

# yourguide™

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

## Warm Up with Us!

Breathe Life Into Your Story

Stay Healthy Naturally

Expand Your Interests

Enjoy Inner Peace

Recharge Your Creative Side



WOMANSPACE  
PRESENTS



# LUNA FEST

FILM FESTIVAL



**THURSDAY, MARCH 3, 2022**

Doors open 6:30 pm

**THE NORDLOF CENTER, 118 N. MAIN ST, ROCKFORD**

Enjoy a screening of award-winning short films by and about women.  
Save the date...visit the web site for more details!

TICKET INFORMATION: ONLINE [WOMANSPACE-ROCKFORD.ORG](http://WOMANSPACE-ROCKFORD.ORG) PHONE 815-877-0118

For more information, visit us at [lunafest.org](http://lunafest.org)

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Ruth Ora Jackson ND

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# general info



## Mission & Philosophy

**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.

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 others. Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.

Womanspace offers programs that stimulate awareness, develops competence, encourages creativity, and generates 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 Center is governed by a volunteer Board of Directors in cooperation with the Executive Director. Womanspace has art studios, a gallery, Gallery2Go gift shop, beautiful gardens and a labyrinth on its seven-acre campus, and operates as a not-for-profit 501(c)(3) organization.

## Hours

Our office hours are Monday-Thursday, 10:00a-5:00p and evenings/weekends when programs are scheduled. Our gardens, labyrinth and campus (between Alpine and Mulford Roads in Rockford, Illinois) are open to the public everyday during daylight hours.



Womanspace Campus

- ① Main Office, William Reif Gallery, Gallery2Go, Media Room
- ② New Dimensions Studio
- ③ Anjali Pavilion
- ④ Lilly Fernandez Garden
- ⑤ Celebration Garden
- ⑥ Labyrinth & Prairie

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# editor's note



## I Want to Share a Personal Story with You...

A few years ago, while I was still taking care of my Mom, Kay, (who was 102 at the time and still going strong), I brought her with me to a high-tech computer store in Woodfield – a largely foreign and quite overwhelming new landscape that prompted her to say “Oh dear, I still have so much to learn.” This was a woman who at age 99 had taught herself on a shared retirement community computer how to order products and check her investments online. Hardly any meal conversation went by without her advising us that we could “Google it!” My mom was valiant in her efforts to stay current and keep her mind active (Scrabble, anyone?) despite the culture shock to her system as she adapted to more than a century of changes. Mental clarity was a gift she enjoyed and shared with us for two more years beyond that field trip. Throughout her long life, she became an essential Womanspace woman.

Many at Womanspace knew my mom because she was a rather constant presence here from our earliest days in the mid 70s. Her involvement intensified when she moved to Rockford in 2005, after my father's death. She and my dad were huge supporters of Womanspace, considering it an extension of our family and treating Dorothy as a bonus daughter. In our small nuclear family, my brother Rich and his wife Nancy became parents to a brilliant and beautiful daughter, Kristie, who was a shining light until her sudden tragic death at age 34 in 2006. My mom experienced the heartbreak of losing both her husband and her only grandchild in less than four years and her son 11 years later. Through it all, she was strong and faithful and resilient. May her memory be a blessing.

My mom's hope, toward the end of her life, rested in knowing that a real part of her legacy was rooted in the growing Womanspace community here in Rockford. She supported it generously for more than four decades as she would a grandchild. As I now begin to prepare for my own retirement in the near (though not immediate) future, I can hear Mom asking: “and who comes after you?” to lead this community forward with passion, heart, focus and love. So, in keeping with Womanspace tradition, I now call on our core community – those who are strongly invested in the work and heart of this Center – to share your thoughts with our board of directors as we form a search committee and plan for Womanspace's bright future. Womanspace has a very special mission that adds huge value to Rockford and to the world. Will you be part of the conversation? Please contact me or any board member to talk about your ideas.

Warmly,

Elaine Hirschenberger, *SSSF, Executive Director*

## Board of Directors

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

**Accessibility** A ramp is available in the garage for access to the offices and events in the William Reif Gallery. The Media Room is currently accessible only to those who can do stairs. New Dimensions Upper Studio is fully accessible. The Clay Studio has a chair lift.

# programs & classes



Writing  
Health  
Mind & Body  
Retreats  
Special Interests

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.

# writing



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## Memoir Writing Workshop

You have stories to tell! Your stories made you who you are and by using the craft of memoir we make art of them. We uncover hidden treasures and expand understanding of ourselves and others. And, when that happens, we create a more authentic life. Living an authentic life in a world that profits from your insecurities is a beautifully rebellious act. This workshop is for anyone who wants to write. All writers, all levels, are welcome.

**Please bring: writing utensils and paper (preferred). Devices may be used if that is more comfortable for the participant.**

**Thursdays | 10:00a-12:00p**

WR21N-21 | **January 27**

WR21N-22 | **February 24**

WR21N-23 | **March 24**

WR21N-24 | **April 28**

Fee for all four: \$85 (Member \$75)

Single Session Fee: \$25

Register by: 1/25 or 2 days before each

Instructor: Sharon Nesbit-Davis

Location: Zoom Only

## A Journey in Character Development: Capturing Your Character – Putting on the Flesh

**For beginner to experienced writers.** Join writer Terry Stolz for this one day workshop on developing the character/s in your writings.

Compelling reading of any material involves bonding with a character, be it as a friend or foe. This is true for all writing – fiction, memoir, or journalism. Even when there is no obvious “character,” one exists. Come join us in the journey of character development. This will include group exercises for a sample character, sharing of results, critique (if desired). This is to give you the tools to breathe life into your characters. **For the February class, bring a lunch for the noon break.**

**Saturday | 10:00a-2:00p**

WR21S-21 | **February 19**

Register by: 2/17

Location: William Reif Gallery

**Mondays | 6:00-8:00p**

WR21S-22 | **March 14, 21**

Register by: 3/12

Location: William Reif Gallery & Zoom

Fee: \$45 (Member \$35)

Instructor: Terry Stolz

## Book & Film Discussion: *To Be Young, Gifted and Black*

*To Be Young, Gifted and Black* is a special kind of autobiography, in a very special voice. Both the story and the voice belong to a young woman from Chicago who moved to New York, won fame with her first play, *A Raisin in the Sun*—and went on to new heights of artistry before her tragically early death.

In turns angry, loving, bitter, laughing, and defiantly proud, the story, voice, and message are all Lorraine Hansberry's own, coming together in one of the major works of the black experience in mid-twentieth-century America. – *Amazon*

**All are welcome. We will have a discussion of the book followed by a viewing of the movie based on her play.**

**Wednesday | 6:00-9:00p**

WR21D-21 | **February 16**

Register by: 2/14

Location: William Reif Gallery

Fee: Freewill Offering

Facilitator: Tina Hallberg

# health



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## Natural Health Series

**January 18 - Radiant Skin** Rashes, Eczema, Psoriasis, oh my! What does the health of our skin tell us? Learn natural approaches to the secret of radiant skin for the rest of your life!

**February 8 - Radiation & EMFs** These are hidden causes of many modern ills. We'll look at how electricity and radiation have affected people's health in past pandemics and explore ways to alleviate symptoms you may be experiencing now.

**March 8 - Making Tinctures** This will be a how-to and hands-on workshop. Nadene will demonstrate how to make a tincture at home with simple ingredients. You will make your own tincture and take it home with you. **There is an additional \$8 supply fee.**

**April 12 - Hormone Imbalance** Why do I still feel wiped out when my hormone labs are normal? We'll explore the effect hormones have on every area of our life and health, and why you still feel awful when the doctor declares there is "nothing wrong!"

**Tuesdays | 12:00-1:30p**

HL21J-21 | **January 18**

HL21J-22 | **February 8**

HL21J-23 | **March 8**

HL21J-24 | **April 12**

Fee: \$25 (Members \$20)

Register: 2 days before each class

Instructor: Nadene Johnson, ND, LMT

Location: William Reif Gallery & Zoom

## Herbs for Health Series

Join Master Herbalist, Shannon Redden, to learn more about the benefits of herbal remedies and make a sample to take home. Registration fee includes supplies so advance registration is required.

**January 19 - Benefits of Elderberry Syrup** Elderberries have been used for centuries as a home remedy to boost the immune system and to speed recovery from a cold or flu.

**February 9 - Herbal Truffles** This is a fun way to include a variety of herbs as you make this into a delicious treat. Herbs can be chosen for taste, medicinal properties or both. Take home a sample and enjoy or share them with a loved one for Valentine's Day!

**March 9 - Herbal Pet Care** Learn how herbs can be used for your pet's health and well-being. We'll end the class making a paw balm for you to take home.

**April 13 - Herbal Vinegars** This is an easy and fun way to incorporate different flavors and medicinal properties into your meals. They are great to have on hand as pantry staples and they make great gifts.

**Wednesdays | 6:00-7:30p**

HL21R-21 | **January 19**

HL21R-22 | **February 9**

HL21R-23 | **March 9**

HL21R-24 | **April 13**

Fee: \$30 (Members \$25)

Register: 2 days before each class

Instructor: Shannon Redden, MH

Location: William Reif Gallery

## Immune Support with Essential Oils

It's the season of colds, flus, and GERMS! Having a strong immune system to fight for you is in the forefront of our minds this time of year. Join us for a workshop on natural immune support. Learn techniques, tips, and recipes to stay healthy not only this season, but throughout the year. Each guest will get to make a roller for immune support to take home. Supply cost included.

**Tuesday | 1:00-2:00p**

HL21M-22 | **January 25**

Fee: \$35 (Member \$25)

Register by: 1/23

Instructor: Petrea Meier

Location: William Reif Gallery

# health



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## Boost Your Immune Health with Ayurveda

Ayurveda being the traditional medicinal system in the world, possesses immense capacity to build internal power and strengthen immunity that in turn helps us combat various diseases and infections. We all are aware that a good immune system leads to a healthy body by keeping all kind of infections and health troubles away. In times where we have been fighting many imbalances and viral infections, it becomes a necessity to take ample health measures that keep us healthy and improve our immune system.

In this informative session you will:

- Understand the concept of immune health in an Ayurvedic perspective
- Discover lifestyle changes that will help naturally strengthen immunity
- Learn which herbs and yoga postures support and promote health
- Gain guidance on Ayurvedic rituals which help boost immunity
- Be given a small eBook on Immune health with Ayurveda.

**Thursday | 6:00-8:00p**

HL21M-21 | **January 27**

Fee: \$55 (Member \$45)

Register by: 1/25

Instructor: Swati Mhaske. BAMS, MScPh

Location: Zoom



## Radiant Skin Care with Essential Oils

Everyone loves a glowing complexion. It is important to our overall wellness that we reduce the number of toxins we apply daily to our skin. Come learn about how essential oils can support the appearance of your skin naturally. We will cover ideas for a wide variety of skin care concerns. Each guest will get to make a roller for radiant skin to take home. Fee includes supplies.

