



yourguide™

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

Summer is taking shape!

Explore the outdoors

Connect with others

Find your inner self

Stay healthy & fit

Create in new ways

general info



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Mission

Connecting, empowering, creating and transforming our world – one woman at a time. Womanspace offers programs to enhance the body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship.

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. 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.

Holistic Health Room

Womanspace has a peaceful & comfortable holistic health room designed 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. Some services provided are: Therapeutic Massage, Reiki Healing, Tuning Fork Therapy, Raindrop Therapy, Chakra Balancing, Traditional Naturopathy, Holistic Coaching, Energy Work, Spiritual Direction and Health Coaching.

Accessibility

A ramp is available in the garage for access to the offices and events in the William Reif Gallery. New Dimensions Upper Studio is fully accessible. The lower levels of each building are currently accessible only to those who can do stairs.

Hours

Our office hours are Monday-Thursday, 10:00a-3:00p and evenings/weekends when programs are scheduled. Our gardens, labyrinth and campus are open everyday during daylight hours.

editor's note



Dear Friends,

This most unusual past year (“covid time”) has certainly highlighted values we hold dear. Community, family, and friendship absolutely top that list! As do so many, we grieve the dear ones whom we have lost recently to the pandemic and to other causes. We hold their memory in our hearts.

At Womanspace, we have become more resilient as we’ve learned and helped one another find creative ways to adapt, communicate, and reflect. The words “our new normal” have become both a common and a mysterious phrase. If we continue to slow our pace, to savor, value and appreciate each other and every experience more fully – if **that** is our new normal, we say YES.

So now, in the Spring and Summer of 2021, we finally bring you a printed version of *Your Guide*, something we have been publishing only online for many months now. If you, like we, love the feel of paper in your hands, if that experience lets you better dream and savor possibilities, we say ENJOY! Here is a new, fresh look at Womanspace this spring and summer. In these pages you will find examples of new life emerging, new opportunities beckoning, new adventures waiting to be explored.

A word of advice: These offerings fill up fast. Registering yourself for a class online is the easiest, quickest and most direct way you can assure your space for the event of your choice. JOIN US!

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

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- Cherie Heck, *Arts Programming*



Womanspace is offering some classes using ZOOM entirely and as hybrid. To join a Womanspace Zoom class, you must be registered for the specified class. You will then receive an e-mail with a link.

programs & classes



Labyrinth Walks

Gardening

Genealogy

Finances

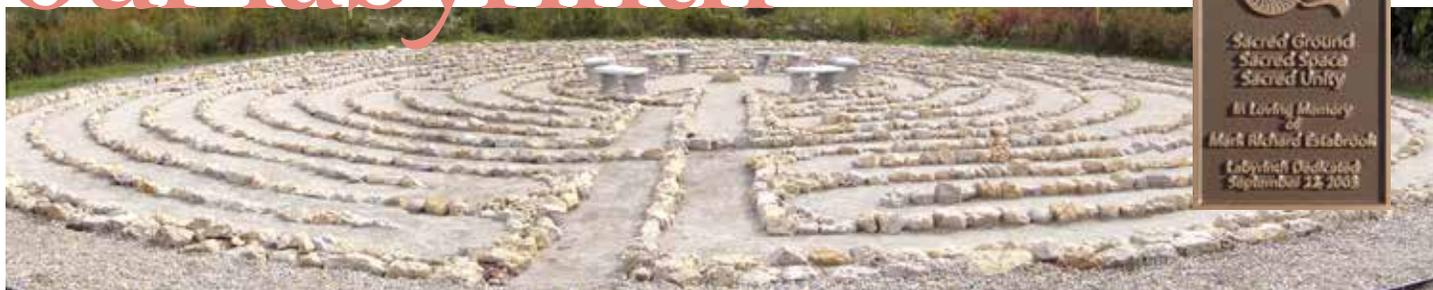
Cooking

Writing

Mind & Body

Enjoy life enhancing programs that foster creative exploration, challenge you intellectually, help you to maximize your well-being, explore your spirituality or simply enjoy the serenity of nature. As long as we are breathing, we have the opportunity to discover our innate potential, to cultivate the most beautiful version of our lives and to inspire those we love.

our labyrinth



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 the medieval Chartres Cathedral in France. It is the largest in Northern Illinois and is listed on the National Labyrinth Registry. 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.

World Labyrinth Day: Walk as One at 1:00p

This annual event is a worldwide act of solidarity and unity. People from around the globe gather at this time to broaden worldwide connections of peace and harmony and to establish a strong statement of the oneness of journeying together...especially after this tumultuous year.

As a symbol of life's journey for almost 5000 years, the labyrinth has become a vehicle for profound transformations. Join this reflective and celebrative time on the single path that circuitously winds its way to the center and back out into the world. Bring prayers of peace and healing as we walk together as one. We will celebrate, rain or shine. *Registration is required. Social distancing and face masks are required if distancing cannot be maintained.*

Saturday | 12:30-2:00p
SE20-41 | **May 1**

Fee: Freewill Donation
Register by: 4/29

Facilitator: Barrie Carter Gibby
Location: Anjali Pavilion & Labyrinth

Walking Like Trees: A Labyrinth Pilgrimage

How can we access the gift of tree wisdom into our changing life seasons? How can we celebrate that partnership on the labyrinth? As pilgrims, we gather in circle on the labyrinth, whose quadrants echo the cycles of tree life and our own. Honoring our "soul tree" and the Celtic Tree Zodiac, we will harvest seeds of Birth Time and explore pathways for an awakened consciousness of harmonious earth partnerships. This embodied journey with the archetype of the labyrinth includes rituals, journal prompts, simple movement, chants, and expanded imaginings. **Dress for the weather and bring your favorite writing materials.** *Registration is required. Social distancing and face masks are required if distancing cannot be maintained.*

Saturday | 9:00a-12:30p
WK20-45 | **May 15**

Fee: \$35 (Member \$25)
Register by: 5/13

Facilitator: Barrie Carter Gibby
Location: Anjali Pavilion & Labyrinth

special interests



Registration is required. In-person class sizes are limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Patio Pots That Pop!

Ahhh...the greenhouse...so many choices! How do you decide what to choose for your own pots? Cherie Heck will share her favorite tips and demonstrate how to make plant choices and pairings to make your patio come alive with color and textures.

Thursday | May 13

WK20-43 | **1:00-2:00p**

WK20-44 | **6:00-7:00p**

Fee: \$15 (Member \$10) Reg. by: 5/11

Location: Anjali Pavilion

Genealogy 101: Preserve Your Family History

Genealogy is so much more than names and dates. While those are the building blocks, genealogy comes to life when dry facts are combined with gathering and preserving your family stories and photographs. Recording your own stories is important, too. Learn about forms, websites, and interview prompts, plus a few ideas for family history projects.

Wednesday | 2:00-3:00p

WK20-46 | **June 2** Reg. by: 5/31

Tuesday | 6:00-7:00p

WK20-48 | **June 22** Reg. by: 6/20

Fee: \$15 (Member \$10)

Instructor: Marsha Hosfeld

Location: ZOOM

Personal Finance Series

Empower yourself by choosing a financial topic that fits your life right now in these evenings of fun-filled discussions.

May 13: Millennials & Money – Explore the unique needs of Millennials in today's world. We'll discuss different investment options and how to work on multiple goals while living your very busy life.

June 10: The "What About Me" Generation – The kids are older. Retirement is in sight, but do you really have what you need to get there? Explore what the ultimate retirement might look like and if you are on track.

July 22: Social Security – Many individuals approaching retirement are concerned about Social Security and it's viability. You paid into it...it should be there...or will it?

August 19: Life Your Way – You made it to retirement; now what? Learn the keys to making sure your needs and wishes are met, while living your best life!

