/31](#)

June 2, 9, 16, 23, 30

Regular \$100 **Member \$75**

[Course YT19T-43 – Reg. by 7/5](#)

July 7, 14, 21, 28

Regular \$80 **Member \$60**

[Course YT19T-44 – Reg. by 8/2](#)

August 4, 11, 18, 25

Regular \$80 **Member \$60**

Fridays, 10:00–11:00a

[Course YT19F-42 – Reg. by 6/3](#)

June 5, 12, 19, 26

Regular \$80 **Member \$60**

[Course YT19F-43 – Reg. by 7/1](#)

July 3, 10, 17, 24, 31

Regular \$100 **Member \$75**

[Course YT19F-24 – Reg. by 8/5](#)

August 7, 14, 21, 28

Regular \$80 **Member \$60**

ABOUT THE INSTRUCTOR

Keri Knutson, Official Yoga Teacher of the Rockford IceHogs, Certified Advanced Yoga Nidra teacher, Rockford Native, and 20 year practitioner of yoga. Keri is trained in and currently teaches Vinyasa Flow yoga, Traditional Hatha Yoga, Restorative, Chair/Adaptive yoga, and Yoga Nidra in the Rockford area. She also teaches several workshops and events throughout the year and specializes in Yoga for Athletes, Yoga Nidra (a conscious relaxation practice), and working with those who live with chronic conditions, injury, illness, and/or disease. Keri, a nature and animal lover, enjoys spending her free time outdoors, reading, devoting time to her own yoga practice, and traveling.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Reiki Classes with Debby Gaines via ZOOM

Reiki (ray-key) is a Japanese word meaning “Universal Life Force Energy” and describes the energy found in all of life. An ancient form of hands-on energy healing, Reiki is a skill obtained through an attunement (opening) to bring the power of Universal Life Force Energy through the human chakra system. The energy then is used to balance the body or an object by bringing it into harmony with the universe once again. **Wear comfortable loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.**

Reiki Master Class 3A

Prerequisite: Completion of Reiki I & II. In Usui Reiki, the master classes are divided up so that Reiki practitioners may become a Reiki Master without being a Reiki teacher. In Reiki 3A, you will learn two more Reiki symbols, ways to do a “psychic surgery,” how to do a spirit release, as well as how to clear space energetically. When students make a commitment to complete this level, they often experience opportunities for healing and improving their life, as well as the lives around them. To help with this process, you will learn how to do a Reiki meditation to improve your own life, how to create crystal grids for healing, and intentions and more. If you have taken the Reiki 3A class with this instructor before and want to take to it again as a refresher course, registration is just \$50.

Sunday, 9:00a–4:30p

Regular \$200 **Member \$175**

[Course HLT19-41 – Reg. by 6/24](#)

June 26

Reiki I

Learn the hand positions for self-healing and for the healing treatment of others. We will talk about the seven major chakras and the history of the Usui System of Natural Healing. You will receive your first attunement. We will also have time to practice feeling energy and giving Reiki to each other.

Saturday, 9:00a–4:30p

Regular \$120 **Member \$100**

[Course HLT19-42 – Reg. by 7/9](#)

July 11

Reiki II

Learn symbols and mantras to focus and deepen the healing treatment of the Reiki energy. We will talk about the sacredness of the Reiki symbols and begin to learn ways to send Reiki through time and distance, allowing healing in the past to improve the present. We will have time to practice feeling energy by giving Reiki to each other.

Sunday, 9:00a–4:30p

Regular \$140 **Member \$125**

[Course HLT19-43 – Reg. by 7/10](#)

July 12

DID YOU KNOW?

In addition to our art classes and programs, Womanspace has a peaceful & comfortable holistic health room! We created this space with your well-being in mind! With the day to day busyness of life, we must set aside time to take care of ourselves so that we can continue to care for others and our World. Call one of these providers today to make an appointment:

Beth Campisi 815-742-0548 or sbfrench@comcast.net

Therapeutic Massage, Reiki Energy, Tuning Fork Therapy
Essential Oil Raindrop Therapy, Reflexology, Chakra Balancing

Deb Gaines 815-985-7025 or kherheb2@aol.com

Reiki Healing sessions, including the use of both Usui Reiki
(Universal Love) and Karuna Reiki™ (Compassionate healing)

Kathy Moehling 815-633-5553 or energy810@aol.com

Traditional Naturopathy, Holistic Coaching,
Massage Therapy, Energy Work

Gloria Perez 970-640-7940 or gjp68@me.com

Spiritual direction for individuals to explore the ways
in which the sacred moves in their lives.

Karen Radtke 815-985-7283 or kradtke7505@gmail.com

Holistic Nurse Practitioner and Health Coach.

ABOUT THE INSTRUCTOR

Deborah Gaines has been a Reiki Practitioner since 2003 and completed her Master Teacher training in 2009. She loves creating ritual and dancing with wild abandon.

PLEASE NOTICE THE “REGISTER BY” DATE FOR EACH CLASS AND REMEMBER TO REGISTER!

We need a guaranteed number of people to run many of our offerings. Otherwise we cancel the program. **Thank you!**

THE ENERGY CONNECTION

Holistic Coaching
Traditional Naturopathy
Massage Therapy
Energy Work

800 E. Riverside Blvd.
Loves Park, IL 61111

815-633-5553

energyconnectionholistichealth.com



Kathryn S. Moehling

RN(AHN-BC), ND, LMT, HTCP, HWNC-BC, NBC-HWC, ACC

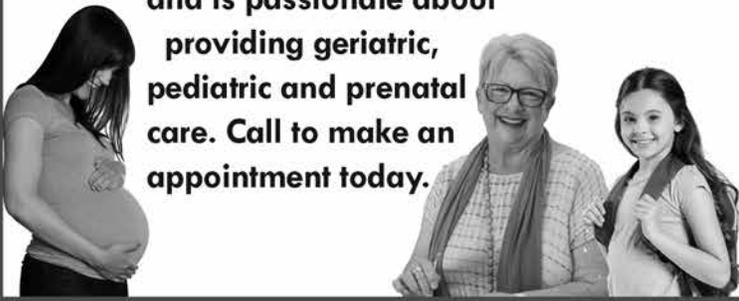


3626 E. State St.
Rockford, IL
779-423-1700
circleofwellnessrockford.com

Dr Colleen Noe, Chiropractor



Dr Noe provides safe gentle chiropractic treatment for the whole family. She specializes in and is passionate about providing geriatric, pediatric and prenatal care. Call to make an appointment today.