**Tuesday | 1:00-2:00p**

HL21M-24 | **February 22**

Fee: \$35 (Member \$25)

Register by: 2/20

Instructor: Petrea Meier

Location: William Reif Gallery

## Herbal Cosmetics

Learn how to make safe, preservative-free, eco-friendly, herbal cosmetics based primarily on recipes from herbalist, Rosemary Gladstar. About obtaining beauty from the inside out, Rosemary said, "An ancient Greek goddess whose name meant harmony and balance, Cosmeos, gave to mortals the gifts of herbs, flowers, and simple secrets to nourish the body and soul. She personified radiant health...and fed her inner [and outer] beauty with the eternal gifts of the Earth."

To nourish your own body with herbal cosmetics, we will make a "Miracle Grains" face scrub, learn how to do an herbal facial steam, have the opportunity to do your own facials, and learn how to make a specially formulated face cream. You will also learn recipes for making herbal baths. No prior experience with herbs necessary. Come join in on the fun!

**Tuesday | 1:00-3:00p**

HL21M-23 | **April 26**

Fee: \$35 (Member \$25)

Register by: 4/24

Instructor: Kathy Moehling &

Sheila Holland

Location: William Reif Gallery

# health



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## What Are Adaptogens?

Feeling good and motivated is a prerequisite for optimal cognitive function. Is there a magic pill that will solve all your problems? Adaptogens! These are substances, such as herbs and mushrooms, that increase the body's ability to cope with stress and fatigue. If you have been considering taking an adaptogen or just looking to learn more about adaptogens, then this class is for you. Rhonda will give a rundown on how adaptogens work and the health benefits they offer. We will also make our own adaptogen nutballs which are a fun way to get a daily adaptogen boost and are super yummy!

**Wednesdays | 6:00-7:30p**

HL21T-21 | **January 26**

Fee: \$30 (Member \$25)

Register by: 1/24

Instructor: Rhonda Torossian

Location: William Reif Gallery

## Vegan Nut Cheese Workshop

Do you avoid dairy? Have you found that the choices of non-dairy cheese leave you feeling disappointed? Well, in this class, you will learn how to make your very own fermented nut cheese that has that zing that you have been missing in store-bought vegan cheese. Rhonda will make a variety of flavors so that you have the opportunity to taste and enjoy how delicious vegan cheese can be. Your take away includes the knowledge of why fermenting is an excellent way to build a strong immune system and should be part of any healthy diet. Try some tasty samples and maybe take some home!

**Wednesdays | 6:00-7:30p**

HL21T-22 | **February 23**

Fee: \$30 (Member \$25)

Register by: 2/21

Instructor: Rhonda Torossian

Location: William Reif Gallery

## Advanced Vegan Nut Cheese Workshop

More flavors and more choices in vegan cheese making! In this class, you will learn how to make some more of your very own fermented nut cheese that has the zing you have been missing in store-bought vegan cheese. We will do a variety of flavors. Find out how delicious vegan cheese can be. You will leave with the knowledge of why fermenting is an excellent way to build a strong immune system and should be part of any healthy diet. Come and enjoy a sampling of tasty vegan cheese and a sample to take home!

**Wednesdays | 6:00-7:30p**

HL21T-23 | **March 23**

Fee: \$30 (Member \$25)

Register by: 3/21

Instructor: Rhonda Torossian

Location: William Reif Gallery

## Fermented Foods Workshop

Have you noticed there is a lot of information floating around now about increasing gut health with fermented foods? Do you have concerns about your gut health, or the gut health of a family member? Not knowing where to begin can prevent you from ever starting. This workshop is all about going back to how our grandmothers did things. Learn what are probiotics vs prebiotics, why we need probiotics, what are good sources for probiotics, some basic knowledge about your immune health and the role probiotics play. You will be equipped with information necessary to begin fermenting your very own, high potency probiotics immediately with fermented foods. Rhonda will make and share some Kimchi for you to take home.

**Wednesdays | 6:00-7:30p**

HL21T-24 | **April 27**

Fee: \$30 (Member \$25)

Register by: 4/25

Instructor: Rhonda Torossian

Location: William Reif Gallery

# health



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## Massage as Medicine

Massage is more than a once-a-year self-indulgent treat! Join Beth Campisi for this in-depth discussion on how massage can help with many acute or chronic health conditions from anxiety to post-surgical pain. Currently, in today's society, many are looking for complementary and alternative therapies. Reasons include an increased desire to participate in their own self-care, concerns regarding side effects of medications, and dissatisfaction with conventional medical care. The modalities most often chosen are chiropractic and massage therapy. Today, massage therapy is an accepted part of mainstream health, and is recognized as extremely therapeutic in a myriad of settings. Learn how massage can add an important component in your regular health care regimen. Massage is good medicine!

**Tuesday | 12:00-1:00p**

HL21C-21 | **February 1**

Fee: \$25 (Member \$20)

Register by: 1/30

Instructor: Beth Campisi

Location: William Reif Gallery & Zoom

## Geriatric Massage

Recently more and more older adults are turning to complementary and alternative therapies, such as massage, to improve their quality of life. Come and learn about the many benefits of therapeutic massage specifically for the geriatric population. Learn how to become an active participant in your own self-care using massage to maintain overall health and well-being.

**Tuesday | 12:00-1:00p**

HL21C-22 | **March 1**

Fee: \$25 (Member \$20)

Register by: 2/27

Instructor: Beth Campisi

Location: William Reif Gallery & Zoom

## Tuning Fork Therapy

From the beginning of time, sound has been one of the most powerful healers. When sound waves enter and pass through our body, it results in vibrational changes. Tuning Fork Therapy uses sound and vibration to assist the body's organs, tissues, glands, cells, etc. to reach their optimal vibrational frequency (OVF), thus allowing them to self-heal. It is also helpful for reducing stress and tension, and it aids in pain management. Tuning Fork Therapy can also be used for deepening a spiritual connection, increasing mental clarity/focus, and balancing the body, mind and spirit. Edgar Casey stated that sound would be the medicine of the future. Tuning Fork Therapy draws upon the science of sound and ancient practices to create a harmonic holistic approach to health and well-being.

**Tuesday | 12:00-1:00p**

HL21C-23 | **April 5**

Fee: \$25 (Member \$20)

Register by: 4/3

Instructor: Beth Campisi

Location: William Reif Gallery & Zoom

# mind & body



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## 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](http://womanspace-rockford.org).*

**Tuesdays | 9:00-10:00a**

MD21T-21 | **Jan. 11-25** (3-weeks)

MD21T-22 | **Feb. 1-22** (4-weeks)

MD21T-23 | **Mar. 1-22** (4-weeks)

MD21T-24 | **Apr. 5-26** (4-weeks)

3-Week Fee: \$40 (Members \$30)

4-Week Fee: \$50 (Member \$40)

Single Class Fee: \$15

Register by: 2 days before

Instructor: Shiraz Tata, Ph.D.

Location: Zoom

## Gongtopia

It's unlike anything you have ever experienced before. Imagine floating in an ocean of sound, where you can let go of all your stress and worries. Gongs, Singing Bowls, Bells, and other instruments ring out, creating waves of vibrations that wash over you. Your body and energy systems are able to realign and recharge, helping to clear out blockages, while leaving you refreshed and reawakened. **Bring a yoga mat or blanket and wear comfortable clothing.**

**Friday | 6:00-7:30p**

HL21B-21 | **January 28**

Fee: \$30 (Members \$25)

Walk-in Fee: \$35

Register by: 1/24

Instructor: Michael Bettine

Location: William Reif Gallery

## Trauma Informed Care

What exactly does it mean to be "trauma-informed" and how does being so impact our community? These are just a few of the questions about trauma-informed care that Jimmie will discuss in this interactive and educational presentation. Learn how to recognize signs of trauma, how to appropriately respond to disclosures of violence/abuse, how to help yourself and others and what local and national resources are available.

**Thursday | 6:00-8:00p**

WK21G-21 | **April 7**

Fee: \$20 (Members \$15)

Register by: 4/5

Instructor: Jimmie Getter

Location: William Reif Gallery

## Self-Defense for Women & Girls

**Great for moms and daughters, ages 8-70.** Develop awareness and confidence by learning easy techniques to use to defend yourself in times of distress. The skills you learn can help protect against bullies, abductions, and others who may want to harm you.

**Saturday | 10:00-2:00p**

WK21G-22 | **April 30**

Fee: \$25 (Members \$20)

Register by: 4/28

Instructor: Jimmie Getter

Location: Anjali Pavilion

# retreat



We are thrilled to welcome Jan Phillips back to Womanspace!! Jan is the author of 10 award-winning books and founder and Executive Director of the Livingkindness Foundation. She bridges spiritual intelligence with evolutionary creativity and social transformation. Jan leads workshops throughout the U.S. and Canada on The New Mysticism and Our Call to Prophetic Action. Visit [janphillips.com](http://janphillips.com).

## Forging a Faith of Justice and Joy

There's one big difference between religion and faith. Religion is a set of beliefs we inherit and accept. It comes from outside ourselves. Faith comes from within us. It is our own creation, forged from our commitments and ultimate concerns. Creating a faith for ourselves is the very act that leads to a whole-hearted life of purpose. It aligns us with others and steepens us in Oneness at the same time. Jan's talk will shed light on how you can create a faith that comes from your core and proclaims the sacredness of all lives. Three takeaways:

- re-examine what you've inherited from religion and dismiss what insults your soul
- determine what you're committed to and create a spirituality consistent with your commitments
- allow your inner mystic to surface and guide you to your prophetic work

*"Still on Fire is another visionary book from thought leader Jan Phillips, an evolutionary work that connects spiritual consciousness with global action. A prophetic work of prose, prayer and poetry."*

— Deepak Chopra, MD

**Friday | 7:00p** (presentation)

RT21-21 | **February 4**

Fee: \$30

Register by: 1/31

Presenter: Jan Phillips

Location: William Reif Gallery\*



Jan's newest book, *Still On Fire: Field Notes from a Queer Mystic* will be available for purchase.

## Multimedia Event: Beyond Belief— Becoming the Mystics & Prophets We Are Called to Be

Healing the world begins with healing ourselves. As Ramana Maharshi reminds us: "The greatest service we can render the world is our own self-realization." This means that we become the greatest light in the world when we master our own ordeals and connect our creative potential with our spiritual power. Becoming a prophetic person starts with a spiritual practice. It moves from silence to thought to word and action. When our words and actions are rooted in our spiritual commitments, we become a light in the world and a force for good. This time together is an entry point into our own deep wisdom. Using the tools of music, poetry, story-telling and imagery, we will explore the landscape of our own experience, mining it for insight and ideas about the work ahead.