Thursdays | 6:00-7:00p

WK20-49 | **May 13, June 10,
July 22, August 19**

Fee: Freewill Donation

Register by: 2 days before

Presenter: Jenny Redington, CRPC

Location: ZOOM & William Reif Gallery

Women, Wealth & Wine

Join us for an evening of wine tasting and fun-filled discussion on women and investing. This class will be fun and informative to help you take control of your own financial future through saving, investing and envisioning what you want your future to look like. Whether your goals are short or long term, we'll discuss how to empower yourself to make the decisions to get you there.

Wednesday | 6:00-7:00p

WK20-50 | **August 11**

Fee: Freewill Donation Reg. by: 8/9

Presenter: Jenny Redington, CRPC

Location: ZOOM & William Reif Gallery

cooking



Registration is required. In-person class sizes are limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Fermented Foods Workshop

Join Rhonda Torossian, Digestive Wellness Specialist, for these healthy informative classes on the tasty benefits of fermented foods and how they create a healthy you! Sign-up for one or all three classes!

May 12: The Benefits of Fermented Foods What are the benefits and important role they play in our health?

May 26: Fermented Condiments Get your probiotics in fun and creative ways that your family will enjoy

June 9: Fermented Nut Cheese A tasty vegan cheese option for those who are off dairy but miss eating cheese.

Wednesdays | 2:00-3:00p

HLT20-44 | **May 12, 26, June 9**

In-Person Fee: \$65 or \$25/class

(Member \$50 or \$20/class)

Zoom Only Fee: \$35 or \$15/class

Register by: 2 days before

Instructor: Rhonda Torossian

Location: ZOOM & William Reif Gallery

Raw Foods Workshop

Join Rhonda Torossian, Digestive Wellness Specialist, for these healthy informative workshops on the tasty benefits of raw foods and how they can be incorporated as a delicious addition to your daily diet. Sign-up for one or all three classes!

July 7: Why raw? What are the benefits of eating raw foods? Learn how to keep it simple and experience the amazing benefits of raw.

July 21: Raw Recipes Try some amazing fun, fast, and simple foods that taste great

August 4: Advanced Raw Recipes Learn how to use your dehydrator & other equipment. Find out how eating gourmet raw does not have to be so hard.

Wednesdays | 2:00-3:00p

HLT20-45 | **July 7, 21, August 4**

In-Person Fee: \$65 or \$25/class

(Member \$50 or \$20/class)

Zoom Only Fee: \$35 or \$15/class

Register by: 2 days before

Instructor: Rhonda Torossian

Location: ZOOM & William Reif Gallery



Memorial Gardens at Womanspace

Honor a living or deceased person by establishing a specially named fund or feature at Womanspace. Memorials can include the purchase/installation of a variety of items, for example:

- planting a tree or a total area; donating a bench, boulder, arbor, swing, etc.
- installing a decorative fountain, a drinking fountain, a pond, etc.
- funding a special program in honor of an individual
- outfitting a room or special area
- 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.

writing in the Anjali pavilion & grounds



The Complete Poet Series with Christine Swanberg, City of Rockford Poet Laureate

Join Christine Swanberg, Womanspace member and official City of Rockford Poet Laureate, for this special summer series as she brings poetry into a brighter light. She will share many tools of the trade, inspire the group through her stories of perseverance, and guide us in poetry writing. We encourage diversity and want to reach as many people as possible. Sign-up for the whole series or individual sessions. **All ages are welcome. Bring your favorite writing materials, and a snack or lunch for noon break. Wear your walking shoes, and dress for the weather!** *Social distancing and face masks are required if distancing cannot be maintained.*

Series I: Return to the Garden

This first kick-off session will involve what it means to “Return to the Garden” spiritually and as gardeners (although non-gardeners are welcome). Walk the labyrinth to find inspiration deep within the self. Christine will share her gardening and labyrinth poems to inspire and guide writers. Participants will have time for personal writing – poetry, journaling, etc., and will then be invited to read their work in the Pavilion.

Saturday | 10:00a-1:00p

WRT20-41 | **June 12**

Sliding Scale Fee: \$45/\$35/\$25

Register by: 6/10

Series II: Poets that Shaped My Writing

Christine will share some of the poems that inspired and shaped her writing: Shakespeare, Rosetti, the Romantics, Whitman, Dickinson, Sandburg, Brooks, the Beats, Collins, Mueller, Angelou, Oliver, and others, from formal verse to free verse and back. This is not a writing workshop per se but a discussion. Participants may bring their favorite poem if they like, although it is not required.

Saturday | 10:00a-1:00p

WRT20-42 | **June 19**

Sliding Scale Fee: \$45/\$35/\$25

Register by: 6/17

Series III: The Shape a Poem Makes

This workshop will begin with a discussion of various “shapes” a poem can take, lifting free verse into something more engaging on the page. Prompts for writing in different shapes will be given and/or the participant may choose to reshape a poem they already have written.

Saturday | 10:00a-1:00p

WRT20-43 | **July 10**

Sliding Scale Fee: \$45/\$35/\$25

Register by: 7/8

Series IV: Sculpting Poetry

This workshop builds on the previous workshop but can be taken by itself. It will delve further into stanza breaks, using various line lengths such as couplets, tercets, and quatrains. We will discuss how a poem “dictates” and “evolves” and then is “sculpted” for adding that extra professional touch.

Saturday | 10:00a-1:00p

WRT20-44 | **July 24**

Sliding Scale Fee: \$45/\$35/\$25

Register by: 7/22

Series V: The Joy of Sonnets

Although poets sometimes think that writing sonnets is old-fashioned or too difficult, we will look at ways to enjoy and master writing in this form. We will learn how this 14 line poem can pack a punch in just a few lines and how the formality of the sonnet can be played with in a modern way with surprising and delightful results.

Saturday | 10:00a-1:00p

WRT20-45 | **August 7**

Sliding Scale Fee: \$45/\$35/\$25

Register by: 8/5

mind & body



Registration is required. In-person class sizes are limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Meditation: A Wellness Practice

Start your day off with greater focus, less stress and more peace of mind. Meditation is the practice and process of paying attention and focusing your awareness. Different forms of meditation are introduced and practiced in a seated position. Join us – it's a great way to de-stress, re-charge, and re-focus. **Suggested equipment: comfortable attire, yoga mat or rug.**

**Keep informed with new and updated classes. Free sign-up for our e-newsletter on our web site: womanspace-rockford.org.*

Mondays | 9:00-10:00a

MD20T-41 | **May 3-24**

MD20T-42 | **June 7-28**

MD20T-43 | **July TBA***

MD20T-44 | **August TBA***

Fee: \$55 (Members \$40)

\$15/single class

Register by: 2 days before

Instructor: Shiraz Tata, Ph.D.

Location: ZOOM

Intuitive Development Course

This series of classes will help you connect with your inner guidance, enhance your extra senses and trust your knowings. This class will also include grounding practices, and other aids to enhance and amplify your innate intuitive assets.

Mondays | 7:00-8:00p

WK20-41 | **May 3-24**

Fee: \$70 (Members \$60)

Register by: 5/1

Instructor: Melissa Paluzzi

Location: ZOOM

Hypnosis: Benefits, Myths and Misconceptions

Hypnosis has been around for centuries, but so many people are unaware of the many benefits that hypnosis has to offer for personal healing and growth. The gamut of uses for hypnosis runs from releasing addictions to spiritual healing! Spend some time with Melissa, who will explain the process of hypnosis and dispel those myths and misconceptions!

Tuesday | 12:00-1:00p

WK20-42 | **May 11**

Monday | 7:00-8:00p

WK20-47 | **June 14**

Fee: \$15 (Members \$10)

Register by: 5/9 and 6/12

Instructor: Melissa Paluzzi

Location: ZOOM

reiki



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.** *In-person classes are limited. Social distancing and face masks are required. Registration is required.*

Reiki I

In Reiki One, you will 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 | 9:00-4:30p

HLT20-41 | **June 12**

Fee: \$120 (Members \$100)

Register by: 2 days before

Instructor: Debby Gaines

Location: Media Room

Reiki II

Prerequisite: Completion of Reiki I. In Reiki Two, you will 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. We will also begin to learn ways to send Reiki through time and distance, allowing healing in the past to improve the present. Time will be allotted to practice feeling energy and giving Reiki to each other.