**1 hour massage is only \$30
for all new clients**

For existing clients, 1 hour massage is just \$48

Massage therapists are trained in a variety of techniques. Visit our website for a list of massage methods offered at Circle of Wellness

Aromatherapy & Essential Oils

Aromatherapy consultations, treatments and products are available at Circle of Wellness



Alzheimer's Care close to home

- ❖ Individualized Montessori-based approach
- ❖ Specialized activities including art and music
- ❖ Affordable, expert care for your loved one



815.624.6700 | HighviewSeniorLiving.com

Assisted Living & Alzheimer's Care


Highview
in the **Woodlands**

Join us on the 4th Wednesday of every month for our hosted Memory Café at Old Stone Church, 101 E Union St, Rockton IL 61072.

SINCE 1914

Fitzgerald

**FUNERAL HOME
& CREMATORY LTD.**

**Family Owned
& Operated**

www.fitzgeraldfh.com



Melinda Hagerman
Funeral Director



Riverside Chapel
3910 N. Rockton Avenue
Rockford, Illinois 61103
P: (815) 654-2484
F: (815) 654-7596



Mulford Chapel
1860 S. Mulford Road
Rockford, Illinois 61108
P: (815) 226-2273
F: (815) 226-2274

THE **CHERRY VALLEY SIGN** CO.



Your AD Here!

Rockford's Best - Marketing Investment!

Audience Focused - Consumer Engagement!

Advanced Technology - Customized for Success!

815.519.2499

Whiplash Adz | Digital OOH

L. J. Osborne | President | LJCOLLC@gmail.com

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Charles Wysoki

Mary Boyd, SSSF
ZOOM

Charles Wysocki (1928-2002) a genre painter of bright, stylized, hard-edge, whimsical paintings of earlier times in the United States, the horse and buggy and the horseless carriage era. His popular works are portrayed on puzzles, tissue boxes, calendars and in prints.

Thursday, 12:00–1:30p

Regular \$15 **Member \$10**

[Course AL19-42 – Reg. by 6/9](#)

June 11



Ansel Adams

Mary Boyd, SSSF
William Reif Gallery & ZOOM

Ansel Adams (1902-1984) famous for his black and white photographs of landscapes and as an environmentalist. He helped form the group called f/64, an association of photographers who sought a full tonal range in their photos. Part of this presentation will involve the development of the camera.

Thursday, 12:00–1:30p

Regular \$15 **Member \$10**

[Course AL19-43 – Reg. by 7/7](#)

July 9



James Audubon

Mary Boyd, SSSF
William Reif Gallery & ZOOM

James Audubon (1785-1851) an ornithologist, naturalist and painter. He is famous for beautifully illustrating, discovering and documenting many types of birds in their U.S. natural settings. The Birds of America, (1827-1839) is a major work of his. It is considered one of the finest ornithological studies ever completed.

Thursday, 12:00–1:30p

Regular \$15 **Member \$10**

[Course AL19-44 – Reg. by 8/11](#)

August 13

ABOUT THE INSTRUCTOR

Mary Boyd, SSSF is a School Sister of St. Francis and just retired from the field of education after 52 years. She has an MA in Art History and was an Art Studio Major at NIU. She currently teaches art history classes at The Fine Line Creative Art Center and other groups.

ART STUDIOS & GALLERIES



New Dimensions Studio

The heart and home of Womanspace arts education! The studios provide a bright, beautiful space for women and men of all ages and abilities to explore their creativity.

The Upper Studio offers plenty of space for our many art programs. Throughout the year, we offer classes in a variety of media including oil, acrylic, watercolor, drawing, pastels, sculpture, mixed media, and more!

The Clay Studio is in the lower level of New Dimensions Studio. It is a fully-functioning, brightly lit pottery studio. We offer a number of clay classes. Find one that intrigues you on the following pages and plan to “come clay with us!”

The William Reif Gallery

Our premier art gallery and meeting space is in our main building. In 2013, this space was named in honor of Bill Reif, a major Womanspace benefactor.

Gallery2Go

This is a unique gift shop with ever-changing displays of one-of-a-kind art and gifts that you will love, all created by our members! It features art, jewelry, books, cards, textiles and more. **Open to the public Monday–Thursday, 9:00a–5:00p, as well as on weekends and evenings when programs are scheduled.**

Gallery2Go Online

We now are offering some items from Gallery2Go ONLINE! We offer curb-side pick-up or mail shipping on most items. Visit our virtual store at womanspace-rockford.org/Store.

25% of your purchase benefits Womanspace and its programs. Member artists interested in exhibiting should e-mail samples of their work to gallery@womanspace-rockford.org.



DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Learn to Draw Amazing Eyes

Angie Nofsinger
ZOOM

Beg.–Adv. Learn how to create lifelike images of eyes using colored pencils. This class focuses on shaping eyes, color theory to mimic realistic skin tones, highlights and textures. **Supplies needed:** sketching pencils, handheld sharpener, artists eraser, artist quality colored pencils (a list of specific colors of artist quality colored pencils will be supplied after registering). For paper the instructor would like you to have pastel card or pastel paper (or a heavy weight drawing paper if that is what you have available).

Wednesdays, 10:00a–12:00p
Regular \$80 Member \$65

[Course DW19-41 – Reg. by 6/15](#)
June 17, 24, July 1, 8

Drawing Basics: Portraits

Jaymee Fedor
ZOOM

Want to draw better faces but don't know where to start? This drawing session will show you a few different ways to approach portraits. From the tried and true "generic measurements" to a more intuitive way of working, you'll have a solid starting point for depicting the human face! **Supplies needed:** Paper, ruler, pencil, eraser, pen.

Wednesdays, 1:00–2:00p
Regular \$20 Member \$15

[Course DW19-44 – Reg. by 7/20](#)
July 22

Draw People in Dry Medium

Angie Nofsinger
TBA

Limited to 6 students. Int.–Adv. Learn the art of human portraiture using Pan Pastels and colored pencils. We will focus on color theory to create lifelike features and skin tones using highlights, shading and blending. **Paper will be provided. Supplies needed:** sketching pencils, handheld sharpener, artists eraser, pan pastels set, and artist-quality colored pencil set. The Pan Pastels and colored pencil sets used for these classes will be available for purchase from the instructor. Cost will be \$55. A list of supplies will be provided after you register for the class.