**Saturday | 10:00a-4:00p**

RT21-22 | **February 5**

Fee: \$90

Register by: 1/31

Facilitator: Jan Phillips

Location: William Reif Gallery\*

*Register for both events  
for only \$100!*

\* Depending on Covid, locations may be subject to change. To keep up-to-date, subscribe to our e-newsletter at [womanspace-rockford.org](http://womanspace-rockford.org). For this entire retreat, IDPH and CDC guidelines about face masks will be observed.



WILD WOMEN RETREAT 2022

# Sacred Sisterhood and Song

with Jennifer Berezan

April 1-3, 2022

DEKOVEN CENTER, RACINE WI  
600 21st St, Racine, WI 53403



Be in community, create, chant, dance and howl at the moon at this fabulous weekend long retreat!

Check-in begins at 4:30 pm on Friday with the first gathering at 7:00 pm. Check out is at 12:30 pm on Sunday after the final gathering.

### Your registration includes:

- Friday and Saturday night lodging at DeKoven Center
- Friday dinner, 3 meals on Saturday and breakfast on Sunday
- Concert performed by Jennifer Berezan Saturday evening
- **Sing & Awaken Workshops w/ Jennifer Berezan**, Saturday afternoon and Sunday morning. An uplifting workshop weaving chant, meditation, and wisdom teachings. In these challenging times, it's crucial to take time out to connect to our own inner peace and wisdom. Come recharge, renew, relax, and awaken in the midst of it all.
- Goddess doll craft
- Mandala Flow, art and yoga

### Try our Pre-Treat: Thursday-Friday (arrive 5:30-6:30pm)

Start your retreat experience a day early! Decompress and relax before the retreat begins. Join in on fun workshops, walk the labyrinth, enjoy the lake, hang out with a friend.

### Your Pre-Treat registration includes:

- Thursday night lodging at DeKoven Center
- One dinner, breakfast and lunch
- Major Arcana Tarot Workshop
- Journaling workshop
- Sun catcher workshop

**Pre-Treat Fee: \$150** (additional)

Space is limited.  
Sign-up online soon!

**Early Bird (thru 1/1): On-Time Bird (1/2-3/10):**  
**\$445 single     \$495 single**  
**\$395 double     \$445 double**

Prices shown are for cash or check only.  
There is a 3% service fee if paying by credit card and an additional \$5 charge for the mandatory Covid test.

815-877-0118  
womanspace-rockford.org



*Jennifer Berezan is a unique blend of singer/songwriter, producer, and activist. Over the course of ten albums, her music has been shaped by her lifelong involvement in environmental, women's, and justice movements as well as Buddhist practice.*

*Though her songs often confront universal issues, her perspective is informed by a refreshing and honest intimacy. Raised in the prairies of Alberta, Canada, the healing power of nature is also at the heart of her work.*

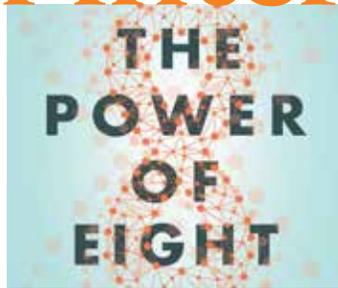
*Her approach to music as a transformative experience creates a strong rapport with audiences from small venues to large events throughout the world. She is a leading voice in the field of music and healing and an acclaimed producer of large scale multi-cultural ecstatic musical events. She teaches at the California Institute of Integral Studies in San Francisco in the department of Philosophy and Religion. Her on-going class (since 1997) is entitled "The Healing Ecstasy of Sound" and explores music as a spiritual practice from a wide range of traditional and contemporary perspectives.*

**Refund Policy:** Unfortunately due to new DeKoven Center policies, we can no longer give any refunds if you are unable to attend, but would offer you the opportunity to attend on Zoom.

**Covid Policy Requirements:** Proof of Vaccination required at registration. You can upload a photo of your vaccination card when you register online or bring your card in to register in person.

Due to the fact that we will not be requiring masks during the Sing & Awaken workshops or retreat, everyone is required to have a Rapid Covid nasal test upon check-in. If you test positive for Covid, you will be sent home but can attend via Zoom. It is recommended you perform your own test before you travel to Racine, WI, BUT you will still be tested on arrival.

# special interests



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## Winter Dreaming

Tune into your dreams as we begin 2022 and receive guidance designed for you! January is a dark month yet filled with the light and hope of a new year. Our dreams always come to share important insights that support us moving forward in our lives. Curious about your direction for 2022? How about listening to your dreams and see what they have to offer? Every dream shared offers gold nuggets of awareness for all. This 3-week series of Winter Dreaming is designed to build the connection between the dreamers and their dreams.

**Wednesdays | 6:30-8:00p**

WK21C-21 | **Jan. 12-26** (3-weeks)

Fee: \$45 (Member \$40)

Register by: 1/10

Instructor: Jean Kathryn Carlson

Location: Zoom Only

## The Power of Eight

Discover how to tap into our extraordinary human capacity for connection and healing using the power of group intention. Based on the book, *The Power of Eight* by Lynne McTaggart, the group will be guided to focus their intention together. A powerful collective dynamic emerges that may heal conditions and transform lives. The first session will be an informative, introductory session. This will be followed by bi-weekly group sessions. Each participant will be required to sign a confidentiality agreement and read the book *The Power of Eight* before joining the group.

**Thursdays | 1:00-2:00p**

WK21T-21 | **Jan. 20, Feb. 3, 17,  
Mar. 3, 17, 31, Apr. 14, 28**

Fee: Freewill Offering

Register by: 2 days before each class

Instructor: Julie Thompson

Location: Media Room

## Cakes for the Queen of Heaven – Part 2

“Cakes for the Queen of Heaven” is a woman-honoring adult RE curriculum developed by Rev. Shirley Ranck. This workshop series examines important elements of women’s lives today – personal, interpersonal and societal – and looks at how our culture has been influenced by Judeo-Christian values. Participants can share their own experiences and beliefs, creating trust and strong bonds of friendship.

This 6-week course looks into the past to reclaim stories of powerful women found in ancient Judaism and early Christianity, and looks at the global silencing and brutalization of women that accompanied the rise of patriarchal religion and society. We will celebrate the exciting new world-view and theology that has emerged in our time and continue the complex process of telling a new story and exploring possibilities for our own lives.

**Mondays | 6:30-8:30p**

WK21Q-21 | **Jan. 31-Mar. 7** (6-weeks)

Fee: \$110 (Member \$100)

Zoom Fee: \$90

Register by: 1/29

Instructors: Deborah Gaines &  
Annette McLean

Location: Media Room or ND Studio  
& Zoom

## Oracles and Tea ... or Coffee, If You Please.

Join Jean Kathryn, oracle guide and uplifter, for a series of three gatherings to stay connected and warm through the winter months. We will open with an oracle card reading to inspire conversation as we share the ups and downs of winter life and offer tips to stay well and joyful on the inside even though it’s dark on the outside. Expect laughter and meaningful connections from the warmth of your home. Bring your favorite beverage to enjoy.

**Wednesdays | 10:00-11:00a**

WK21C-21 | **Feb. 2-16** (3-weeks)

Fee: \$35 (Member \$30)

Register by: 1/31

Instructor: Jean Kathryn Carlson

Location: Zoom Only

# special interests



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## Past Life Regression

Have you been curious about Past Life Regression? This is a great place and time to try it out! Past life regression can help you explore your connection with your past lives, and how they influence you today. This will be a question and answer program with a group past life session.

**Tuesday | 6:00-8:00p**

WK21P-21 | **January 25**

Fee: \$45 (Member \$35)

Register by: 1/23

Instructor: Melissa Paluzzi

Location: William Reif Gallery

## Intuitive Development Course

This 4-week class 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.

**Tuesdays | 6:30-7:30p**

WK21P-22 | **February 1-22** (4-weeks)

Fee: \$70 (Member \$60)

Register by: 1/30

Instructor: Melissa Paluzzi

Location: Zoom Only

## Crystals 101

So you have this pretty, sparkly crystal – now what? Crystals are more than pretty! They are useful to clear and balance the energies of the body, improve mood and outlook and more! Come and enjoy the morning learning how to select, clear and program crystals to use them in everyday life! Feel free to bring in your own crystals to the class (whatever you can carry!).

**Saturday | 10:00a-1:00p**

WK21P-23 | **February 26**

Fee: \$55 (Member \$45)

Register by: 2/24

Instructor: Melissa Paluzzi

Location: William Reif Gallery

## Learn to Read Tarot Workshop

Learn the history of Tarot, including symbolism on the cards, the methods used, different spreads and how to read Tarot for yourself and others. Tap into your natural intuition and take it to the next level-this class will be a lot of fun!

**Saturday & Sunday | 9:00a-1:00p**

WK21P-24 | **April 23 & 24**

Fee: \$95 (Member \$85)

Register by: 4/21

Instructor: Melissa Paluzzi

Location: William Reif Gallery

## Tarot Party!

[Prerequisite: Must have taken one of the previous Tarot Workshops] Keep your new skills fresh! Warm up your shuffling fingers and your intuition and have some fun! Bring a deck of cards (the cards we used in class, a new deck, an old deck, whichever deck as long as it's Tarot), a relaxed, fun and adventurous attitude, and an appetizer or something sweet to share – it's Friday, after all!

**Friday | 6:30-8:30p**

WK21P-25 | **April 29**

Fee: \$35 (Member \$25)

Register by: 4/27

Instructor: Melissa Paluzzi

Location: William Reif Gallery

# 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.** IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

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## Reiki Refresher 1 & II

**Prerequisite:** Previous Reiki I & II certification is required to sign-up. Please contact Debby at [kherheb2@aol.com](mailto:kherheb2@aol.com) with any questions. This day-long class is set-up for Reiki students who have already received their Reiki I & II training but feel like they need a refresher. Are you feeling drawn to start offering Reiki sessions but you would like to ask some questions first? Is it time to move forward to the Reiki Master Level (Reiki 3A) but it's been a while since you've taken Reiki I and II? This class will include a lot of hands-on learning with each student having the chance to give at least one full Reiki session (as well as receiving a session). Each one of you will receive the printed materials for both classes again so that you have them to review the symbols, mantras, and to refer to as questions come up. We will also practice centering, grounding, and sending distance Reiki. **Please wear comfortable, loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.**

**Saturday | 9:00-4:30p**

HL21G-21 | **February 12**

Fee: \$110 (Members \$100)

Register by: 2/10

Instructor: Debby Gaines

Location: Media Room

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## 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**

HL21G-22 | **March 5**

Fee: \$120 (Members \$110)

Register by: 3/3

Instructor: Debby Gaines

Location: Media Room

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## 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**

HL21G-23 | **March 6**

Fee: \$140 (Members \$130)

Register by: 5/4

Instructor: Debby Gaines

Location: Media Room

# chakras



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## Intro to the Chakras

This program will help you understand why opening and healing the seven chakras is essential to living a healthy, happy, productive, balanced, and fulfilling life. These energy centers are the connections between our mind, body, and spirit and the driving force behind every function of our lives. Learn what the chakras are, and how they impact our life, health, and well being. Join Beth Campisi, certified chakra instructor through Bridges of Unity to see what benefits you could realize in your life by working with the chakras. Based on the book, *Seven Portals to Your Soul: An Accessible Guide for Mending Your Life* by Marcia A. Phillips.