Sunday | 9:00-4:30p

HLT20-42 | **June 13**

Fee: \$140 (Members \$125)

Register by: 2 days before

Instructor: Debby Gaines

Location: Media Room

Reiki Master Class 3A

Prerequisite: Completion of Reiki I & II. Please contact Debby at kherheb2@aol.com with any questions. In Usui Reiki, the master classes are divided up so that Reiki practitioners may become a Reiki Master without being a Reiki teacher. (Reiki 3A is the Master class and Reiki 3B is the Reiki Master Teacher Class.) 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 | 9:00-4:30p

HLT20-43 | **July 11**

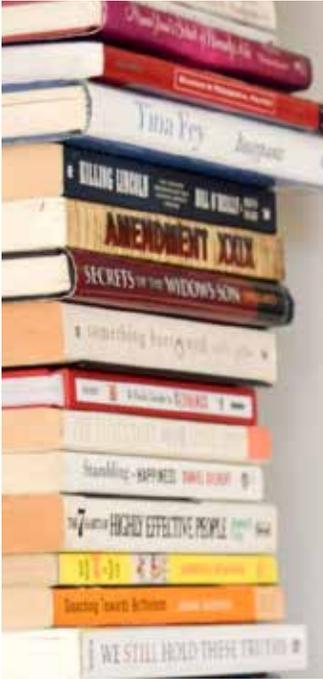
Fee: \$200 (Members \$175)

Register by: 2 days before

Instructor: Debby Gaines

Location: Media Room

social groups



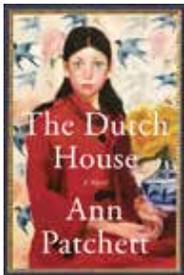
- Bookwoman
- Drumming
- Hiking
- Photography

Social connectedness is so important for your health and well-being especially after the past year of isolation. It also provides resilience when stressful events and transitions happen. Social connectedness isn't about being popular or having a lot of friends. It's more about the feeling of belonging, and that belonging tells us something about who we are, what our purpose is. Womenspace wants to provide you with a sense of shared meaning and purpose.

bookwoman



We invite all women to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading. *Registration is required. In-person class size limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.*



The Dutch House by Ann Patchett

At the end of WWII, Cyril Conroy propels his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs, which sets in motion the undoing of everyone he loves.

Set over the course of five decades, *The Dutch House* is a dark fairy tale about two smart people who cannot overcome their past.

Wednesday | 9:30-11:00a

BW20-41 | **May 12**

Fee: Freewill Offering

Register by: 5/10

Location: ZOOM & Anjali Pavilion



The Library Book by Susan Orlean

In 1986, the Los Angeles Public Library had one of the most disastrous fires. For more than seven hours it burned and by the time it was extinguished, it had consumed four hundred thousand books and damaged seven hundred thousand more. More than thirty years later, the mystery remains: Did someone purposefully set fire to the library—and if so, who? And, what is the larger, crucial role that libraries play in our lives?

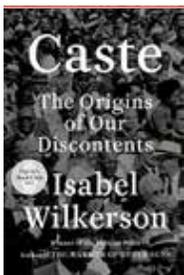
Wednesday | 9:30-11:00a

BW20-42 | **June 9**

Fee: Freewill Offering

Register by: 6/7

Location: ZOOM & Anjali Pavilion



Caste: The Origins of Our Discontent by Isabel Wilkerson

Pulitzer Prize-winning, bestselling author, Isabel Wilkerson, gives us a masterful portrait of an unseen phenomenon in America. Through an immersive, deeply researched narrative, she explores stories about real people and how America, today and throughout its history, has been shaped by a hidden caste system, a rigid hierarchy of human rankings.

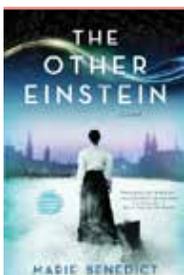
Wednesday | 9:30-11:00a

BW20-43 | **July 14**

Fee: Freewill Offering

Register by: 7/12

Location: ZOOM & William Reif Gallery



The Other Einstein by Marie Benedict

The Other Einstein offers us a window into a brilliant, fascinating woman whose light was lost in Einstein's enormous shadow. It is the story of Einstein's wife, a brilliant physicist in her own right, whose contribution to the special theory of relativity is hotly debated and may have been inspired by her own profound and very personal insight.

Wednesday | 9:30-11:00a

BW20-44 | **August 11**

Fee: Freewill Offering

Register by: 8/9

Location: ZOOM & Anjali Pavilion

drumming



Recent research indicate that drumming accelerates physical healing, boosts the immune system and assists in releasing emotional trauma. Drumming has a positive effect on anxiety, grief, fatigue, depression and behavioral issues. And you know what? It's just downright fun! *Class sizes are limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.*

Drumming Workshop with Helen Bond

Come be a part of this joyful group 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.

Bring your own drum if you have one. Limited instruments available borrow during class.

**Keep informed with new and updated classes. Free sign-up for our e-newsletter on our web site: womanspace-rockford.org.*

Sundays | 1:00-4:00p

DR20B-41 | **May 16**

DR20B-42 | **June TBA***

DR20B-43 | **July TBA***

DR20B-44 | **August TBA***

Fee: \$85 (Members \$75)

Register by: 2 days before

Instructor: Helen Bond

Location: Anjali Pavilion

Drumming Circle

We invite you to join this monthly group to enjoy the camaraderie of making music together. We will explore traditional drumming rhythms, the rhythms of sayings, Nursery rhymes, and the rhythms of emotions as we connect with each other and to the earth. No talent or previous experience required. **Bring your own percussive instrument if you have one. Limited instruments available borrow during class.**

Sundays | 5:00-6:30p

DR20T-41 | **May 16**

DR20T-42 | **June 20**

DR20T-43 | **July 18**

DR20T-44 | **August 22**

Fee: Freewill Offering

Register by: 2 days before

Instructor: Julie Thompson

Location: Anjali Pavilion

amazonsmile
You shop. Amazon gives.

When you shop on AmazonSmile, Amazon will donate a percentage of the purchase price of eligible products to **Womanspace Rockford**. It really adds up!

**Sign-up on
Your Computer:**

1. Visit smile.amazon.com
2. Sign-in with your Amazon.com credentials
3. Select Womanspace Rockford to receive donations
4. Start shopping!
5. Add a bookmark for smile.amazon.com to make it easy to return and start your shopping at AmazonSmile

**Sign-up on
the App:**

1. Make sure you're signed up for AmazonSmile
2. Download or update to the latest version of the Amazon Shopping app for iOS or Android
3. Open the app and find "Settings" in the main menu
4. Tap on "AmazonSmile" & follow the on-screen instructions to turn on AmazonSmile in the app.

hiking



An email will be sent on the Wednesdays before with the hiking location and directions. Another email will be sent Friday morning if the hike is cancelled due to bad weather. *Social distancing and face masks are required if distancing cannot be maintained.*

Women's Hiking Group

It can be hard to find the motivation to get up and go outside even though we know how beneficial it is. Keeping active and getting fresh air is fantastic for our mental and physical health. Join this wonderful hiking group! It will give you that needed inspiration to get outside, stay active and take in nature, all while being able to connect with others and make new friends.

This group is led by various Womanspace staff members. It moves around to different, beautiful hiking trails in our region...some paved, some not. You do the distance you want to do. After registering, you will be sent an email two days before each hike letting you know what location we will be at and where to meet.