Wednesdays, 10:00a–12:00p
Regular \$80 Member \$65

[Course DW19-42 – Reg. by 7/20](#)
July 22, 29, August 5, 12

Pet Portraiture in Dry Medium

Angie Nofsinger
TBA

Limited to 6 students. Int.–Adv. Learn to draw animals! This class will emphasize creating natural looking fur and striking facial features bringing to life the charm of the animal you choose to draw. **Paper will be provided. Supplies needed:** sketching pencils, handheld sharpener, artists eraser, pan pastels set, and artist-quality colored pencil set. The Pan Pastels and colored pencil sets used for these classes will be available for purchase from the instructor. Cost will be \$55. A list of supplies will be provided after you register for the class.

Wednesdays, 10:00a–12:00p
Regular \$80 Member \$65

[Course DW19-43 – Reg. by 8/24](#)
August 26, Sept. 2, 9, 16

Become an instructor!

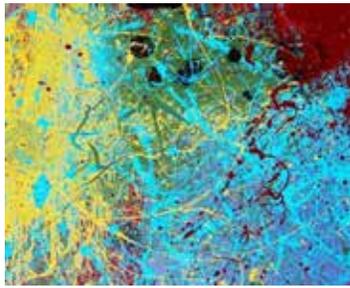
If you would like more info on teaching or discuss the possibility of offering a class, contact Womanspace at 815-877-0118.

ABOUT THE INSTRUCTORS

Angie Nofsinger is a self-taught mixed media artist from the Midwest. Her work frequently includes people and pet portraiture, using colored pencil and strict eye for detail. She works as a Registered Nurse in Rockford, but can be found most any other time making her art. You can find her work for sale at local shops around Rockford and online.

Jaymee Fedor graduated from Northern Illinois University in 2015 with a BFA in painting. She splits her time between teaching group art classes for all ages, giving private art lessons, freelancing, and painting. She specializes in creating supportive and inclusive environments where new artists feel comfortable and experienced artists feel inspired.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



The Art of Abstraction

Eamonn Talkington
New Dimensions Upper Studio
Limit 4 people. All levels. So often we think art requires special supplies and \$15 tubes of paint. But that isn't always true. In this two-week course, you will be instructed in the creation of two original abstract works of art. You will be shown how use of various implements and tools for the application of paint, as well as, instructed in the use of various types of paints and mediums. **Paint, brushes, and tools supplied.** Please bring two canvases any size that "speaks" to you.

Regular \$50 **Member \$40**

[Course AC19T-41 – Reg. by 6/21](#)

Tuesdays, 6:00–9:00p
June 23

[Course AC19T-42 – Reg. by 7/13](#)

Wednesday, 6:00–9:00p
July 15

[Course AC19T-43 – Reg. by 7/27](#)

Wednesday, 6:00–9:00p
July 29

[Course AC19T-44 – Reg. by 8/11](#)

Thursday, 6:00–9:00p
August 13

[Course AC19T-45 – Reg. by 8/25](#)

Thursday, 6:00–9:00p
August 27

Adventures in Pour Painting

Tres Testolin
New Dimensions Upper Studio
Limit 4 people. It's all black & white! Come and have fun, get messy with this free flowing medium! Tres will guide you through the steps using different techniques to achieve some amazing pour painting results. This session will be using black, white and metallic paints to create some interesting art! **All Supplies and paints are included.** Wear an old shirt or smock, this is a messy process!

Regular \$50 **Member \$35**

[Course PTG19-41 – Reg. by 7/28](#)

Thursday, 6:00–8:00p
July 30

[Course PTG19-42 – Reg. by 8/24](#)

Wednesday, 6:00–8:00p
August 26

Watercolor Basics: Color Mixing

Jaymee Fedor
ZOOM
Are you brand new to watercolor and have no idea where to start? Or maybe you've been at it for years and need a new perspective. Creating a simple color chart can be a great way to get reacquainted with the potential of your supplies! We will start with a brief overview of color theory, and then jump into plotting out and filling in our color charts! This exercise can take a while, but the end result is very satisfying! **Supplies needed: watercolor paper, pencil & eraser, ruler, 6–10 colors, small flat paintbrush, a palette for mixing (can also use an old icecube tray).**

Wednesdays, 1:00–2:00p

Regular \$20 **Member \$15**

[Course WC19-45 – Reg. by 7/6](#)

July 8

Art Critic Group

Jaymee Fedor
ZOOM

Has quarantine left you with lots of art but no one to talk to about it? This is the place for you! You'll join other artists who want helpful readings and feedback of their in-progress or finished art pieces, and commit to offering the same for fellow group members. We welcome any visual medium (painting, drawing, sculpture, etc.). Bring a piece of art that you're working on, or a few, and join us in this encouraging and honest group so that we can share our love for art and learn from each other in this time of social distancing.

Wednesdays, 1:00–2:00p

Regular \$20 **Member \$15**

[Course ART19-41 – Reg. by 8/3](#)

August 5

ABOUT THE INSTRUCTORS

Eamonn Talkington attended art school at Columbia College, Chicago. As a jazz musician, he gained a deep appreciation for improvisation. When he discovered abstract expressionism, it felt like music, a kind of planned improvisation where the moment is captured in a medium like jazz. Art can be quite freeing in a world where we have a seemingly incessant need to find meaning in everything. Eamonn also taught abstract art and organized live art nights in Carbondale, IL. He is a resident artist at 317 Art Collective in Rockford.

Tres Testolin is a self taught artist and avid equestrian currently obsessed with fluid painting and glitch photography. Tres loves the pouring processes; mixing, moving and developing the paint.

Jaymee Fedor graduated from Northern Illinois University in 2015 with a BFA in painting. She splits her time between teaching group art classes for all ages, giving private art lessons, freelancing, and painting. She specializes in creating supportive and inclusive environments where new artists feel comfortable and experienced artists feel inspired.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Youth Art Workshop: Draw a Unicorn!