**Tuesday | 6:00-8:00p**

HL21C-24 | **March 8**

Fee: \$30 (Members \$20)

Register by: 3/6

Instructor: Beth Campisi

Location: William Reif Gallery

## Opening the Lower Chakras

The lower chakras (root, sacral, and solar plexus) help us to live a physical life that truly works for us. Specific information about each chakra is covered: its location, health issues, purpose, and how to open and balance it to live a happier, healthier, more meaningful life. This class is for anyone who is interested in doing personal inner work with your lower chakras to facilitate physical, mental, and emotional awareness and healing.

The book and workbook required for both classes: *Seven Portals To Your Soul: An Accessible Guide for Mending Your Life* by Marcia Phillips and can be purchased from the instructor for \$35 on the first night of class.

**Tuesdays | 6:00-8:00p**

HL21C-25 | **Mar. 15-Apr. 5** (4-weeks)

Fee: \$75 (Members \$65)

Register by: 3/13

Instructor: Beth Campisi

Location: William Reif Gallery

## Opening the Upper Chakras

[Required Prerequisite: Opening the Lower Chakras]

The upper chakras (heart, throat, third eye and crown) help us connect with our inner higher spiritual self to live a life that is in alignment with who we truly are. Specific information about each chakra is covered: its color, location, health issues, purpose and how to open and balance it to live a loving, peaceful more fulfilling life.

**Tuesdays | 6:00-8:00p**

HL21C-26 | **Apr. 12-May 3** (4-weeks)

Fee: \$75 (Members \$65)

Register by: 4/10

Instructor: Beth Campisi

Location: William Reif Gallery

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

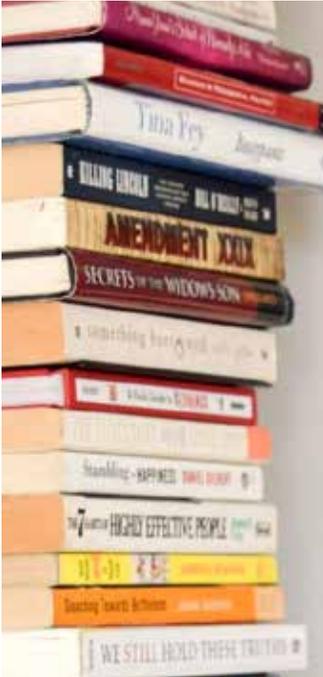
### Sign-up on Your Computer:

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1. Make sure you're signed up for AmazonSmile
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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.

# social groups



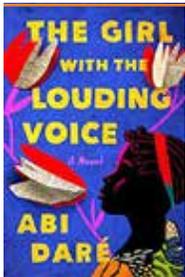
## Bookwoman Supper & Film Drumming

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. Womanspace wants to provide you with a sense of shared meaning and purpose.

# bookwoman



All women are invited to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading. Registration required. IDPH & CDC guidelines about face masks will be observed.



## *The Girl with the Louding Voice: A Novel* by Abi Daré

The unforgettable, inspiring story of a teenage girl growing up in a rural Nigerian village who longs to get an education so that she can find her “louding voice” and speak up for herself, *The Girl with the Louding Voice* is a simultaneously heartbreaking and triumphant tale about the power of fighting for your dreams.

**Wednesday | 10:00-11:30a**  
BW21-21 | **January 12**

Fee: Freewill Offering  
Register by: 1/10

Location: William Reif Gallery & ZOOM



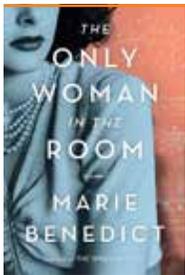
## *Anxious People: A Novel* by Fredrik Backman

A poignant comedy about a crime that never took place, a would-be bank robber who disappears into thin air, and eight extremely anxious strangers who find they have more in common than they ever imagined. Unforgettable insights into the human condition and a gentle reminder to be compassionate to all the anxious people we encounter every day.

**Wednesday | 10:00-11:30a**  
BW21-22 | **February 9**

Fee: Freewill Offering  
Register by: 2/7

Location: William Reif Gallery & ZOOM



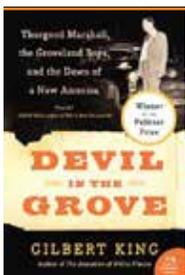
## *The Only Woman in the Room* by Marie Benedict

Hedy Kiesler's beauty leads to a starring role in a controversial film and marriage to a powerful Austrian arms dealer, allowing her to evade Nazi persecution despite her Jewish heritage. Desperate to escape her controlling husband, she disguises herself and flees her husband's castle. She lands in Hollywood, where she becomes Hedy Lamarr, screen star. But Hedy is keeping a secret even more shocking than her Jewish heritage.

**Wednesday | 10:00-11:30a**  
BW21-23 | **March 9**

Fee: Freewill Offering  
Register by: 3/7

Location: William Reif Gallery & ZOOM



## *Devil in the Grove* by Gilbert King

Arguably the most important American lawyer of the twentieth century, Thurgood Marshall was on the verge of bringing the landmark suit *Brown v. Board of Education* before the U.S. Supreme Court when he became embroiled in an explosive and deadly case that threatened to change the course of the civil rights movement and cost him his life.

**Wednesday | 10:00-11:30a**  
BW21-24 | **April 13**

Fee: Freewill Offering  
Register by: 4/11

Location: William Reif Gallery & ZOOM

# supper & film



All are welcome. We will watch the film while eating dinner and then have a discussion of the film, characters, and artistry. *Registration required. IPDH and CDC guidelines about face masks will be observed. NO WALK-INS.*



## **Bombshell**

When Gretchen Carlson slaps Fox News founder Roger Ailes with a lawsuit alleging sexual harassment, not a soul could predict what would happen next. Her decision leads to Fox News correspondent Megyn Kelly coming forward with her own story, as well as multiple other women, inciting a movement that reverberates around the world. 2019. R. 109 min.

**Monday | 6:00-9:00p**  
SF21-21 | **January 24**

Fee: \$17 (Member \$12)  
Register by: 1/21

Location: William Reif Gallery



## **The Farewell**

A headstrong Chinese-American woman returns to China when her beloved grandmother is diagnosed with terminal cancer. Billi struggles with her family's decision to keep grandma in the dark about her own illness as they all stage an impromptu wedding to see grandma one last time. 2019. PG. 100 min.

**Monday | 6:00-9:00p**  
SF21-22 | **February 28**

Fee: \$17 (Member \$12)  
Register by: 2/25

Location: William Reif Gallery



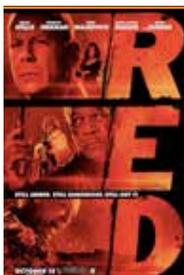
## **The Mauritanian**

This is the true story of Mohamedou Ould Slahi's fight for freedom after being detained and imprisoned without charge by the U.S. Government for years. Alone and afraid, Slahi finds allies in defense attorney Nancy Hollander and her associate Teri Duncan who battle the U.S. government in a fight for justice that tests their commitment to the law and their client at every turn. Their controversial advocacy, along with evidence uncovered by a formidable military prosecutor, Lt. Colonel Stuart Couch, uncovers shocking truths and ultimately proves that the human spirit cannot be locked up. 2021. R. 129 min.

**Monday | 6:00-9:00p**  
SF21-23 | **March 28**

Fee: \$17 (Member \$12)  
Register by: 3/25

Location: William Reif Gallery



## **RED**

Frank (Bruce Willis) is retired, bored, and lonely living off of his government pension. The only joy in Frank's life is his calls to the government pension processing center when he gets to talk to his case worker, Sarah (Mary-Louis Parker). Sarah is as bored and lonely as Frank and conversations with Frank and her spy novels are the only things fun in her life. Frank and Sarah begin a journey of intrigue into his past and the people with whom he used to work. Like Frank they are all "R.E.D." - Retired Extremely Dangerous. 2010. PG-13. 111 min.

**Monday | 6:00-9:00p**  
SF21-24 | **April 25**

Fee: \$17 (Member \$12)  
Register by: 4/22

Location: William Reif Gallery

# 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! IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

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## 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 to borrow during class.**

**Sundays | 12:00-3:00p**

DR21B-21 | **January 23**

DR21B-22 | **February 20**

DR21B-23 | **March 20**

DR21B-24 | **April 3**

Fee: \$95 (Members \$85)

Register by: 4 days prior to class

(Must have a minimum of 8 students)

Location: William Reif Gallery

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## Drumming Circle with Julie Thompson

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 | 2:30-4:30p**

DR21T-21 | **January 9**

DR21T-22 | **February 13**

DR21T-23 | **March 13**

DR21T-24 | **April 10**

Fee: Freewill Offering

Register by: 3 days prior to class

Location: William Reif Gallery

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## Drumming For Health & Wellness

Drums have been used in every culture for many purposes since ancient times. Recent research has shown that drumming is very therapeutic for our health and well-being. Studies show that it aids in stress reduction, boosts our immune system and helps with anxiety. Drumming is an excellent workout for your brain as well! When you drum, both sides of your brain are engaged which can generate new pathways in all parts of the brain. Participating in a drum group provides an excellent opportunity to experience the joy of drumming while connecting with others and simply having fun! **No drumming or musical background required. Feel free to bring a drum or a percussion instrument if you have one.**

**Tuesday | 12:00-1:00p**

DR21C-21 | **April 19**

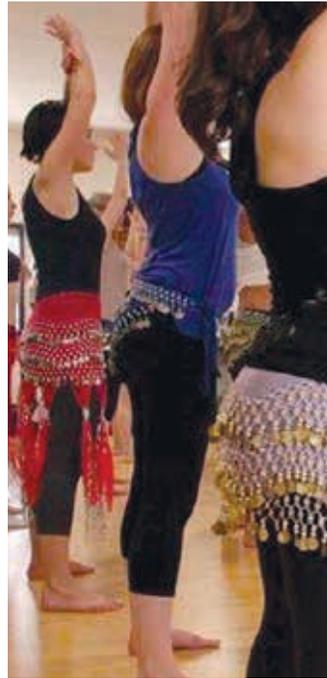
Fee: \$25 (Members \$20)

Register by: 4/17

Instructor: Beth Campisi

Location: Anjali Pavilion

# fitness classes



## Yoga Belly Dance Cardio Drumming

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!