Fridays | 1:00-2:00p

HK20-41 | **May 7, 21, June 4, 18,
July 9, 23, August 6, 20**

Fee: Freewill Offering

Register by: Tuesdays before

Led by: Womanspace Staff

Location: Various locations

photography



Registration required. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Photography Group

This group is for photographers of all levels to come together and share their common interest in photography. The focus will be to learn from each other, explore different styles of photography, and have fun using any type of camera – cell phones to DSLRs. Each month Marsha will present a different topic to be discussed, and the group will decide on a homework photo assignment. Possible topics: Perspective, Composition, Lighting, Portraits, etc.

Join us with your ideas and questions, along with your camera. For the first meeting, bring a favorite photo you would like to share to start things off. Participants will be required to bring a printed (preferred) or digital copy of their "homework" from the previous meeting for review and discussion.

Thursdays | 6:00-7:30p

GP20-41 | **May 20, June 17,
July 15, August 19**

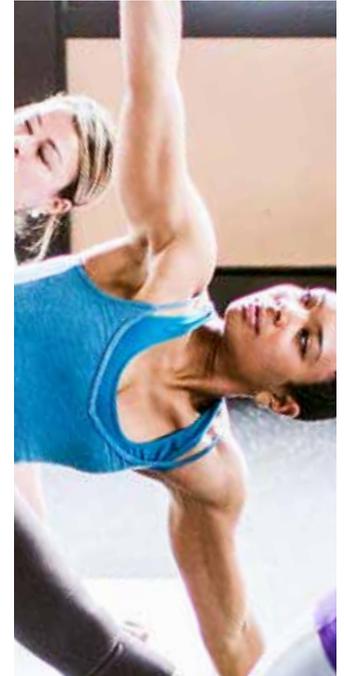
Fee: \$50 (Member \$40)

Register by: 2 days before

Facilitator: Marsha Hosfeld

Location: ND Upper Studio

fitness classes



- Belly Dance
- Cardio Drumming
- Qigong
- Tai Chi
- Yoga

Womanspace believes in helping people feel good about themselves. We get it: the gym may be crowded; the fitness classes are too intense; the atmosphere makes one feel awkward. We are happy to offer some fun, unique, low impact forms of exercise for a variety of ages in a comfortable, non-judgmental setting. We want you to feel better, to have more energy and to live a longer, happier life!

belly dance with Freya



Great for people of all sizes and abilities – even those with physical limitations. Have fun while building confidence, strength and grace. Props such as veils, fan veils, canes, or finger cymbals will be incorporated. **Wear smooth-soled ballet shoes or socks and close-fitting attire that allows full range of motion. Scarf or shawl to tie around hips is helpful to see hip movements in the mirror. Some items will be available for purchase. Registration is required. Class sizes are limited. Social distancing and face masks are required if distancing cannot be maintained.**

Belly Dance Fitness

Two left feet? Love Zumba but need something low impact? No problem! In this class Freya will lead you through dance & yoga based stretches to increase flexibility, balance, and strength. Then she will get your heart rate up through low impact drills using fusion belly dance moves that anyone can do regardless of your fitness level or dance experience. These combinations are a fun cardio workout that will strengthen muscles, increase joint stability, and boost your cardio fitness. And without realizing it, you'll learn some sassy dance moves too!

Wednesdays | 10:00-11:00a

DF20-41 | **May 5-26**

DF20-42 | **June 2-30** (5-weeks)

DF20-41 | **July 7-28**

DF20-42 | **August 4-25**

4-Week Fee: \$55 (Mem. \$45) or \$15/class

5-Week Fee: \$65 (Mem. \$55) or \$15/class

Register by: 2 days before

Location: Anjali Pavilion

Intro to Belly Dance

No experience required for this class. You will 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.

These classes are held at: Nspired Yoga, 6541 E. Riverside Blvd., #109, Rockford, IL

Wednesdays | 6:00-7:00p

DN20P-41 | **May 12-June 30**

DN20P-42 | **July 7-August 25**

Fee: \$95 (Members \$85)

Register by: 2 days before

Saturdays | 10:00-11:00a

DN20S-41 | **May 15-June 26** (7-weeks)

Fee: \$85 (Members \$75) Reg. by 5/13

DN20S-42 | **July 10-August 28**

Fee: \$95 (Members \$85) Reg. by 7/8

Register by: 2 days before

Intermediate Belly Dance

[Prerequisite: One Intro to Belly Dance course or previous training in another class.] In this 8-week course, we will build upon the foundational moves learned in the Intro class. Short combinations and 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.

These classes are held at: Nspired Yoga, 6541 E. Riverside Blvd., #109, Rockford, IL

Wednesdays | 7:15-8:15p

DN20W-41 | **May 12-June 30**

DN20W-42 | **July 7-August 25**

Fee: \$95 (Members \$85) Reg. by: 5/10

unique exercise



Registration required. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Cardio Drumming

No drumming experience needed. All levels welcome...can even be done sitting down! Cardio Drumming combines movement with the beat and rhythm of drums for a fun, high energy workout. It brings together drumsticks, an exercise ball, an exercise ball stand (bucket), and rhythmic moves to create one of the most fun workouts you'll ever do – you won't want to stop.

Cardio drumming will raise your heart rate to help burn those calories, improve your coordination and ability to focus, and help strengthen many muscle groups, including your core. Studies have shown that when people find workouts they enjoy and have fun with, they're more likely to stick with their routine.

Equipment needed: 65 cm exercise ball, a 5 gallon bucket to set ball on, and basic drum sticks (limited supply available for purchase \$20).

Thursdays | 6:00-7:00p

DR20C-41 | **May 6-27**

DR20C-42 | **June 3-24**

DR20C-43 | **July 1-29** (5-weeks)

DR20C-44 | **August 5-26**

4-Week Fee: \$50 (Mem. \$40) or \$15/class

5-Week Fee: \$60 (Mem. \$50) or \$15/class

Register by: 2 days before class

Instructor: Beth Campisi

Location: Anjali Pavilion

Qigong

All ages and abilities are welcome. 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. Qigong improves all of the functions of the body including the digestive, nervous and immune systems. It also improves core strength and posture while increasing flexibility. It can be practiced either standing or sitting.

Mondays | 1:30-2:30p

QG20-41 | **May 3-24**

QG20-42 | **June 7-28**

QG20-43 | **July 5-26**

QG20-44 | **August 2-23**

Fees: \$60 (Members \$50) or \$15/class

Register by: 2 days before

Instructor: Nancy Mayhew

Location: Anjali Pavilion

Tai Chi for Fall Prevention

All ages and abilities are welcome. Tai Chi is a centuries-old Chinese martial art that descends from Qigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This 8-week course has both physical and mental benefits. If done regularly, it improves muscle tone, flexibility, balance, and coordination. Many older people find that it boosts their energy, stamina, agility, sharpens their reflexes, and gives an overall sense of well-being.

Mondays | 2:30-3:30p

TC20-41 | **May 3-June 28**

TC20-42 | **July 5-August 23**

Fee: \$100 (Members \$90)

Register by: 2 days before

Instructor: Nancy Mayhew

Location: Anjali Pavilion

yoga with Keri Knutson Hoyt



Yoga is a great way to work on your flexibility and strength. Just about everyone can do it, too – it's not just for people who can touch their toes or want to meditate. The classes at Womanspace are less vigorous than ashtanga or power yoga, but still provide strength and endurance for the whole body. Wherever you're at, our philosophy is "you do you." There is always a modified pose. Gain better posture, calm the mind, and benefit your overall health! *Registration required. In-person class sizes limited. Social distancing and face masks are required when not on your yoga mat.*

Hatha Vinyasa/Restorative Yoga

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

YG20-41 | **May 6-27**

YG20-42 | **June 3-24**

YG20-43 | **July 1-29** (5-weeks)

YG20-44 | **August 5-26**

4-Week Fee: \$52 (Member \$40)

5-Week Fee: \$65 (Member \$50)

Single class: \$15

Register by: 2 days before

Location: ZOOM & William Reif Gallery

Adaptive Yoga for People with Chronic Conditions

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 course 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 locations are wheelchair accessible.