Jaymee Fedor via ZOOM

Ages 6+. Learn how to draw a unicorn step-by-step! We will draw together, or you can draw from your own imagination. When you're finished drawing, add your own style and environment, and color it with your favorite materials! **Supplies needed:** paper, pencil, eraser, Sharpie or other black marker, newspaper.

Wednesdays, 1:00–2:00p

Regular \$15 **Member \$10**

[Course JM19-41 – Reg. by 6/10](#)

June 10

Tween Art Workshop: Anime Faces!

Jaymee Fedor VIA ZOOM

Ages 8+. Learn how to draw anime faces step-by-step! We'll have lots of anime samples to choose from, and the group will vote on which to draw. Customize your anime character with your favorite hair and eyes, or follow along with the instructor for tips! **Supplies needed:** paper, pencil, eraser, Sharpie or other black marker, newspaper.

Wednesdays, 1:00–2:00p

Regular \$15 **Member \$10**

[Course JM19-42 – Reg. by 6/22](#)

June 24

Build a Fairy House in the Forest

Norm Knott

New Dimensions Upper Studio

Limit 8 people. All ages (12 and under are free with registered, paid adult). Join in this popular event to create an amazing Fairy House in the Womanspace Forest. It's a fun family time adventure! Come play on our grounds using natural materials you find, or bring your own natural materials to create a comfortable dwelling for our forest fairies. Leaves, shells, stones, pet hair, nut shells, feathers, and moss are just a few ideas that make beautiful additions to any fairy home. **Bring your face mask, camera, plus garden gloves, hiking shoes, long sleeves & pants for protection from the forest.**

Saturday, 9:00a–12:00p

Regular \$20 **Member \$15**

[Course MX19-48 – Reg. by 7/9](#)

July 11

Build Your Own Magical Fairy House!

Norm Knott

New Dimensions Upper Studio

Limit 6 people. All ages (12 and under are free with registered, paid adult). Create a special indoor fairy house of your very own! We will be using boxes, birdhouses and gourds to start, but bring your own favorite container like wooden cigar boxes, small wooden crates, or CD cases. **Clean out your craft area and bring items to add to the Fairy exchange table for house and furniture assembly.** Bring any artificial and real things from nature (feathers, moss, pebbles, etc.). Anything goes, as long as your fairies will feel cozy in their new home!

Saturday, 1:00–4:00p

Regular \$35 **Member \$30**

[Course MX19-49 – Reg. by 7/9](#)

July 11

OPEN STUDIO POLICY

Any abuse of these policies will result in denial of use of open studio

- You may only use open studio if you have previously taken a class at Womanspace.
- You must register to use open studio. Visit our web site womanspace-rockford.org/page-1075410 Click on the link to sign-up for specific days and times.
- Only 4 people will be allowed in the studio, plus the studio monitor.
- You must sign-up for the whole time you will be there and leave by your scheduled time.
- A mask must be worn at ALL times while in the studio. If you do not have a mask you will be asked to leave.
- You must clean up your area you use, clean and disinfect all equipment used.

You may pay online for use of the Clay Studio hours, clay and firings. Please indicate on the sign-in sheet in the studio the amount paid on the website and what the payment was for.

- Open Studio cost is \$5.00 per hour or \$20 for 4 hours or more
- Clay costs are \$25.00 for a 25 pound bag of clay or \$1.50 per pound, this cost includes the use of glazes and firing.
- Firing and Glaze fee for Non-Womanspace clay pieces is as follows per piece: \$1.00 for 1-2 lb piece; \$2.00 for 3-4 lb piece \$3.00 for 5 lb and up (Weight & size are approximate)

ABOUT THE INSTRUCTORS

Jaymee Fedor graduated from Northern Illinois University in 2015 with a BFA in painting. She splits her time between teaching group art classes for all ages, giving private art lessons, freelancing, and painting. She specializes in creating supportive and inclusive environments where new artists feel comfortable and experienced artists feel inspired.

Norm Knott is a recycling artist and works with a variety of themes and images from around the world as well as collections of nostalgia and American culture. He enjoys preserving the past in color and textures that soar as a visionary. Norm is a well-known artist in the Rockford Region and has exhibited his work locally, nationally and has international patrons.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Beginning Wheel Thrown Pottery

Sabrina Tassoni

New Dimensions Clay Studio

Limited to 4. Age 16+. Beg.-Int.

Perfect for anyone wanting to learn pottery basics using a pottery wheel or someone who wants to further develop their skills. Learn essential wheel-throwing techniques from centering to trimming. Mugs and small vases will be the first forms we practice throwing on the wheel. Then enhance these pieces with hand-built elements such as handles and decorating the surfaces with underglaze, sgraffito, and more. After taking this class, the student will have a small collection of functional pottery as well as the confidence and skills needed to create more advanced pieces in the future. **Fee includes up to 25 lbs. of clay, glazes and firing.** Bring to class an apron and hand towel. Students must bring their own pottery tool kit.

[Course WT19T-41 – Reg. by 6/14](#)

Tuesdays, 6:00–8:00p

June 16, 23, 30, July 7, 14, 21

Regular \$125 **Member \$110**

[Course WT19T-42 – Reg. by 7/26](#)

Tuesdays, 6:00–8:00p

July 28, Aug. 4, 11, 18, 25, Sept. 1

Regular \$145 **Member \$130**

[Course WT19F-41 – Reg. by 6/17](#)

Fridays, 10:00a–12:00p

June 19, 26, July 10, 17, 24, 31

Regular \$125 **Member \$110**

[Course WT19F-42 – Reg. by 8/5](#)

Fridays, 10:00a–12:00p

Aug. 7, 14, 21, 28, Sept. 4, 11

Regular \$145 **Member \$130**

Beg.-Int. Hand Built & Wheel Thrown Pottery

Sabrina Tassoni

New Dimensions Clay Studio

Limited to 4 students. Age 16+.

Beg.-Int. Learn techniques of hand building & wheel throwing with clay. Join this fun class with fellow clay artists to bring yourself to your next level of creativity. Instructor led, mentoring, or independent study. Whatever your skill level, you will enjoy this class of slab, coil, press mold, textures, image transfer and more. Bring your ideas to brainstorm! Maybe even incorporate the two. **Fee includes up to 25 lbs. of clay, glazes and firing.** Each student must bring an apron, hand towel and their own pottery tool kit.