# yoga



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! *IDPH & CDC guidelines about face masks will be observed.* For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## Vinyasa Yoga

**All levels.** This class uses breath to movement, taking you through a series of warm-up poses, sun salutations, strengthening asanas, balance postures, and twists, ending with deep stretches and relaxation. **Dress comfortably and bring a yoga mat.**

**Thursdays | 10:00-11:00a**

YG21-21 | **Jan. 13-27** (3-weeks)

YG21-22 | **Feb. 3-24** (4-weeks)

YG21-23 | **Mar. 3-31** (5-weeks)

YG21-24 | **Apr. 7-28** (4-weeks)

3-Week Fee: \$40 (Member \$30)

4-Week Fee: \$50 (Member \$40)

5-Week Fee: \$60 (Member \$50)

Single class: \$15

Register by: 2 days before

Instructor: TBA

Location: Media Room

## Vinyasa Yin Yoga

**All levels.** This class incorporates a gentle yoga flow, followed by deep stretches held for longer periods. Yin yoga activates the parasympathetic nervous system, reducing stress, strengthening your joints and ligaments, and improving sleep. **Dress comfortably, bring a yoga mat and desired props.**

**Tuesdays | 5:30-6:30p**

YG21P-21 | **Jan. 11-25** (3-weeks)

YG21P-22 | **Feb. 1-22** (4-weeks)

YG21P-23 | **Mar. 1-29** (5-weeks)

YG21P-24 | **Apr. 5-26** (4-weeks)

3-Week Fee: \$40 (Member \$30)

4-Week Fee: \$50 (Member \$40)

5-Week Fee: \$60 (Member \$50)

Single class: \$15

Register by: 2 days before

Instructor: Lisa Alexander

Location: Media Room

# yoga



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## 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 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.

**Tuesdays | 11:00a-12:00p**

YT21T-21 | **Jan. 4-25** (4-weeks)  
YT21T-22 | **Feb. 1-22** (4-weeks)  
YT21T-23 | **March 1-29** (5-weeks)  
YT21T-24 | **Apr. 5-26** (4-weeks)

4-Week Fee: \$80 (Member \$60)  
5-Week Fee: \$100 (Member \$75)  
Single class: \$25 (Member \$20)  
Register by: 2 days before

Instructor: Keri Knutson Hoyt  
Location: Zoom Only

**Fridays | 10:00a-11:00a**

YT21F-21 | **Jan. 7-28** (4-weeks)  
YT21F-22 | **Feb. 4-25** (4-weeks)  
YT21F-23 | **Mar. 4-25** (4-weeks)  
YT21F-24 | **Apr. 1-29** (5-week)

4-Week Fee: \$25 (Member \$20)  
5-Week Fee: \$30 (Member \$25)  
Single class: \$7/class

Location: Zoom Recording Only

## Mandala Flow: Art + Yoga

Join Nicole Landreth and Rhiannon Yandell for this two-hour workshop. We'll begin with a meditation followed by a 45-minute gentle, all levels vinyasa flow to promote creativity led by Rhiannon. In the second hour, mandala artist, Nicole, will guide us through the making of mandala art and you'll have your own to take home.

**Fee includes supplies. Bring your own mat. Space is limited!**

**Sundays | 10:00a-12:00p**

MF21-21 | **January 9**  
MF21-22 | **February 13**  
MF21-23 | **March 13**  
MF21-24 | **April 10**

Fee: \$50 (Member \$40)  
Register by: 2 days before

Instructor: Nicole Landreth &  
Rhiannon Yandell  
Location: William Reif Gallery

# dance & rhythm



IDPH & CDC guidelines about face masks will be observed. For instructor bios, please visit our website: [womanspace-rockford.org/Instructors](https://womanspace-rockford.org/Instructors).

## Belly Dance 101

**Beginner-Intermediate. No previous dance experience required.** Belly dancing is incredibly empowering. Women and men of every size and ability level will have fun while building confidence, strength and grace. In this 8-week beginner course, 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. It's great for all fitness levels. **Wear clothing that allows full range of motion and a hip scarf or shawl to tie around your waist.**

**Wednesdays | 6:00-7:00p**

DN21-21 | **Jan. 12-Mar. 2** (8-weeks)

DN21-22 | **Mar. 9-Apr. 27** (8-weeks)

Fee: \$90 (Member \$80)

Register by: 2 days before

Instructor: Freya

Location: Media Room

## 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

*"Cardio drumming is so much fun you don't even know you're exercising!"*

– Nancy R.

*"This is the first exercise class I have stuck with because it is so much fun! Beth is a great positive instructor. You can workout at your own level."*

– Carolyn E.

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 the ball on, and basic drum sticks (limited supply available for purchase \$20).

**Thursdays | 6:00-7:00p**

DR21C-21 | **Jan. 6-27** (4-weeks)

DR21C-22 | **Feb. 3-24** (4-weeks)

DR21C-23 | **Mar. 3-31** (5-weeks)

DR21C-24 | **Apr. 7-28** (4-weeks)

4-Week Fee: \$50 (Member \$40)

5-Week Fee: \$60 (Member \$50)

Single Class Fee: \$15

Register by: 2 days before class

Instructor: Beth Campisi

Location: Media Room or Anjali Pavilion

## Groovalicious Funkadelic Dance Party USA

Wanna get down and get funky? Wanna shake your groove thang but no place to go? Welcome to Dance Party USA, a happening place you can let loose and have some fun! Remember fun?? Put on a silly hat, wild outfit or your favorite boa. Be creative! Don't wanna dance? Grab your hairbrush microphone and sing along! Dance and sing to all your favorite tunes. So gather round kids and let's put the fun back in Funkytown! Can you dig it?

**Friday | 6:00-7:30p**

DN21C-21 | **April 22**

Fee: \$20 (Member \$15)

Register by: 4/20

Instructor: Beth Campisi

Location: Anjali Pavilion

# 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 de-stress 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 following pages and plan to "come clay with us!" A stair lift is now available!

## 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-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 curbside pick-up or mail shipping on most items. Visit our virtual store at [womanspace-rockford.org/Store](http://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](mailto: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](http://womanspace-rockford.org/page-1075410)
- You must sign-up for the whole time you will be there and leave by your scheduled time.
- Only 6 people are allowed in the clay studio, plus the studio monitor.
- IDPH & CDC guidelines about face masks will be observed.
- 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 write your name and amount on the envelope provided. Indicate on the sign-in sheet in the studio the amount paid and what the payment was for. *IDPH & CDC guidelines about face masks will be observed.*

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

**Clay Fee:**

**\$30/25 lb. or \$15/12.5 lb. or \$1.50/lb. (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)

## William Reif Gallery *IDPH & CDC face mask guidelines will be observed.*

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. Join us for our upcoming art openings:

**GO WITH THE FLOW - January 14-February 27** Reception January 14, 5:30-7:00p  
Images speak to us, spark emotional response, unearth memories and take us to places we've never been. Explore the possibilities of watercolor.

**MAIDEN MOTHER CRONE - March 4-April 24** Reception March 4, 5:30-7:00p  
Women have historically had limited choices. As women have gained greater autonomy, how have images of women changed? See how the artists express their own representations of womanhood and women.

**ROCKFORD ART GUILD SHOW - April 29-June 19** Reception April 29, 5:30-8:00p  
A collection of works from the Art Guild of Rockford, spanning many mediums, art forms and talents. Because at the end of the day, you are what you art!

# art lectures

ZOOM ONLY. Once registered, you will receive an email with a link.



## Hatshepsut

Reigning as the only female monarch of Egypt, Hatshepsut's (c. 1504-1482 BC) contributions related to peace, prosperity and art. She was a woman who had strong personal attributes such as beauty, charisma, energy, aggressiveness, strength of will, ambition and intelligence. These were a major factor in her success story. How Hatshepsut became the pharaoh is an interesting part of her story.

Thursday | 12:00-1:00p  
AL21-21 | **January 13**

Fee: \$15 (Members \$10)  
Register by: 1/11

Instructor: Mary Boyd, SSSF

## Constantin Brancusi

Constantin Brancusi (1876-1957) was a French-Romanian sculptor, painter and photographer far ahead of his time. His reductive sculptures in stone, marble and wood were of a variety of subjects such as fish, birds and couples kissing. Brancusi devoted himself to depicting the essence of forms using ovoid and elliptical shapes to evoke movement, repose and spiritual qualities, thus leaving room for interpretation.

Thursday | 12:00-1:00p  
AL21-22 | **February 10**

Fee: \$15 (Members \$10)  
Register by: 2/8

Instructor: Mary Boyd, SSSF

## Women's Suffrage Cartoons

Emmeline Pankhurst (1858-1928) stated, "We are here, not because we are law-breakers; we are here in our efforts to become law-makers." This session will examine selected pro and con cartoons about women's suffrage and some of its history in the late 19th and early 20th centuries.

Thursday | 12:00-1:00p  
AL21-23 | **March 10**

Fee: \$15 (Members \$10)  
Register by: 3/8

Instructor: Mary Boyd, SSSF

## James McNeill Whistler

James McNeill Whistler (1834-1903) was an American who worked mostly in England. He is known for his evocative style in paintings, pastels and prints as well as his eccentric personality. He incorporated Japanese aesthetics such as flatness, skewed perspectives and limited color schemes in his works. He was a proponent of "art for arts sake."

Thursday | 12:00-1:00p  
AL21-24 | **April 14**

Fee: \$15 (Members \$10)  
Register by: 4/12

Instructor: Mary Boyd, SSSF



**Cherry Valley Wood Care**  
Womanspace Service Provider

At Cherry Valley Wood Care, everything outside is our business! From decks and fences to siding, your property will sparkle with our cleaning & restoration! Quality workmanship at an affordable price! Serving the Rockford & Southern Wisconsin area.  
815-544-9615 | [cherryvalleywoodcare.com](http://cherryvalleywoodcare.com)



**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

# drawing

All art classes are held in New Dimensions Upper Studio unless otherwise noted.



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## Beginning Drawing

**Ages 16+. All levels.** Learn the basics of drawing in this 8-week course – 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.**

**Mondays | 7:30-9:00p**

DW21F-21 | **Jan. 10-Feb. 28** (8-weeks)

Fee: \$105 (Members \$95)

Register by: 1/8

Instructor: Jaymee Fedor

## Portrait Drawing: Elements of the Face

**Ages 16+. 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.

Session 1: The Eyes

Session 3: The Ears

Session 5: The Teeth

Session 2: The Nose

Session 4: The Mouth

Session 6: Putting it all together

**Wednesdays | 6:00-8:00p**

DW21N-21 | **Mar. 2-Apr. 6** (6-weeks)

Full Course Fee: \$110 (Members \$95)

Single Class Fee: \$25

Register by: 2 days before

Instructor: Angie Nofsinger

## Introduction to Tangling with Pen & Ink

**Ages 16+. Beginning-Intermediate.** Literally anyone can create Zentangle art! There is no prerequisite of artist skill or talent to reap the benefits, such as reducing stress and sleeplessness, and promoting a general feeling of well-being, plus having fun! Zentangling consists of repetitive lines and patterns. You can't really make a mistake! All you need is pen, paper and a little imagination!