Tuesdays | 11:00a-12:00p

YT20T-41 | **May 4-25**

YT20T-42 | **June 1-29** (5-weeks)

YT20T-43 | **July 6-27**

YT20T-44 | **August 3-31** (5-weeks)

4-Week Fee: \$80 (Member \$60)

5-Week Fee: \$100 (Member \$75)

Single class: \$25 (Member \$20)

Register by: 2 days before

Location: ZOOM & William Reif Gallery

Fridays | 10:00a-11:00a

YT20F-41 | **May 7-28**

YT20F-42 | **June 4-25**

YT20F-43 | **July 9-30**

YT20F-44 | **August 6-27**

Fees: \$25 (Member \$20) or \$7/class

Register by: 2 days before

Location: ZOOM Recording Only



Keep informed with news about Rockford Yoga Day 2021 through Facebook and our e-newsletter. To sign-up for our e-newsletter, visit: womanspace-rockford.org.

art classes



Art Lectures

Drawing

Painting

Mixed Media

Claywork

Womanspace believes in promoting creativity through various forms of art. Art nourishes our imagination, opening the mind and heart to the world in new ways. Art allows us to destress and be present in the moment. It enhances creative thinking and problem solving skills. Art is empowering. Womanspace wants that for you. Creating art is not just for artists; it's for everyone. We all have a spark of creativity. Are you ready to ignite yours?

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 previous 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 friend and 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, 10:00a-3:00p, as well as on weekends and evenings when programs are scheduled.



Gallery2Go Online

We now are offering some items from Gallery2Go ONLINE! We offer curbside 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.

Open Studio Policy

These policies are unique to this time of pandemic.

- Open studio is only for current and past students of Womanspace.
- You MUST register for specific days and times to use open studio. To sign-up, visit womanspace-rockford.org/page-1075410
- You must sign-up for the whole time you will be there and leave by your scheduled time.
- Only 4 people are allowed in the studio, plus the studio monitor.
- A mask must be worn at ALL times while in the studio.
- You must clean up ALL the areas and equipment you use.

Open Studio Fees

You may pay online for use of the Clay Studio hours, clay and firings. If paying by cash or check, attach a sticky note to your payment. Indicate on the sign-in sheet in the studio the amount paid and what the payment was for.

Studio Fee: \$5.00/hr. or \$20/4+ hrs.

Clay Fee (Max. amount 12.5 lb.):
\$15/12.5 lb. bag of clay or \$1.50/lb.
(cost includes glazes, firing)

Non-Womanspace firing & glaze fee:
\$1.00/1-2 lb piece;
\$2.00 for 3-4 lb piece
\$3.00 for 5 lb and up
(Weight & size are approximate)

art lectures



Registration required. Once registered, you will receive an email with a link.

Jean Baptiste Camille Corot

Jean-Baptiste-Camille Corot (1796-1875), French Realism Painter and Printmaker, was a pivotal figure, especially in his landscapes which anticipated the plein-air painting innovations of the Impressionists. He is also recognized for his portraits, print-making and etchings. Some of his landscapes have an amazing, shimmering silver quality to them.

Thursday | 12:00-1:00p

AL20-41 | **May 13**

Fee: \$15 (Members \$10)

Register by: 5/11

Instructor: Mary Boyd, SSSF

Location: ZOOM

Thomas Eakins

Thomas Eakins (1844-1916) is regarded as one of the greatest American realist painters of the 19th century. He painted hundreds of portraits of his family, friends and famous people as well as outdoor scenes and sporting events. He strove to achieve accuracy and detail without losing feeling. He was a fine arts educator who influenced many young artists.

Thursday | 12:00-1:00p

AL20-42 | **June 10**

Fee: \$15 (Members \$10)

Register by: 6/8

Instructor: Mary Boyd, SSSF

Location: ZOOM

Jacques-Louis David

Neoclassic artist, Jacques-Louis David (1748-1825), was an important French painter during the French Revolution and Napoleonic Era. He was an active supporter of the French Revolution and later aligned himself with Napoleon and the French Republic. His paintings are realistic and classical in style with sculptural severity. His type of history painting was a change from the frivolities of Rococo.

Thursday | 12:00-1:00p

AL20-43 | **July 8**

Fee: \$15 (Members \$10)

Register by: 7/6

Instructor: Mary Boyd, SSSF

Location: ZOOM

Auguste Rodin

The sculptures of Michelangelo were a major influence on Auguste Rodin (1840-1917). Like Michelangelo, Rodin worked mostly with the human figure. His figures express emotional intensity and, at times, he left his sculptures to seem unfinished, although to Rodin, they were complete. Some of his famous sculptures are *The Thinker*, *The Kiss* and *The Burghers of Calais*.

Thursday | 12:00-1:00p

AL20-44 | **August 12**

Fee: \$15 (Members \$10)

Register by: 8/10

Instructor: Mary Boyd, SSSF

Location: ZOOM

drawing



Class sizes limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Youth Art Workshops

For Ages 7-12. All levels. Let's hang out and draw! We'll learn how to draw all sorts of creatures and characters, large and small, cute and creepy! We'll draw together step-by-step, but students are free to follow their own vision as they see fit. We'll start class with a nice stack of drawings to choose from, and vote on our favorites. Then, time to draw! Markers, colored pencils, watercolor paints (and of course glitter glue!) will all be available for finishing off our masterpieces. **All supplies are provided.**

Sundays | 10:00-11:30a

JM20-41 | **May 23** (Aliens)

June 27 (Movie Characters)

July 18 (Baby Animals)

Aug. 29 (Video Game Characters)

Fees: \$75 or \$25/class

(Members \$60 or \$20/class)

Register by: 2 days before

Instructor: Jaymee Fedor

Location: ND Upper Studio

Figure Drawing

Ages 18+. All levels. Join us for a fun afternoon of drawing from the human figure. Grab your favorite supplies, and get ready to sharpen up those proportion skills! Guidance from an instructor is available as needed, but this will be a primarily self-directed class. Poses will vary from 1 minute to 15 minutes long. **Cost includes fee for a live model.**

Sundays | 12:30-3:00p

DW20F-41 | **May 23, June 27,**

July 18, Aug. 29

Fees: \$105 or \$40/class

(Members \$95 or \$30/class)

Register by: 2 days before

Instructor: Jaymee Fedor

Location: ND Upper Studio

Beginning Drawing

Ages 14+. All levels. Learn the basics of drawing in this 8-week course. This course is perfect for absolute beginners who can't even draw a stick figure, though more advanced students may appreciate a refresher, too! We will draw from observation and from photographs, and learn various techniques for improving our hand-eye coordination. You will learn that drawing is not a "natural" talent, but a skill that can be learned and practiced! No previous drawing experience is necessary. **All supplies are provided.**

Fridays | 10:30-12:00p

DW20F-42 | **June 4-July 23**

Fee: \$105 (Members \$90)

Register by: 6/2

Instructor: Jaymee Fedor

Location: ND Upper Studio

Portrait Drawing: Elements of the Face

Ages 14+. Beginning-Advanced. Learn how to create life-like elements of the face using colored pencils and Pan Pastels. Each session will focus on a different aspect of the face: eyes, nose, ears, mouth and the hardest of all, teeth! The last session will be putting all these together to create a portrait. Color theory will be used to mimic realistic skin tones, highlights and textures. Come and learn the techniques to create an amazing portrait! Sign-up for the entire course or individual classes!

Equipment needed: sketching pencils, handheld sharpener, artists eraser, and artist quality colored pencils. Certain colored pencils, pan pastels and paper will be provided.