Tuesdays, 10:00a–12:00p

[Course HB19T-41 – Reg. by 6/14](#)

June 16, 23, 30, July 7, 14, 21

Regular \$125 **Member \$110**

[Course HB19T-42 – Reg. by 7/26](#)

July 28, Aug. 4, 11, 18, 25, Sept. 1

Regular \$145 **Member \$130**

Saturday Beg.-Int. Wheel Thrown Pottery

Annalea Walker

Limited to 4 students. Age 16+.

Beg.-Int. Find your signature style! This class will teach you how to merge wheel thrown pottery with hand-building techniques to create beautiful intricate surfaces on functional forms. The instructor will work with each student to produce several wheel thrown forms to be used as blank canvases. Students will then enhance the forms by adding texture, under glaze, low-relief carvings, and more to achieve a one of a kind piece. Sketchbooks, stamps, unconventional tools are welcome! **Fee includes up to 25 lbs. of clay, glazes and firing.** Bring to class an apron and hand towel. Students must bring their own pottery tool kit.

Saturdays, 3:00–6:00p

Regular \$145 **Member \$130**

[Course WT19S-42 – Reg. by 7/23](#)

July 25, Aug. 1, 8, 15

[Course WT19S-43 – Reg. by 8/13](#)

Aug. 22, 29, Sept. 12, 19

Whimsical Hand Built Creations

Delores Burkholder

New Dimensions Clay Studio

Limited to 4 students. Age 18+.

Int.-Adv. Join this fun, free-form, hand building, clay class and create something you are interested in. We use forms, natural elements and imagination to build practical, unusual or whimsical forms with guidance from the instructor. Lots of tools to play with, lots of colors to choose from. So many choices for you to enjoy. **Fee includes up to 25 lbs. of clay, glazes & firing.** Bring to class an apron and hand towel.

Wednesdays, 9:30a–12:30p

[Course HB19B-41 – Reg. by 6/15](#)

June 17, 24, July 1, 15, 22

Regular \$125 **Member \$110**

[Course HB19B-42 – Reg. by 8/3](#)

Aug. 5, 12, 19, Sept. 2, 9

Regular \$145 **Member \$130**

ABOUT THE INSTRUCTORS

Sabrina Tassoni has dabbled with many art mediums over the years but finally found her passion for pottery after taking classes in college. Sabrina works out of her home pottery studio developing her skills in throwing and surface decoration. She enjoys being able to encourage others to make art a bigger part of their lives and working every day to do the same in her own.

Annalea Walker studied ceramics under the direction of Professor Lyn Fischer at Rock Valley College, where her love for pottery was born. After college, she worked as an apprentice with Tom Guirl of Beaver Creek Pottery for 3 years. Anna uses art as a modality for therapy in everyday life along with cooking, spending time in nature, communing with loved ones and listening to music.

Delores Burkholder has delighted people with a variety of sculpture and handbuilt clay art since 1997. As part of the American Kennel Club circuit, her pottery dogs are inspired by actual canines from around the world! Delores is one of our clay studio managers.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Advanced Beg.–Intermediate Wheel Thrown Pottery

Jennie Johnson Sic

New Dimensions Clay Studio

Limited to 4 students. Ages 16+. If you have mastered the skill of creating basic forms on the pottery wheel then you are ready to move to the next level! This class will allow you to take your skills further and learn to throw with larger amounts of clay and create more intricate forms such as bottles, plates, and lidded vessels. Students are welcome to suggest forms they're interested in creating and demonstrations will be given based on interest. Students are also free to work on their own personal projects and receive assistance from the instructor as needed. Students must have some experience throwing on a wheel and feel comfortable creating the most basic forms. **Fee includes up to 25 lbs. of clay, glazes and firing.** Each student must bring an apron, hand towel and their own pottery tool kit (available at craft stores or online).

Thursdays, 9:30–11:30a

Regular \$125 **Member \$110**

[Course INT19J-41 – Reg. by 6/16](#)

June 18, 25, July 9, 16, 23, 30



Manic Monday: Intermediate Wheel Thrown Pottery

Anya Nelson

New Dimensions Clay Studio

Limited to 4 students. Ages 16+. Prerequisite: Beginner throwing skills mastered or instructor approval. Bring your wheel throwing skills to the next level. This class is an excellent opportunity to work alongside peers who are serious about improving their form, throwing larger pieces and incorporating other methods into your pieces. Instructor will tailor each class to the individual participants throwing needs, assist in troubleshooting and take time to work with each person individually. Excellent peer support and inspiration is encouraged to enhance everyone's experience. This class is for you if you seriously want to improve your proficiency and think outside the box. Come to this "Monday Funday" and let your pottery grow at your own pace. Please bring a list of pottery goals with you or we can work on that together. **Fee includes up to 25 lbs. of clay, glazes and firing.** Each student must bring an apron, hand towel and their own pottery tool kit.

Mondays, 6:00–8:00p

[Course INT19N-41 – Reg. by 6/13](#)

June 15, 22, 29, July 6, 13, 20

Regular \$125 **Member \$110**

[Course INT19N-42 – Reg. by 7/25](#)

July 27, Aug. 3, 10, 17, 24, 31

Regular \$145 **Member \$130**



Fired-Up About Clay

Linda Ewalt & Jean Schnack

New Dimensions Clay Studio

Limited to 4 students. Ages 16+. Int.–Adv.

Explore new techniques and skills in pottery. Class demos and collaboration will promote a fun learning environment while pushing skills and creativity to a higher level. Think outside the box and develop a more creative and artistic expression in clay. **Fee includes up to 25 lbs. of clay, glazes & firing.**

Mondays, 10:00–1:00p

Regular \$145 **Member \$130**

[Course CW19-42 – Reg. by 7/4](#)

July 6, 13, 20, 27

Beyond Bowls – Creativity in wheel throwing and hand building for creative minds. Explore new techniques and skills in pottery. demos and collaboration will promote a fun learning environment while pushing skills and creativity to a higher level. Think outside the box and develop a more creative and artistic expression in clay.

[Course CW19-43 – Reg. by 8/8](#)

August 10, 17, 24, 31

Decorative Painting – Use underglazes and Stroke & Coat to create unique pieces of framable art in the styles of artists such as Monet, Lichtenstien, van Gogh and others.