**Equipment:** 8x12" drawing paper, .003 & 1.0 Micron markers, eraser, B & 3B pencils.

**Wednesdays | 12:30-3:30p**

DW21T-21 | **January 19**

DW21T-22 | **February 16**

DW21T-23 | **March 16**

DW21T-24 | **April 20**

Fee: \$40 (Members \$30)

Register by: 2 days before class begins

Instructor: Rebecca Taylor

## Pet Portraiture in Dry Medium

**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 | 6:00-8:00p**

DW21N-22 | **April 13-May 4** (4-weeks)

Fee: \$90 (Members \$75)

Register by: 4/11

Instructor: Angie Nofsinger

# painting

All art classes are held in New Dimensions Upper Studio unless otherwise noted.



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).

## Toes in the Water with Sue Abare

**Ages 18+. Beginning-Intermediate.** This class is for those first timers wanting to experience watercolor or someone who wants to expand beginning skills. Have fun exploring the enchantment of water and paint in their irresistible dance. As with all painting, a little drawing experience is helpful. Feel free to bring supplies you may already have or wait for suggestions on what you may want to purchase. Some basic supplies are furnished. We will discuss preparing paper to paint, brushes and their technique, some color theory – but mostly we will jump in the water, and do it!

**Tuesdays | 10:00a-12:00p**

WC21-21 | **Jan. 11-Feb. 8** (5-weeks)

WC21-23 | **Feb. 22-Mar. 22** (5-weeks)

WC21-25 | **Apr. 5-May 3** (5-weeks)

Fee: \$95 (Members \$85)

Register by: 2 days before

## Splashdown! with Sue Abare

**Ages 18+. Intermediate-Advanced.** In this five-week class, we will continue to practice our skill building toward simplicity, spontaneity and success. We will discuss value, wetness, color and composition. Do you know what NOT to paint? Ideas abound! Lots of thinking goes on as we continue learning. Bring your own supplies.

**Thursdays | 10:00a-12:00p**

WC21-22 | **Jan. 13-Feb. 10** (5-weeks)

WC21-24 | **Feb. 24-Mar. 24** (5-weeks)

WC21-26 | **Apr. 7-May 5** (5-weeks)

Fees: \$95 (Members \$85)

Register by: 2 days before

## Beginning Watercolor with Jaymee Fedor

**Ages 16+. Beginners.** Enjoy your evening 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 | 5:00-7:00p**

WC21F-21 | **Jan. 10-Feb. 14** (6-weeks)

Fee: \$115 (Members \$105)

Register by: 1/8

## Watercolor Painting Guided Studio with Jaymee Fedor

**Ages 16+. Adv. Beginner-Intermediate.** Enjoy your morning with the beauty of watercolor painting! This is an open studio class, so bring your own painting ideas or choose from Jaymee's large selection of painting references! You'll be provided with all the materials you need, from paint to paper, as well as individualized instruction to help you bring your watercolor paintings to the next level. Some watercolor experience is recommended, but not always necessary.

**Fridays | 10:30a-12:30p**

WC21F-22 | **Jan. 14-Feb. 11** (5-weeks)

Fee: \$105 (Members \$95)

Register by: 1/12

## Acrylic Painting Guided Studio with Jaymee Fedor

**Ages 16+. All levels.** Want to keep moving forward with your acrylic painting skills? Come hang out in this 5-week open studio class! Be prepared to discuss your painting goals, or feel free to use Jaymee's art samples for inspiration. You'll be provided with lots of individualized instruction plus all the supplies you'll need, including canvases and professional grade paints. Previous painting experience is beneficial, but not necessary.

**Fridays | 1:30-3:30p**

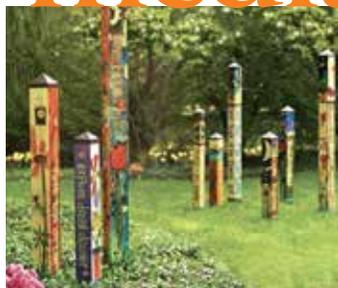
AC21F-21 | **Jan. 14-Feb. 11** (5-weeks)

Fee: \$105 (Members \$95)

Register by: 1/5

# mixed media

All art classes are held in New Dimensions Upper Studio.



IDPH & CDC guidelines about face masks will be observed. For instructor bio, visit our website: [womenspace-rockford.org/Instructors](http://womenspace-rockford.org/Instructors).

## Jeweled Suncatcher

Got the Winter blues? Add a little sparkle to your life and come on out with your friends and create this beautiful Jeweled Sun Catcher! This will be a fabulous addition to any flower garden or hang it in a window until the Spring thaw! Add a little sparkle to your life. 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.**

**Saturday | 10:00a-1:00p**

MX21L-21 | **March 5**

Fee: \$75 (Members \$65)

Register by: 3/1

Instructor: Karla Lombardo

## Painted Peace Pole

Celebrate Spring by making a delightful peace pole for your summer garden or porch. Get a jump start on your outdoor decor and spend the day with Karla Lombardo of ArtbyKarla. She 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"x4"x44". ArtbyKarla will provide all of the materials needed to create this project except for varnish that takes overnight to dry. **As this class takes around 5 hours, 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!**

**Saturday | 10:00a-3:00p**

MX21L-22 | **April 23**

Fee: \$75 (Members \$65)

Register by: 4/20

Instructor: Karla Lombardo

## Art in Venetian Plaster

Celebrate your greatness in art! In this class, you will be celebrating the Goddess, the Queen, or the Princess within yourself, or you may choose a loved one to create this for. Imagine your inner greatness, and have fun with it. Don't take yourself so seriously. You will learn collage techniques on canvas with venetian plaster. This medium creates a unique texture and combined with acrylics, becomes something truly magical with your own story of being the heroine. **Please bring a laser print photo of yourself or the person you will be honoring. All other supplies are provided. No prior experience necessary just come and play!**

**Mondays | 1:00-3:00p**

MX21G-21 | **Jan. 10-31** (4-weeks)

Fee: \$100 (Members \$90)

Register by: 1/8

Instructor: Marsha Goodheart

## Explore Photography Series

Take your photography skills to the next level! This 6-week course will cover camera knowledge, artificial & natural light, rule of thirds, nature photography, how to invoke emotion into your portraits and basic photo editing. There will be one hour of class time and one hour of application, so dress for the weather and come and have fun! **Point and shoot cameras or DSLR required; no tablets or cellphones.**

Feb. 2: Camera 101

March 16: Portraits

Feb. 16: Lighting

March 30: Macro

March 2: Composition

April 13: Landscapes

**Wednesdays | 9:30-11:00a**

GP21K-21 | **Feb. 2-Apr. 13** (every 2 weeks)

Fee: \$85 (Member \$75)

Single Class Fee: \$20

Register by: 2 days prior to class start

Instructor: Stephanie Kruger

# pottery 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. CDC guidelines about face masks will be observed. For instructor bios, please visit our website: [womanspace-rockford.org/Instructors](http://womanspace-rockford.org/Instructors).*

## 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.

*\*Experience throwing on a wheel and creating the most basic forms is required to take this class.*

**Saturdays | 9:00a-12:00p**

IN21J-21 | **Jan. 15-Feb. 12** (no 2/5)

IN21J-22 | **Feb. 19-Mar. 19** (no 3/5)

IN21J-23 | **Apr. 23-May 21** (no 4/14)

Fee: \$150 (Members \$135)

Register by: 2 days before

Instructor: Jennie Johnson Slc

## Beginning Wheel Thrown Pottery

**Ages 16+. Beginner.** This 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**

WT21T-21 | **Jan. 11-Feb. 15** (6-weeks)

WT21T-22 | **Feb. 22-Mar. 29** (6-weeks)

WT21T-23 | **Apr. 5-May 10** (6-weeks)

**Thursdays | 6:00-8:00p**

WT21R-21 | **Jan. 13-Feb. 17** (6-weeks)

WT21R-22 | **Feb. 24-Mar. 31** (6-weeks)

WT21R-23 | **Apr. 7-May 12** (6-weeks)

**Fridays | 10:00a-12:00p**

WT21F-21 | **Jan. 14-Feb. 18** (6-weeks)

WT21F-22 | **Feb. 25-Apr. 1** (6-weeks)

WT21F-23 | **Apr. 8-May 13** (6-weeks)

**Saturdays | 1:00-3:00p**

WT21S-21 | **Jan. 15-Feb. 19** (6-weeks)

WT21S-22 | **Feb. 26-Apr. 2** (6-weeks)

WT21S-23 | **Apr. 9-May 14** (6-weeks)

Fee: \$150 (Members \$135)

Register by: 2 days before

Instructor: Sabrina Tassoni

**Scholarship Opportunity**

This \$1,000 scholarship is open to all Winnebago, Boone & Ogle County high school seniors who will pursue a degree in Fine Arts.

womanspace

For info & application, visit:  
[womanspace-rockford.org](http://womanspace-rockford.org)

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## Wild Women in Clay

**Ages 16+. Intermediate-Advanced.** [Prerequisite: beginner throwing skills mastered or instructor approval.] In this four-week course, we will explore new techniques and skills in pottery. We will focus 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**

CW21M-21 | **Jan. 10-31** (4-weeks)

CW21M-22 | **Feb. 7-28** (4-weeks)

CW21M-23 | **Mar. 21-Apr. 11** (4-weeks)

Fee: \$150 (Members \$135)

Register by: 2 days before

Instructor: Linda Ewalt

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## Pottery Teasers

**Ages 16+. Intermediate-Advanced.** Get off the wheel and come have some fun hand-building with clay! Linda will help you explore new techniques in hand-building to make your own unique creations in clay. Each session will focus on a specific topic, but individual creativity is encouraged.