Wednesdays | 1:00-3:00p

DW20N-41 | **June 2** (Eyes)

June 9 (Nose)

June 16 (Ears)

June 23 (Mouth)

June 30 (Teeth)

July 7 (Put it all together)

Fees: \$110 or \$30/class

(Members \$95 or \$20/class)

Register by: 2 days before

Instructor: Angie Nofsinger

Location: ND Upper Studio

Composition Workshop

Ages 14+. All levels. Painting or drawing a lot lately? Let's take a closer look at "composition" or how the various elements of your painting or drawing are organized! After this workshop, you'll be better equipped to make your artworks more inviting and intriguing. Get ready for fast-paced exercises and lots of thumbnail sketches! **All supplies are provided.**

Mondays | 1:30-3:30p

DW20F-43 | **June 7, 14**

Fee: \$55 (Members \$40)

Register by: 6/5

Instructor: Jaymee Fedor

Location: ND Upper Studio

Drawing Open Studio

Ages 16+. All levels. Come hang out and improve your drawing skills! We'll learn new drawing tricks here and there, and also dedicate some time to developing our work. We'll leave the small paper behind and experiment with various work surfaces! Some previous drawing experience is recommended, but not required. **All supplies are provided.**

Mondays | 1:30-3:30p

DW20F-44 | **June 28-July 19**

Fee: \$90 (Members \$75)

Register by: 6/26

Instructor: Jaymee Fedor

Location: ND Upper Studio

Pet Portraiture in Pastel & Colored Pencils

Ages 16+. Intermediate-Advanced. 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. Learn how to use Pan Pastels and colored pencils to create an amazing animal portrait.

Equipment needed: sketching pencils, handheld sharpener, artists eraser. Pan Pastels and colored pencils will be available for use, paper will be provided. If you wish to purchase your own before class, a list of supplies will be provided after you register.

Wednesdays | 1:00-3:00p

DW20N-42 | **August 11-Sept. 1**

Fee: \$90 (Members \$75)

Register by: 8/9

Instructor: Angie Nofsinger

Location: ND Upper Studio

painting



Class sizes limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Acrylic Painting Guided Studio

Ages 14+. All levels. Come hang out and develop your acrylic work! Acrylic is one of the most versatile types of paint, and the more options you have the more time you'll need to explore! Help is available wherever you need it, whether it's stretching a canvas or advice on mediums. **All supplies are provided, including various work surfaces, painting ideas, and different brands of professional-grade acrylic paint.**

Mondays | 1:30-3:30p

AC20F-41 | **May 10-31**

AC20F-44 | **Aug. 9- 30**

Fee: \$90 (Members \$75)

Register by: 5/8 and 8/7

Instructor: Jaymee Fedor

Location: ND Upper Studio

Beginning Acrylic Painting

Ages 14+. All levels. Learn the basics of acrylic painting in this six-week course. This course is perfect for those who've always wanted to learn how to paint but need some help getting started. Geared towards beginners, we will focus on color-mixing, techniques, and value before creating a final painting. **All supplies are provided.**

Fridays | 1:00-3:00p

AC20F-42 | **June 4-July 9**

Fee: \$105 (Members \$90)

Register by: 6/2

Instructor: Jaymee Fedor

Location: ND Upper Studio

Plein Air Painting

Ages 16+. All levels. Have you always wanted to paint from life outdoors, but don't have the confidence? Let's change that! In this four-week course, you'll learn the best supplies, techniques, and tricks to make your "plein air" paintings come to life! Some painting experience is recommended, but not required. **All supplies are provided.**

Mondays | 10:30a-12:30p

AC20F-43 | **June 28-July 19**

Fee: \$90 (Members \$75)

Register by: 6/26

Instructor: Jaymee Fedor

Location: ND Upper Studio & Grounds

watercolor



Class sizes limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Watercolor: Skinny Dip!

Ages 18+. All levels. Summer's here and while still respecting the safety requirements of the experts, we are "skinnying" things down to take a dip! This is a five-week watercolor open studio in the Anjali Pavillon with Sue Abare. Each person will be provided a card table, chair, and water (for paints). **Please bring your own supplies, a table covering, and subject matter reference...or feel free to paint from the beautiful scenery around you. You are welcome to move your chair to the garden to paint!**

Thursdays | 10:00a-12:00p

WC20-41 | **May 20-June 17**

WC20-43 | **Aug. 12-Sept. 9**

Fee: \$95 (Members \$80) or \$20/class

Register by: 2 days before

Instructor: Sue Gilbert Abare

Location: Anjali Pavilion

Paint the Town in Watercolor!

Ages 18+. All levels. For four-weeks, take your paints on the road with Sue Abare and paint the town in watercolor! The first class will meet at Womanspace to paint in the beautiful Womanspace grounds. Each week the class will decide where they want to adventure to the next week. There are so many beautiful places in Rockford and the surrounding area to choose from! **Bring your painting supplies, your own water supply, and a chair.**

Thursdays | 10:00a-12:00p

WC20-42 | **July 8-29**

Fees: \$85 (Members \$70) or \$20 class

Register by: 2 days before

Instructor: Sue Gilbert Abare

Location: Womanspace grounds &
various locations in Rockford

Beginning Watercolor

Ages 14+. Beginners. Enjoy your morning with the beauty of watercolor painting! This six-week watercolor workshop is open to all levels, but geared towards absolute beginners. We'll learn how to mix colors, try interesting techniques and experiment with various subject matter. **All supplies are provided!**

Mondays | 10:30a-12:30p

WC20F-41 | **May 10-June 14**

Fee: \$110 (Members \$95)

Register by: 5/8

Instructor: Jaymee Fedor

Location: ND Upper Studio

Intermediate Watercolor

Ages 16+. Intermediate-Advanced. Want to keep moving forward with your watercolor skills? Come hang out in this four-week intermediate class! We'll have plenty of time to make a couple of nice paintings, but we'll also take a deeper look at materials (especially paint and paper), and learn more about color theory. **All supplies are provided.**

Mondays | 10:30a-12:30p

WC20F-42 | **August 9-30**

Fee: \$95 (Members \$75)

Register by: 8/7

Instructor: Jaymee Fedor

Location: ND Upper Studio

wheelthrowing in New Dimensions Clay Studio



There are so many benefits of working in clay – tactile gratification, physical and mental experience, conscious and unconscious expression, release of aggression, and community. If you like getting your hands dirty, these classes will be full of fun and creativity. **Wear clothes you don't mind getting dirty and leave your rings, watches and bracelets at home. Bring hand towel and your own pottery tools (available at craft stores and online). Fees includes up to 25 lbs. of clay, glazes & firing. Class sizes limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.**

Weekend Beginning Wheel Thrown Pottery

Age 16+. Beginner. Have you ever wanted to learn how to make wheel thrown pottery? Then this four-week course is for you! Starting from the beginning, you will learn how to wedge, center, pull and shape the clay on a potter's wheel. You will get the opportunity to practice both bowl shapes as well as vase shapes and learn how to add handles or other decorative aspects to your work. You will complete the process of thrown pottery by trimming your pieces to get them ready to fire. You will glaze and finish off your artwork after it comes out of the first firing.

Saturdays | 9:00a-12:00p
WT20J-41 | **May 15-June 12**
WT20J-42 | **June 19-July 17**
WT20J-43 | **July 24-Aug. 14**
WT20J-44 | **Aug. 21-Sept. 18**

Fee: \$145 (Members \$130)

Register by: 2 days before

Instructor: Jennie Johnson Sic

Morning Beginning Wheel Thrown Pottery

Ages 16+. Beginner. This 6-week course will be perfect for anyone who wants to learn the basics of throwing clay on a pottery wheel or someone with a little experience 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. At the end of this course, you will have a small collection of functional pottery as well as the confidence and skills needed to create more advanced pieces in the future.