ABOUT THE INSTRUCTORS

Jennie Johnson Sic enjoys every opportunity to throw on the wheel! Jennie has taken college level classes in Minnesota & Oak Park, IL, as well as, been mentored by a potter in Antigua, Guatemala. Jennie is so thankful to have found Womanspace, a place to throw, be inspired and teach.

Anya Nelson is a full time high school teacher who fell in love with clay when she allowed her college counselor to randomly pick an elective class for her that ended up being ceramics. She was so happy when she found Womanspace. It gave her an opportunity to reconnect with her passion and meet an amazing, creative, and supportive group of artists.

Linda Ewalt is a retired art teacher and **Jean Schnack** is a retired classroom teacher. They love clay and working with the fantastic people in the Womanspace clay classes! They look forward to helping students explore and expand their clay experience in a fun environment.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Prayer Banner

Norm Knott

New Dimensions Upper Studio

Limit 4 people. For centuries prayer flags have been hung to send beneficial prayers and good fortune into the atmosphere every time the wind blows them. Using centuries old ground rules, we will design our own interpretations of Tibetan prayer flags. Each participant will be given a blank set of five flags to be decorated with prayers, positivity, good vibes, and the artists' energy. To decorate the flags we'll use vintage wood blocks from Norm's collection along with pens and paints. When they are completed they can be used to decorate home and garden areas! **All supplies provided.**

Saturday, 10:00a-1:00p

Regular \$55 **Member \$40**

[Course MX19-41 – Reg. by 6/12](#)

June 20



Light Up Your Garden!

Cherie Heck

New Dimensions Upper Studio

Limit 6 people. Bring some flickering candlelight to your garden or patio and recycle those beautiful wine bottles you can't bring yourself to throw away! Try your hand at using a bottle cutter to turn that wine bottle into a candle holder on a copper pole. **All supplies are included, but you may want to bring some of your own wine bottles in a favorite color (bring a few, there may be breakage involved.)** You may also want to bring a pair of leather gardening gloves and eye protection to handle the glass.

Thursday, 6:00-9:00p

Regular \$55 **Member \$45**

[Course MX19-42 – Reg. by 6/23](#)

June 25



Peace Pole

Karla Lombardo

Anjali Pavilion

Limit 8 people. Karla Lombardo of ArtbyKarla will teach you how to make your very own colorful Peace Pole to add creative flair to your garden. Each Peace Pole is a PVC post sleeve measured 4 x 44". **All materials are provided except for varnish that takes overnight to dry.** As this class takes around 5 hours, please feel free to bring a lunch and/or snacks. Space is limited so don't wait to register! This class will fill up fast!

Saturday, 10:00a-3:00p

Regular \$80 **Member \$70**

[Course MX19-43 – Reg. by 6/27](#)

June 27



Watering Can Sun Catcher

Cherie Heck

New Dimensions Upper Studio

Limit 6 people. Add a little sparkle to your garden this summer. With a metal watering can and beads, you can make this delightful sun catcher for your garden. **Watering cans, beads and supplies are included in the fee, but feel free to bring some beads or trinkets you would like to add to your creation.** Note early registration date.

Regular \$65 **Member \$55**

[Course MX19-44 – Reg. by 6/22](#)

Tuesday, 2:00-4:00p

June 30

[Course MX19-45 – Reg. by 6/22](#)

Tuesday, 6:00-8:00p

June 30

PLEASE NOTICE THE "REGISTER BY" DATE FOR EACH CLASS AND REMEMBER TO REGISTER!

We need a guaranteed number of people to run many of our offerings. Otherwise we cancel the program. **Thank you!**

ABOUT THE INSTRUCTORS

Norm Knott is a recycling artist and works with a variety of themes and images from around the world as well as collections of nostalgia and American culture. He enjoys preserving the past in color and textures that soar as a visionary. Norm is a well-known artist in the Rockford Region and has exhibited his work locally, nationally and has international patrons.

Cherie Heck loves to play with art and has a serious addiction to art supplies. She teaches a number of art classes at Womanspace where she is also Art Program & Volunteer Coordinator. Her artistic talents are many and her beautiful creations have appeared in many of our art exhibits and fundraisers.

Karla Lombardo holds an Associates of Arts degree from Rock Valley College and Bachelor's of Education with a focus in Arts from Rockford University. She has exhibited and sold her artwork on commission and through various local galleries, seasonal artist fairs and online. Karla's painterly style transforms commonplace into luminous conversation pieces on canvas, furniture and even murals. Her art is a visual representation of her magnetic personality and free-spirited outlook on life.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Sculpt It: Sun

Rafaela Wickstrum

New Dimensions Upper Studio

Limit 4 people. For Beginners. Here comes the sun! Learn to sculpt your own Sun and use a variety of materials in this class. Paper mache is an exciting medium where you can create 3-dimensional objects. Your imagination makes this class a stepping stone to limitless creativity! No kiln or oven, all air dry materials. There will be a 15 min. break with refreshments halfway through class. Wear old clothes or bring a smock. Come and create something magical! **Fee includes ALL materials.**

Regular \$65 **Member \$55**

[Course MX19-46 – Reg. by 7/6](#)

Wednesday, 1:00–4:00p

July 8

[Course MX19-55 – Reg. by 8/10](#)

Wednesday, 6:00–9:00p

August 12

Jeweled Sun Catcher

Karla Lombardo

New Dimensions Upper Studio

Limit 6 people. Make a one-of-a-kind original piece of mosaic jewelry and learn some new skills in this fun 2-hour workshop. Students will design and complete either two mosaic pendants or one pendant and one wrap bracelet from start to finish. **All materials will be supplied. Supplies will include pendant and bracelet trays, epoxy clay, stones, smalti glass, wood, gems, scrap metal, shells, millefiori beads, etc.** Each student will also receive a silver chain and/or a leather wrap bracelet. No prior mosaic experience needed.