January & March: Faux Mosaic

February & April: Stamped Signs & Coasters

**Tuesdays | 11:00a-1:00p**

CW21T-21 | **Jan. 11, 18** (2-weeks)

CW21T-22 | **Feb. 8, 15** (2-weeks)

CW21T-23 | **Mar. 22, 29** (2-weeks)

CW21T-24 | **Apr. 5, 12** (2-weeks)

Fee: \$65 (Members \$55)

Register by: 2 days before

Instructor: Linda Ewalt

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## Manic Monday: Intermediate Wheel Thrown Pottery

**Ages 16+. [Prerequisite: beginner throwing skills mastered or instructor approval.]** This 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**

IN21N-21 | **Jan. 10-Feb. 14** (6-weeks)

IN21N-22 | **Feb. 21-Mar. 28** (6-weeks)

IN21N-23 | **Apr. 4-May 9** (6-weeks)

Fee: \$150 (Members \$135)

Register by: 2 days before

Instructor: Anya Nelson

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## Basic Handbuilding

**Ages 16+. Beginner.** Join in this fun pottery class to learn the basics of handbuilding! Working with textures, stamps, decals different glaze techniques, etc., Nancy will guide you through the process to create your one of a kind pottery pieces. Bring your ideas and inspirations! **Fees includes up to 25 lbs. of clay, glazes & firing.**

**Wednesdays | 2:30-4:30p**

HB21N-21 | **Jan. 12-Feb. 16** (6-weeks)

HB21N-22 | **Feb. 23-Mar. 30** (6-weeks)

HB21N-23 | **Apr. 6-May 11** (6-weeks)

Fee: \$150 (Members \$135)

Register by: 2 days before

Instructor: Nancy O'Neill

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## Whimsical Handbuilt Creations

**Age 18+. Intermediate-Advanced.** Join this fun free-form clay group and create something you are interested in. You can use forms, natural elements, and your 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. **Fees includes up to 25 lbs. of clay, glazes & firing.**

**Wednesdays | 9:30a-12:30p**

HB21B-21 | **Jan. 12-Feb. 9** (5-weeks)

HB21B-22 | **Feb. 16-Mar. 16** (5-weeks)

HB21B-23 | **Mar. 23-Apr. 20** (5-weeks)

HB21B-24 | **Apr. 27-May 25** (5-weeks)

Fee: \$150 (Members \$135)

Register by: 2 days before

Instructor: Delores Burkholder

# girl scouts in New Dimensions Upper Studio with Marge Blake

IDPH & CDC guidelines about face masks will be observed. For instructor bio, visit our website: [womenspace-rockford.org/Instructors](http://womenspace-rockford.org/Instructors).

## Comic Artist Badge Burst for Cadettes GSC21-21

Thursday | Jan. 20 | 5:30-7:30p | \$15/person | Reg. by: 1/16

Earn your Comic Artist Badge for Girl Scout Cadettes! With this badge you will take a deeper look into comics. You will be able to imagine your HERo story, draw it out, frame it in four panels, and put words to it.

## Drawing Badge Burst for Juniors GSC21-22

Thursday | Feb. 17 | 5:30-7:30p | \$15/person | Reg. by: 1/13

Earn your Drawing Badge for Girl Scout Juniors! With this badge you will learn techniques to make your drawings even better. Experiment with different materials, learn how to add shading, use your imagination like a graphic artist, and make your masterpiece.

## Happy 110th Birthday for All Levels GSC21-23

Saturday | Mar. 12 | 9:30-11:30a | \$13/person | Reg. by: 3/8

Celebrate the Girl Scout 110th Birthday with games, songs, and a lesson on Juliette Low (the Founder of Girl Scouts). Fun Patch included in fee.

## Journey in a Day GSC21-24

Saturday | Apr. 9 | 9:00a-4:00p | \$20/person | Reg. by: 4/5

We will work on the Agent of Change Journey and understand the powers of one, powers of teamwork and cooperation, and gain confidence as we work through the ins and outs of this journey. Finally, we will take action to better the world around us. We will earn the entire Journey badge which is included in the fee. Bring your own lunch, drink, and snack. Space is limited so register EARLY!

Must be a registered Girl Scout to participate in the above programs. No refunds or substitutions.



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Visit our website for a list of massage methods offered at Circle of Wellness

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# womanspace membership form

Fill out this form and mail it in with your contribution or register online at [womanspace-rockford.org/member](http://womanspace-rockford.org/member).

## PRIMARY CONTACT INFORMATION

New     Renew     Former     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-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\*  
# \_\_\_\_\_

Expiration: \_\_\_\_/\_\_\_\_/\_\_\_\_ CID: \_\_\_\_\_ (3 digits on card back)

## MEMBERS RECEIVE:

- discounted prices on most programs
- mailings from Womanspace
- 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  
 Events (Organize/Assist)     Member Outreach  
 Facility (Maint./Repair/Clean)     Office Work (Recept./Mail.)  
 Fundraise (Grants/Sponsorships)     Program Development  
 Gallery (Plan/Procure/Display)     Social Outreach  
 Grounds (Maint./Gardening)     Teaching  
 Other \_\_\_\_\_

**OFFICE USE ONLY:**  FM     WA

Date to \_\_\_\_\_ Notes \_\_\_\_\_



# womanspace registration form

Fill out this form and mail it in with your payment or register online at [womanspace-rockford.org](http://womanspace-rockford.org). Please print clearly.

Name \_\_\_\_\_  Member # \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Cash  Check # \_\_\_\_\_  MC\*  Visa\*  Discover\*  Gift Certificate/Coupon (included with payment)  
# \_\_\_\_\_ Exp.: \_\_\_\_/\_\_\_\_ CID: \_\_\_\_\_ (on card back)

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

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](http://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

- Some class sizes will be limited.
- IDPH & CDC guidelines about face masks will be observed.
- If you are feeling any symptoms, please stay home.
- Further detailed Covid-19 information can be found at [womanspace-rockford.org/policies](http://womanspace-rockford.org/policies)

It's baaack...



womanspace

44th Annual Glitzy

Accepting donations from May 16-30

# Garage Sale

Friday-Sunday, June 3-5, 2022



VOLUNTEERS NEEDED! There are many tasks that we need help with for this event. You can join the committee, help with sorting the week before the sale, or help the days of the sale. It's easy, fun and a great social outlet. E-mail us at [info@womanspace-rockford.org](mailto:info@womanspace-rockford.org) or call 815-877-0118.

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If you are an IRA owner, age 70 ½ or older, you can take advantage of a provision in the tax code that allows you to make a direct transfer to a qualified charity in any amount up to \$100,000 without having to pay income taxes on the distribution. This is an important advantage for a charitably minded IRA owner who doesn't need his or her required minimum distribution (RMD) for living expenses. Although you cannot claim the qualified distribution as a charitable tax deduction, you enjoy three appealing advantages: You satisfy the removal of the required minimum distribution from your IRA, you pay no income taxes on the amount and you help support the programs and mission of Womanspace. If you are interested in helping Womanspace in this way, please request a check from your IRA made payable directly to Womanspace. Thank you!



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# 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. To reach the labyrinth, 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.

If you want to reserve the labyrinth for a special event, please call Womanspace for more information.

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# yourguide

Jan.–Apr. 2022

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

- Jan. 9 Mandala Flow: Art + Yoga pg. 24
- Jan. 10 Art in Venetian Plaster pg. 31
- Jan. 26 Healthy Vegan Workshops pg. 9
- Jan. 27 Memoir Writing with Sharon Nesbit-Davis pg. 6
- Jan. 27 Boost Your Immune Health with Ayurveda pg. 8
- Jan. 28 Gongtopia pg. 11
- Jan. 31 Cakes for the Queen of Heaven pg. 14
- Feb. 4-5 Still On Fire: A Weekend Event with Jan Phillips pg. 12
- Feb. 19 Writing: Character Development with Terry Stolz pg. 6
- March 1 Geriatric Massage pg. 10
- March 3 LUNAFEST Film Festival 2022 pg. 2
- April 1-3 Women's Retreat with Jennifer Berezan pg. 13
- April 26 Herbal Cosmetics pg. 8
- April 30 Self-Defense for Women & Girls pg. 11
- June 3-5 44th Annual Glitzy Garage Sale pg. 37

# January 2022

S	T	W	T	F	S
<b>2</b> 10:00-12:00 Mandala Flow  2:30-4:30 Drum Circle	<b>4</b> 11:00-12:00 Adaptive Yoga 1	<b>5</b>	<b>6</b> 6:00-7:00 Cardio Drum 1	<b>7</b> Offices closed 10:00-11:00 Adaptive Yoga 1	<b>8</b>
<b>9</b> 10:00-12:00 Mandala Flow  2:30-4:30 Drum Circle	<b>11</b> 9:00-10:00 Meditation 1 10:00-12:00 Toes in Water 1 11:00-12:00 Adaptive Yoga 2 11:00-1:00 Pottery Teaser 1 5:00 Membership Committee 5:00 Executive Committee 5:30-6:30 Vinyasa Yin Yoga 1 6:00-8:00 BWT Pottery 1	<b>12 National Hot Tea Day</b> 9:30-12:30 Whimsical HB 1 10:00-11:30 Bookwoman  2:30-4:30 Basic Handbuild 1 6:30-8:00 Winter Dreaming 1 6:00-7:00 Belly Dance 1	<b>13</b> 10:00-11:00 Vinyasa Yoga 1 10:00-12:00 Splashdown 1 12:00-1:00 Lecture: Hatshepsut  4:30 Finance Committee 6:00-7:00 Cardio Drum 2 6:00-8:00 BWT Pottery 1	<b>14</b> Offices closed 10:00-11:00 Adaptive Yoga 2 10:00-12:00 BWT Pottery 1 10:30-12:30 Watercolor 1 1:30-3:30 Acrylic Studio 1  <b>5:30-7:00 Go With the Flow opening reception</b>	<b>15</b> 9:00-12:00 Adv. Beg.-Int. WT Pottery 1  1:00-3:00 BWT Pottery 1
<b>16 National Nothing Day</b>	<b>18</b> 9:00-10:00 Meditation 2 10:00-12:00 Toes in Water 2 11:00-12:00 Adaptive Yoga 3 11:00-1:00 Pottery Teaser 2 12:00-1:30 Radiant Skin 5:30-6:30 Vinyasa Yin Yoga 2 6:00 Board Meeting 6:00-8:00 BWT Pottery 2	<b>19 National Popcorn Day</b> 9:30-12:30 Whimsical HB 2 10:00 Program Committee 12:30-3:30 Intro to Tangling 2:30-4:30 Basic Handbuild 2 6:00-7:00 Belly Dance 2 6:00-7:30 Elderberry Syrup 6:30-8:00 Winter Dreaming 2	<b>20</b> 10:00-11:00 Vinyasa Yoga 2 10:00-12:00 Splashdown 2  1:00-2:00 Power of Eight  5:30-7:30 Girl Scouts 6:00-7:00 Cardio Drum 3 6:00-8:00 BWT Pottery 2	<b>21</b> Offices closed 10:00-11:00 Adaptive Yoga 3 10:00-12:00 BWT Pottery 2 10:30-12:30 Watercolor 2 1:30-3:30 Acrylic Studio 2	<b>22</b> 9:00-12:00 Adv. Beg.-Int. WT Pottery 2  1:00-3:00 BWT Pottery 2
<b>23</b> 12:00-3:00 Drum Workshop	<b>25</b> 9:00-10:00 Meditation 3 10:00-12:00 Toes in Water 3 11:00-12:00 Adaptive Yoga 4 1:00-2:00 Immune Support  5:30-6:30 Vinyasa Yin Yoga 3 6:00-8:00 Past Life Regression 6:00-8:00 BWT Pottery 3	<b>26</b> 9:30-12:30 Whimsical HB 3  2:30-4:30 Basic Handbuild 3	<b>27</b> 10:00-11:00 Vinyasa Yoga 3 10:00-12:00 Splashdown 3 10:00-12:00 Memoir Writing	<b>28</b> Offices closed 10:00-11:00 Adaptive Yoga 4 10:00-12:00 BWT Pottery 3 10:30-12:30 Watercolor 3 1:30-3:30 Acrylic Studio 3	<b>29</b> 9:00-12:00 Adv. Beg.-Int. WT Pottery 3  1:00-3:00 BWT Pottery 3
<b>30</b> 1:00-3:00 Venetian Plaster 4 1:00-4:00 Wild Women 4 5:00-7:00 Beg. Watercolor 4 6:00-8:00 Manic Mon. Clay 4 6:30-8:30 Cakes for Queen 1 7:30-9:00 Beg. Drawing 4	<b>31</b> 1:00-3:00 Venetian Plaster 4 1:00-4:00 Wild Women 4 5:00-7:00 Beg. Watercolor 4 6:00-8:00 Manic Mon. Clay 4 6:30-8:30 Cakes for Queen 1 7:30-9:00 Beg. Drawing 4	6:00-8:00 Winter Dreaming 3	6:00-7:00 Cardio Drum 4 6:00-8:00 Ayurvedic Immunity 6:00-8:00 BWT Pottery 3	6:00-7:30 Gongtopia	