Fridays | 10:00a-12:00p
WT20F-41 | **May 28-July 2**
WT20F-42 | **July 9-Aug. 13**
WT20F-43 | **Aug. 20-Sept. 24**

Fee: \$145 (Members \$130)

Register by: 2 days before

Instructor: Sabrina Tassoni

Evening Beginning Wheel Thrown Pottery

Ages 16+. Beginner. This 6-week course will be perfect for anyone who wants to learn the basics of throwing clay on a pottery wheel or someone with a little experience 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. At the end of this course, you will have a small collection of functional pottery as well as the confidence and skills needed to create more advanced pieces in the future.

Tuesdays | 6:00-8:00p
WT20T-41 | **May 25-June 29**
WT20T-42 | **July 6-Aug. 10**
WT20T-43 | **Aug. 17-Sept. 21**

Thursdays | 6:00-8:00p
WT20R-41 | **May 27-July 1**
WT20R-42 | **July 8-Aug. 12**
WT20R-43 | **Aug. 19-Sept. 23**

Fee: \$145 (Members \$130)

Register by: 2 days before

Instructor: Sabrina Tassoni

Advanced Beginning–Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: beginner throwing skills mastered or instructor approval]. This 4-week course 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.

Mondays | 9:00a-12:00p
INT20J-41 | **June 7-28**
INT20J-42 | **July 12-August 2**
Fee: \$145 (Members \$130)
Register by: 2 days before
Instructor: Jennie Johnson Slc

Manic Monday: Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: beginner throwing skills mastered or instructor approval.] This 6-week course 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. Each class is tailored to the individual's throwing needs. Instructor will assist in troubleshooting and take time to work with each person individually. Excellent peer support and inspiration is encouraged to enhance everyone's experience. **Bring a list of pottery goals with you or we can work on that together.**

Mondays | 6:00-8:00p
INT20N-41 | **May 24-July 5**
INT20N-42 | **July 12-August 16**
INT20N-43 | **August 23-October 4**
Fee: \$145 (Members \$130)
Register by: 2 days before
Instructor: Anya Nelson

Wild Women in Clay

Ages 16+. **Intermediate-Advanced.** In this four-week course, you will explore new techniques and skills in pottery focusing on wheel throwing, additions, lids, feet, handles, trimming, creative diversions, glazing and whatever directions the students would like to pursue – even photo lithography is possible. 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.

Mondays | 1:00-4:00p
CW20M-41 | **June 7-28**
CW20M-42 | **August 2-23**
Tuesdays | 10:00a-1:00p
CW20T-41 | **June 8-29**
CW20T-42 | **August 3-24**
Fee: \$145 (Members \$130)
Register by: 2 days before
Instructor: Linda Ewalt

handbuilding in New Dimensions clay studio



Fees includes up to 25 lbs. of clay, glazes & firing. Class sizes limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Whimsical Creations Independent Study

Age 18+. **Intermediate-Advanced.** Join this fun, independent clay study group and create something you are interested in. You can use forms, natural elements, and your imagination to build practical, unusual or whimsical forms. There is no instructor so you must be an advanced clay worker and able to work independently. Lots of tools to play with, lots of colors to choose from. So many choices for you to enjoy.

Wednesdays | 9:30a-12:30p
HB20-41 | **May 12-June 9**
HB20-42 | **June 16- July 14**
HB20-43 | **July 21-August 18**
HB20-44 | **August 25-September 22**
Fee: \$145 (Members \$130)
Register by: 2 days before

mixed media



Fees include all supplies. Class sizes limited. Social distancing and face masks are required indoors.

Sculpt It!

Enjoy time with a master sculptor making a variety of whimsical characters! Learn how to form your own armatures followed by applying and sculpting papier-mâché. In the last class, polish your sculpture off with paint and embellishments to help create its own distinct personality. Come have fun and create something magical.

Gnomes - Known as symbols for good luck, they have an affinity for the earth and like to guard your plants and animals. Feel free to bring any of your own earthly items to embellish it with.

Crows - Important in mythology, fables and native cultures, they are often identified as clever tricksters. In some cultures, they are also symbols of good luck. They also love to collect sparkly trinkets, so feel free to bring anything you wish to add.

Sun or Moon - The sun symbolizes firmness, strength and power while the moon represents calmness, beauty, nurturing. So come show off your Sunny side...or your Moony side!

Tuesdays | 1:00-4:00p

MX20W-41 | **May 11, 18** (Gnomes)

Fee: \$95 (Members \$85)

Register by: 5/9

MX20W-42 | **June 10, 17, 24** (Crows)

Fee: \$140 (Members \$130)

Register by: 6/8

MX20W-42 | **August 17, 24** (Sun/Moon)

Fee: \$85 (Members \$95)

Register by: 8/15

Instructor: Rafaela Wickstrum

Location: ND Upper Studio

Mosaic: Flores em Picassiette

Local mosaic artist, Nancy Mayhew, recently studied with Solange Piffer, an international Brazilian Mosaicist in order to bring to Womanspace "Flores em Picassiette" (a mosaic term for flowers stolen from plate). This is the art of making flowers out of broken ceramics: plates, cups, pottery, china, and other found objects to create a one of a kind mosaic flower portrait!

In the first class of this three-week course, you will create individual and unique flowers using broken china, in a vintage 16 x 22" frame. You will also learn to make the stems, leaves and centerpieces for the flowers out of Apoxie® Sculpt. In the second class, you will make the background out of stained glass. The third class, you will grout and put finishing touches on the frame. Come and create a bright and unique summer garden for your wall!

Thursdays | 1:00-4:00p

MX20M-41 | **May 13-27**

Fee: \$225 (Members \$210)

Register by: 5/11

Instructor: Nancy Mayhew

Location: ND Upper Studio

Watering Can Suncatcher

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.**

Thursday | 2:00-4:00p

MX20H-41 | **June 3**

Thursday | 6:00-8:00p

MX20H-42 | **June 3**

Fee: \$75 (Members \$65) Reg. by: 6/1

Instructor: Cherie Heck

Location: ND Upper Studio

mixed media



Fees include all supplies. Class sizes limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Painted Peace Pole

Learn 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 4"x 44". ArtbyKarla will provide all of the materials needed to create this project, except for varnish that takes overnight drying. **Please bring your own lunch and/or snacks if you would like. Space is limited so don't wait to register! This class will fill up fast!**

Wednesday | 10:00a-3:00p

MX20L-41 | **May 26**

Fee: \$75 (Members \$65)

Register by: 4 days before

Instructor: Karla Lombardo

Location: Anjali Pavilion

Create a Rain Chain

Learn how to create an 8 ft. long rain chain using 2" clay pots and beautiful beads to catch the summer rain. You will be able to paint your pots in any color and design of your choosing. All supplies provided...just come and have fun!

Tuesday | 10:00a-2:00p

MX20L-42 | **June 15**

Fee: \$75 (Members \$65)

Register by: 4 days before

Instructor: Karla Lombardo

Location: Anjali Pavilion

Jeweled Suncatcher

Come on out with your friends and create this beautiful Jeweled Sun Catcher! This will be a fabulous addition to any flower garden. Think of it as jewelry for your trees. ArtbyKarla will show you step-by-step on how to create them. **All supplies are included, including four different ring sizes (6", 8", 14", 19"). Please bring your own needle-nose pliers/wire cutters.**

Tuesday | 6:00-9:00p

MX20L-43 | **July 20**

Fee: \$75 (Members \$65)

Register by: 4 days before

Instructor: Karla Lombardo

Location: ND Upper Studio

Design Your Own Barn Quilt!

Design and paint your own family Barn Quilt on wood! ArtbyKarla will give you the tools and show you how to begin your design. There are **NO STENCILS** used in this project because each design will be an original created by YOU! You get to choose all the colors you want to include in your 2 x 2' wood Quilt. **Bring a lunch or your own snacks if you like. Seating is limited and will fill up fast, so sign up early!**

Tuesday | 10:00a-3:00p

MX20L-44 | **August 10**

Fee: \$75 (Members \$65)

Register by: 4 days before

Instructor: Karla Lombardo

Location: Anjali Pavilion

mixed media



Fees include all supplies. Class sizes limited. Social distancing and face masks are required indoors or if distancing cannot be maintained.