Thursday, 6:00–9:00p

Regular \$75 **Member \$65**

[Course MX19-47 – Reg. by 7/7](#)

July 9

Mosaic Mirrors

Nancy Mayhew

New Dimensions Upper Studio

Limit 6 people. Learn how to decorate a wood framed mirror using a mosaic method of applying glass, tiles, stones and jewelry with adhesive. Then bring your piece to life as you learn how to finish it with cement based grout. If you have any old china, jewelry or trinkets you would like to add to your creation be sure to bring them. Glass cutting experience is helpful, but not necessary. **Please note the early registration so that materials can be ordered. Cost includes \$40 in materials.**

Tuesdays, 6:00–9:00p

Regular \$130 **Member \$115**

[Course MX19-50 – Reg. by 6/30](#)

July 14, 21, 28

Hippy Dippy Stick

Marsha Goodheart

New Dimensions Upper Studio

Limit 6 people. Release your inner hippy and use up some of your treasured trinkets you have been saving for something! Join Marsha for this fun class making your own Hippy Stick to give your life a little sparkle and fun! **Supplies included but feel free to bring a cool stick and things you would like to add.**

Mondays, 6:00–8:00p

Regular \$65 **Member \$50**

[Course MX19-51 – Reg. by 7/18](#)

July 20, 27

ABOUT THE INSTRUCTORS

Rafaela Wickstrum enjoys teaching others to express themselves through sculpture and painting. Rae was self-employed for over 3 decades owning a printing business and a folk art gallery. She is listed in the *International Sculptors Digest* and has won state awards for “most creative.” She has also developed gift lines for two companies. “Most days I don’t know whether to pick up clay or a paint brush as my compulsion to create is overwhelming.”

Karla Lombardo holds an Associates of Arts degree from Rock Valley College and Bachelor’s of Education with a focus in Arts from Rockford University. She has exhibited and sold her artwork on commission and through various local galleries, seasonal artist fairs and online. Karla’s painterly style transforms commonplace into luminous conversation pieces on canvas, furniture and even murals. Her art is a visual representation of her magnetic personality and free-spirited outlook on life.

Nancy Mayhew is a self taught mosaic artist, which started 20 years ago with a cement turtle and a broken china plate. She sells her art on her website, mayhewmosaics.com, Etsy and at 3 gift shops in Beloit. She also teaches at the Beloit Art Center, the Glass Garden in Janesville and is a vendor at the Beloit Farmer’s Market.

Marsha Goodheart is a long-time Womenspace member and mixed media artist who likes to color outside the lines. She has exhibited work locally for many years. Marsha says her work is spirit driven. Like a form of meditation, it comes from her heart.

DUE TO THE COVID19 SOCIAL DISTANCING RECOMMENDATIONS, IN-PERSON CLASS SIZES ARE LIMITED & MASKS WILL BE REQUIRED.



Mosaic Jewelry

Nancy Mayhew

New Dimensions Upper Studio

Limit 6 people. No mosaic experience needed. Make a one-of-a-kind original piece of mosaic jewelry and learn some new skills in this fun 2-hour workshop. Students will design and complete either two mosaic pendants or one pendant and one wrap bracelet from start to finish. All materials will be supplied, which include pendant and bracelet trays, epoxy clay, stones, smalti glass, wood, gems, scrap metal, shells, millefiori beads, etc. Each student will also receive a silver chain and/or a leather wrap bracelet.

Wednesday, 6:00–8:00p

Regular \$85 **Member \$75**

[Course MX19-52 – Reg. by 7/20](#)

July 22

Musical Windchime

Karla Lombardo

New Dimensions Upper Studio

Limit 6 people. Create your very own Wind Chimes! Karla will provide all the supplies needed (wood, beads, washers, bells, etc.), but feel free to bring some items that you may want to add to your design. Don't wait to sign up for this class because there is limited seating.

Thursday, 6:00–9:00p

Regular \$65 **Member \$55**

[Course MX19M-53 – Reg. by 7/21](#)

July 23

Ombre Silk & Lace Transfer Dyeing

Emily Watson Rice

Womanspace Grounds

Limit 6 people. Learn the art of silk dyeing! This simple technique is easy to grasp for novices but flexible enough to allow for loads of creativity. Once students have learned the basics of ombre dyeing, they will learn the unique technique of layering lace transfer dyes over top of their ombre. Students will experiment on practice fabric before moving to their main project — dyeing their own silk scarf. **Dress for mess — wear clothes and shoes that you don't mind getting permanently dyed, plus your face mask.** Fee includes rubber gloves, dye & two silk scarves. Additional scarves will be available for purchase during class. (\$10–\$25 each depending on size)

Sundays, 1:00–4:00p

Regular \$85 **Member \$75**

[Course MX19-54 – Reg. by 8/7](#)

August 9, 16

How to Wire-Wrap Crystals

Kathleen O'Dierno

New Dimensions Upper Studio

Limit 6 people. Come join the fun! Learn the art of wire wrapping using copper wire to wrap a crystal cabochon pendant to wear yourself or give as a wonderful gift! **All supplies provided.**

Saturday, 11:00a–1:00p

Regular \$50 **Member \$40**

[Course MX19-56 – Reg. by 8/13](#)

August 15

ABOUT THE INSTRUCTORS

Nancy Mayhew is a self taught mosaic artist, which started 20 years ago with a cement turtle and a broken china plate. She sells her art on her website, [mayhewmosaics.com](#), Etsy and at 3 gift shops in Beloit. She also teaches at the Beloit Art Center, the Glass Garden in Janesville and is a vendor at the Beloit Farmer's Market.

Karla Lombardo holds an Associates of Arts degree from Rock Valley College and Bachelor's of Education with a focus in Arts from Rockford University. She has exhibited and sold her artwork on commission and through various local galleries, seasonal artist fairs and online. Karla's painterly style transforms commonplace into luminous conversation pieces on canvas, furniture and even murals. Her art is a visual representation of her magnetic personality and free-spirited outlook on life.

Emily Watson Rice of Gossamer Arts, has been working in the Chicago art world for over 20 years. Beginning her career as the teaching artist at the Museum of Contemporary Art, she went on to become the Manager of the Marshall Field's Fine Art Gallery and eventually the Director and Curator of Atlas Galleries. She is a talented artist in her own right and is passionate about sharing all she has learned to help other artists succeed.

Kathy O'Dierno creates from her soul. Whether it is one of her beautiful paintings on canvas, a piece of jewelry, or a healing balm, each rendition is essentially a part of her soul. She finds creating art healing and restorative by completely immersing herself in it. She has taught several classes in the area and has exhibited her art at many area galleries and art shows.



womanspace

membership application

Fill out this form and mail it in with your contribution or register online at womanspace-rockford.org/member.