Prayer Banner

Namaste! For centuries Prayer Flags have been hung to send beneficial prayers and good fortune into the atmosphere every time the wind blows them. In this variation on a "prayer flag," we will make a 20x20" fabric and bamboo scroll-type wall hanging for home or garden. Carve our own block design and/or use additional wood blocks from Norm's vintage collection. Use paint and Sharpies for any details. Decorate the bamboo hanger ends and, viola! – you will have a finished product for sending positive healing vibrations into the universe! **All supplies provided. Bring a snack or lunch if you like. Please note early registration deadline.**

Saturday | 9:00a-1:00p

MX20K-41 | **May 22**

Fee: \$70 (Members \$60)

Register by: 5/17

Instructor: Norm Knott

Location: ND Upper Studio

Build a Fairy House in the Forest!

For all ages (Kids 12 and under are free with a paid adult). Join in this popular annual event as Norm provides you with ideas and some materials to create an amazing Fairy House to leave in the Womanspace Forest. Fun morning family time adventure! Come play in our gardens and woods and use natural materials you find or bring your own all-natural materials to create a comfortable dwelling for our forest fairies. Leaves, shells, stone, pet hair, nut shells, feather are moss are just a few ideas that make beautiful additions to any fairy home. Bring your camera, plus garden gloves, hiking shoes, long sleeves and pants for protection in the forest. Spend the day doing fun fairy things and sign-up for the Make Your Own Indoor Fairy House class (see below) – **bring a lunch and have a picnic in the garden with the fairies!**

Saturday | 9:00a-12:00p

MX20K-42 | **July 10**

Fee: \$20 (Members \$15)

Register by: 7/8

Instructor: Norm Knott

Location: ND Upper Studio & Grounds

Build Your Own Magical Indoor Fairy House!

For all ages (Kids 12 and under are free but must register with an adult). Norm will lead you on a special quest to create a special indoor fairy house of your very own. Use boxes, birdhouses and/or gourds to start. (If you have your own favorite container like wooden cigar boxes, small wooden crates, or CD cases, please bring it.) Clean out your craft area (or look through Mom's) and bring items to add to the Fairy exchange table for house and furniture assembly. Also, you can bring any artificial items or real things from nature (eg: feathers, moss, pebbles, etc.). Anything goes, as long as your fairy will feel cozy in their new home!

Saturday | 1:00-4:00p

MX20K-43 | **July 10**

Fee: \$35 (Members \$30)

Register by: 7/8

Instructor: Norm Knott

Location: ND Upper Studio



womanspace

membership form

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# _____

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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-UP FOR THE E-NEWSLETTER?

Yes No Already have

CHOOSE YOUR LEVEL TODAY!

Membership begins with the month the fee is paid.

Individual	1-yr	2-yr	3-yr
Regular (age 18+)	<input type="radio"/> \$50	<input type="radio"/> \$90	<input type="radio"/> \$120
Sustaining† (age 18+)	<input type="radio"/> \$75	<input type="radio"/> \$150	<input type="radio"/> \$225
Student (age 9-17)	<input type="radio"/> \$25	<input type="radio"/> \$45	<input type="radio"/> \$65

Family & Grand Family (2 adults & kids under age 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

† 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*

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MEMBERS RECEIVE:

- discounted prices on most programs
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- opportunity to submit handcrafted items to sell in Gallery2Go (subject to final approval by Gallery Committee)
- a social group to connect with, share talents, and develop or demonstrate leadership skills
- use of our library
- discounted rates on facility rentals
- space for business card display

I AM INTERESTED IN HELPING WITH:

- Computer (Soc. Media/Data Entry) Marketing
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- Facility (Maint./Repair/Clean) Office Work (Recept./Mail.)
- Fundraise (Grants/Sponsorships) Program Development
- Gallery (Plan/Procure/Display) Social Outreach
- Grounds (Maint./Gardening) Teaching
- Other _____

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womanspace

registration form

Fill out this form and mail it in with your payment or register online at womanspace-rockford.org. Please print clearly.

Name _____ Member # _____

Address, City, State, Zip _____

Phone _____ E-mail _____

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COURSE #	NAME OF COURSE	START DATE	FEE
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_____	_____	_____	_____
_____	_____	_____	_____

Womanspace reserves the right to use photo images taken at all programs for promotional purposes. **TOTAL ENCLOSED \$** _____

REGISTRATION & PAYMENT

- Courses are filled on a first-come first-paid basis.
- Register and pay early to help ensure minimum enrollment is met and you have a spot.
- **Payment must be made at the time you register or your registration may be cancelled.**
- **There is no reduction in fees if you are unable to attend all scheduled classes.** Partial attendance is not encouraged.

An online account is required for all registrations. You will be prompted to give your name and e-mail at your first registration. You will then receive an e-mail with an automatically generated password that you can change at any time.

- **Online** - Visit womanspace-rockford.org to register. We accept Visa, MasterCard and Discover payments* for programs and membership using AffiniPay®.
- **By Mail** - Payment must accompany registration form. Make checks payable to WOMANSPACE. There is a \$25 fee for returned checks. Mail the registration form to: **Womanspace, 3333 Maria Linden Dr., Rockford IL 61114.** Payment must be received by the registration deadline date.

***There is an additional 3% service fee for credit card payments.**

CANCELLATION & REFUND POLICY

Paid enrollment in a Womanspace class must be cancelled in order for the student to be eligible for a refund. A refund (minus a \$10 non-refundable deposit, minus the 3% service fee) will be granted according to the following:

- If you cancel up to 7 calendar days prior to a program or event, your payment, less the non-refundable deposit and service fee, will be refunded.
- If you cancel 4 days in advance, you may have your payment, less the non-refundable deposit, transferred to another program.
- **IN THE LAST 3 DAYS, THERE ARE NO REFUNDS.**
- Womanspace reserves the right to cancel a course due to insufficient enrollment by the registration deadline, in which case, full refunds will be made.

COVID-19 POLICIES

- Class sizes will be limited to 50% capacity
- 6 ft. social distancing and wearing a face mask (over the nose and mouth) are required indoors and outside when distancing cannot be maintained.
- Further detailed Covid-19 information can be found at womanspace-rockford.org/policies

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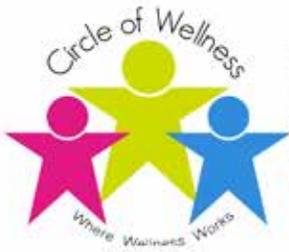
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yourguide

May–August 2021

Womanspace offers programs
for everyone to enhance body,
mind and spirit, with a focus in
the creative arts, holistic health,
interfaith exploration, and
environmental stewardship.

Important Dates to Remember

- May 1 World Labyrinth Day: Walk as One at 1:00p pg. 5
- May 3 Intuitive Development Course pg. 9
Qigong and Tai Chi for Fall Prevention pg. 17
- May 5 Belly Dance Fitness pg. 16
- May 12 Fermented Foods Workshop pg. 7
- May 13 Personal Finance Series pg. 6
Mosaic: Flores em Picassiette pg. 28
- May 15 Walking Like Trees: A Labyrinth Pilgrimage pg. 8
- May 20 Photography Group pg. 14
- May 23 Youth Art Workshops pg. 22
- June 3 Cardio Drumming pg. 17
- June 10 Sculpt It! Crow pg. 28
- June 12 The Complete Poet Series with Christine Swanberg pg. 8
- June 14 Hypnosis: Benefits, Myths and Misconceptions pg. 9
- June 27 Figure Drawing pg. 22
- June 28 Plein Air Painting pg. 24
- July 10 Build a Fairy House in the Forest pg. 30
- July 29 Jeweled Suncatcher pg. 29
- Aug 11 Pet Portraiture in Pastel & Colored Pencil pg. 23
- Aug 29 Design Your Own Barn Quilt pg. 29