Primary contact information

New Renew Gift Membership Exp. Date _____

Name _____ Member# _____

Address _____ Birth Date _____

City, State, Zip _____

Home Phone _____ Cell Phone _____

E-mail _____

Place of Work _____

Job Title _____ Work Phone _____

Additional names for Family/Grand Family memberships:

How did you hear about Womanspace? _____

Sign me up for Intertwinings (free weekly e-news): Yes No Already have

Choose your level today!

Individual (one individual age 18 or up)	1-yr	2-yr	3-yr
Regular	<input type="radio"/> \$50	<input type="radio"/> \$90	<input type="radio"/> \$120
Sustaining [†]	<input type="radio"/> \$75	<input type="radio"/> \$150	<input type="radio"/> \$225

Family (Two adults & children under age 18 living in household)	1-yr	2-yr	3-yr
Regular	<input type="radio"/> \$75	<input type="radio"/> \$140	<input type="radio"/> \$200
Sustaining [†]	<input type="radio"/> \$100	<input type="radio"/> \$200	<input type="radio"/> \$300

Grand Family (Two grandparents & their grandchildren under the age of 18)	1-yr	2-yr	3-yr
Regular	<input type="radio"/> \$75	<input type="radio"/> \$140	<input type="radio"/> \$200
Sustaining [†]	<input type="radio"/> \$100	<input type="radio"/> \$200	<input type="radio"/> \$300

Student (one child age 9-17; new members receive sling bag & journal)	1-yr	2-yr	3-yr
Regular	<input type="radio"/> \$25	<input type="radio"/> \$45	<input type="radio"/> \$65

[†] If you opt for a sustaining membership, please know that we are grateful for your additional support that helps other women.

Payment method (3% credit card fee applies*)

Cash CHK # _____ MC* Visa* Dis* AP*

Expiration: ____/____ CID: ____ (3 digits on card back)

Membership has its benefits.

- Discount prices on most programs.
- Receive all mailings from Womanspace, including *Your Guide* and *Intertwinings*, our e-newsletter.
- Offer original art & related items for sale in Gallery2Go (G2G). (Subject to final approval by Gallery Committee.)
- Join committees to connect with one another, share talents, and develop or demonstrate leadership skills.
- Borrow books & DVDs from our library.
- Promote your business at periodic open houses.
- Membership begins with the month the fee is paid.

I am interested in helping with:

- Development G2G Receptionist Marketing
 Facilities Gallery Membership
 Fall Luncheon Garage Sale Prairie/Labyrinth
 Fairy Festival Grounds Program
 File/Data Entry Lunafest Social Outreach
 Other _____

Office use only: FM WA 5C 10C

Date to _____ Notes _____



Knit one Purl Two

Yarning for a good time...

6409 E. RIVERSIDE BLVD, ROCKFORD, IL 61114

815-904-6030

knitonepurltworockford.com

Open Tuesday-Saturday – Drop in anytime!



Fire & Water - Cleanup & Restoration,
Mold Remediation, Trauma Services



Independently Owned and Operated

Like It Never Even Happened.®

of Rockford

815.964.0599

www.ServproRockford.com
servpro9249@servprorockford.com



Home Environment Center
WE MAKE WATER BETTER

We offer healthy products for a healthy home.

STORE HOURS:
9am - 6pm Monday - Friday
9am - 3pm Saturday
Closed - Sunday

Outside Water Vending Machine: 24 hrs/day

6407 E Riverside Blvd, Rockford, IL 61114

(815) 282 - 9000

www.hecrockford.com



Shannon Redden, MH
Master Herbalist

815-246-2454

Changes4yourhealth@gmail.com
www.facebook.com/changes4yourhealth

LIVE BLOOD AND DRY CELL ANALYSIS
HERBAL CLASSES

129 S PHELPS AVE., SUITE 901B
ROCKFORD, IL 61108

WOMANSPACE GALLERY SPONSOR



Take the guesswork out of your retirement plan

Discover how our proprietary *Confident Retirement*® approach can help answer questions you may have about your retirement, like: *When will I be able to retire? How do I make the most of the money I have? How can I leave a lasting legacy to my loved ones?*

Call me today and learn how you can get on track to retire with confidence.

Call me today at (815) 708.6112



David Boccignone, CFP®, ChFC®, MBA
Financial Advisor
An Ameriprise Platinum Financial Services® practice

6870 Rote Rd
Ste 102
Rockford, IL 61107
815-708-6112

david.m.boccignone@ampf.com

www.ameripriseadvisors.com/david.m.boccignone

Ameriprise Financial Services, Inc. Member FINRA and SIPC.
Confident Retirement is not a guarantee of future financial results.
© 2012 Ameriprise Financial, Inc. All rights reserved.

2019/2020
135th Concert Season

For Tickets and Information:
mendelssohnpac.org
(815) 964-9713

WHAT BUGS YOU?

The Bug Lady Pest Control
815-289-7947
Chris Mei
Owner & Pest Control Specialist
7421 N. Alpine Rd., Loves Park, IL 61111
40+ Years Experience • Kid & Pet Friendly
Service Provider for Womanspace



womanspace

3333 Maria Linden Drive
Rockford, IL 61114-5481

CHANGE SERVICE REQUESTED

Non-Profit Organization

U.S. POSTAGE

PAID

Rockford, Illinois

Permit No. 380



the original
your guide
June–Aug. 2020

Womanspace offers programs for

women, men and children

to enhance body, mind and spirit,

with a focus in the creative arts,

holistic health, interfaith exploration,

and environmental stewardship.

Important Dates to Remember

- June 17 Learn to Draw Amazing Eyes
- June 17 No More Bugs!
- June 18 Self-Care for Busy Women
- June 21 Rockford Yoga Day
- June 21 Drumming Workshop with Helen Bond
- June 22 Qigong: What Is It?
- June 25 Light Up Your Garden
- June 27 Get Your Body Moving!
- June 27 Peace Pole
- June 27 Vibrant Health & Success Through Emotional Intelligence
- July 10 Depolarize Within: Become a Better Angel in Your Own World
- July 11 Build a Fairy House!
- July 11 Yoga Nidra
- July 30 Adventures in Pour Painting
- Aug. 5 Empowering Women to Transform Communities
- Aug. 9 Ombre Silk & Lace Transfer Dyeing
- Aug. 15 How to Wire-Wrap Crystals
- Aug. 26 Pet Portraiture