# February 2022

Black History Month

<p><b>6</b> National Chopsticks Day</p>	<p><b>7</b></p> <p>1:00-4:00 Wild Women 1 5:00-7:00 Beg. Watercolor 5 6:00-8:00 Manic Monday 5 6:30-8:30 Cakes for Queen 2 7:30-9:00 Beg. Drawing 5</p>	<p><b>8</b> 9:00-10:00 Meditation 2 10:00-12:00 Toes in Water 5 11:00-12:00 Adaptive Yoga 2 11:00-1:00 Pottery Teaser 1 12:00-1:30 Radiation &amp; EMFs 5:00 Membership Committee 5:00 Executive Committee 5:30-6:30 Vinyasa Yin Yoga 2 6:00-8:00 BWT Pottery 5 6:30-7:30 Intuitive Develop 2</p>	<p><b>9</b> National Pizza Day 9:30-12:30 Whimsical HB 5 10:00-11:00 Oracles &amp; Tea 2 10:00-11:30 Bookwoman 2:30-4:30 Basic Handbuild 5 6:00-7:30 Herbal Truffles 6:00-7:00 Belly Dance 5</p>	<p><b>10</b> 10:00-11:00 Vinyasa Yoga 2 10:00-12:00 Splashdown 5 12:00-1:00 Lecture: Brancusi 4:30 Finance Committee 6:00-7:00 Cardio Drum 2 6:00-8:00 BWT Pottery 5</p>	<p><b>11</b> Offices closed 10:00-11:00 Adaptive Yoga 2 10:00-12:00 BWT Pottery 5 10:30-12:30 Watercolor 5 1:30-3:30 Acrylic Studio 5</p>	<p><b>12</b> 9:00-12:00 Adv. Beg.-Int. WT Pottery 4 9:00-4:30 Reiki Refresher I &amp; II 1:00-3:00 BWT Pottery 5</p>
<p><b>13</b> 10:00-12:00 Mandala Flow 2:30-4:30 Drum Circle</p>	<p><b>14</b> Valentine's Day 1:00-4:00 Wild Women 2 5:00-7:00 Beg. Watercolor 6 6:00-8:00 Manic Monday 6 6:30-8:30 Cakes for Queen 3 7:30-9:00 Beg. Drawing 6</p>	<p><b>15</b> 9:00-10:00 Meditation 3 11:00-12:00 Adaptive Yoga 3 11:00-1:00 Pottery Teaser 2 5:30-6:30 Vinyasa Yin Yoga 3 6:00-8:00 Board Meeting 6:00-8:00 BWT Pottery 6 6:30-7:30 Intuitive Develop 3</p>	<p><b>16</b> 9:30-11:00 Photography 2 9:30-12:30 Whimsical HB 1 10:00 Program Committee 10:00-11:00 Oracles &amp; Tea 3 3:30 Gallery Committee 12:30-3:30 Intro to Tangling 2:30-4:30 Basic Handbuild 6 6:00-7:00 Belly Dance 6 6:00-9:00 Book &amp; Film Discuss</p>	<p><b>17</b> Random Acts of Kindness Day 10:00-11:00 Vinyasa Yoga 3 1:00-2:00 Power of Eight 5:30-7:30 Girl Scouts 6:00-7:00 Cardio Drum 3 6:00-8:00 BWT Pottery 6</p>	<p><b>18</b> Offices closed 10:00-11:00 Adaptive Yoga 3 10:00-12:00 BWT Pottery 6</p>	<p><b>19</b> 9:00-12:00 Adv. Beg.-Int. WT Pottery 1 10:00-2:00 Character Develop. 1:00-3:00 BWT Pottery 6</p>
<p><b>20</b> 12:00-3:00 Drum Workshop</p>	<p><b>21</b> President's Day 1:00-4:00 Wild Women 3 6:00-8:00 Manic Monday 1 6:30-8:30 Cakes for Queen 4 6:30-9:00 Seekers 7:30-9:00 Beg. Drawing 7</p>	<p><b>22</b> 9:00-10:00 Meditation 4 10:00-12:00 Toes in Water 1 11:00-12:00 Adaptive Yoga 4 1:00-2:00 Radiant Skin Care 5:30-6:30 Vinyasa Yin Yoga 4 6:00-8:00 BWT Pottery 1 6:30-7:30 Intuitive Develop 4</p>	<p><b>23</b> 9:30-12:30 Whimsical HB 2 2:30-4:30 Basic Handbuild 1</p>	<p><b>24</b> 10:00-11:00 Vinyasa Yoga 4 10:00-12:00 Splashdown 1 10:00-12:00 Memoir Writing 6:00-7:00 Cardio Drum 4 6:00-8:00 BWT Pottery 1</p>	<p><b>25</b> Offices closed 10:00-11:00 Adaptive Yoga 4 10:00-12:00 BWT Pottery 1</p>	<p><b>26</b> 9:00-12:00 Adv. Beg.-Int. WT Pottery 2 10:00-1:00 Crystals 101 1:00-3:00 BWT Pottery 1</p>
<p><b>27</b> Go With the Flow Show Closes</p>	<p><b>28</b> 1:00-4:00 Wild Women 4 6:00-8:00 Manic Monday 2 6:30-8:30 Cakes for Queen 5 6:00-9:00 S&amp;F: The Farewell 7:30-9:00 Beg. Drawing 8</p>					

# February 2022

Black History Month

<p><b>4</b> Offices closed 10:00-11:00 Adaptive Yoga 1 10:00-12:00 BWT Pottery 4 10:30-12:30 Watercolor 4 1:30-3:30 Acrylic Studio 4</p>	<p><b>5</b> 1:00-3:00 BWT Pottery 4</p>	<p><b>3</b> 10:00-11:00 Vinyasa Yoga 1 10:00-12:00 Splashdown 4 1:00-2:00 Power of Eight 6:00-7:00 Cardio Drum 1 6:00-8:00 BWT Pottery 4</p>	<p><b>4</b> Offices closed 10:00-11:00 Adaptive Yoga 1 10:00-12:00 BWT Pottery 4 10:30-12:30 Watercolor 4 1:30-3:30 Acrylic Studio 4</p>	<p><b>5</b> 1:00-3:00 BWT Pottery 4</p>
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# March 2022

National Women's History Month

<p><b>6</b> 9:00-4:30 Reiki II</p>	<p><b>7</b></p> <p>3:30 Grounds Committee 6:00 Board Meeting 6:00-8:00 Manic Mon. Clay 3 6:30-8:30 Cakes for Queen 6</p>	<p><b>1</b></p> <p>9:00-10:00 Meditation 1 10:00-12:00 Toes in Water 2 11:00-12:00 Adaptive Yoga 1 12:00-1:00 Geriatric Massage</p> <p>5:30-6:30 Vinyasa Yin Yoga 1 6:00-8:00 BWT Pottery 2</p>	<p><b>2 Ash Wednesday</b></p> <p>9:30-11:00 Photography 3 9:30-12:30 Whimsical HB 3 2:30-4:30 Basic Handbuild 2</p> <p>6:00-7:00 Belly Dance 8 6:00-8:00 Portrait Drawing 1</p>	<p><b>3</b></p> <p>10:00-11:00 Vinyasa Yoga 1 10:00-12:00 Splashdown 2 1:00-2:00 Power of Eight</p> <p><b>6:30 LUNAFEST</b> 6:00-7:00 Cardio Drum 1 6:00-8:00 BWT Pottery 2</p>	<p><b>4</b></p> <p>Offices closed</p> <p>10:00-11:00 Adaptive Yoga 1 10:00-12:00 BWT Pottery 2</p> <p>5:30-7:00 Maiden Mother Crone show opening</p>	<p><b>5</b></p> <p>9:00-4:30 Reiki I 10:00-1:00 Jeweled Suncatcher 1:00-3:00 BWT Pottery 2</p>
<p><b>13 Daylight Savings Time</b></p> <p>10:00-12:00 Mandala Flow 2:30-4:30 Drum Circle</p>	<p><b>14 National Potato &amp; Pi Day</b></p> <p>6:00-8:00 Character Develop. 6:00-8:00 Manic Mon. Clay 4</p>	<p><b>8 Int'l Women's Day</b></p> <p>9:00-10:00 Meditation 2 10:00-12:00 Toes in Water 3 11:00-12:00 Adaptive Yoga 2 12:00-1:30 Making Tinctures 5:00 Membership Committee 5:00 Executive Committee 5:30-6:30 Vinyasa Yin Yoga 2 6:00-8:00 Intro to Chakras 6:00-8:00 BWT Pottery 3</p>	<p><b>9</b></p> <p>9:30-12:30 Whimsical HB 4 10:00-11:30 Bookwoman 2:30-4:30 Basic Handbuild 3</p> <p>6:00-7:00 Belly Dance 1 6:00-7:30 Herbal Pet Care 6:00-8:00 Portrait Drawing 2</p>	<p><b>10</b></p> <p>10:00-11:00 Vinyasa Yoga 2 10:00-12:00 Splashdown 3 12:00-1:00 Lecture: Suffrage 4:30 Finance Committee 6:00-7:00 Cardio Drum 2 6:00-8:00 BWT Pottery 3</p>	<p><b>11</b></p> <p>Offices closed</p> <p>10:00-11:00 Adaptive Yoga 2 10:00-12:00 BWT Pottery 3</p>	<p><b>12</b></p> <p>9:00-12:00 Adv. Beg.-Int. WT Pottery 3 9:30-11:30 Girl Scouts 1:00-3:00 BWT Pottery 3</p>
<p><b>20 Spring Equinox</b></p> <p>12:00-3:00 Drum Workshop</p>	<p><b>21</b></p> <p>1:00-4:00 Wild Women Clay 1 6:00-8:00 Character Develop 6:00-8:00 Manic Mon. Clay 5 6:30-9:00 Seekers</p>	<p><b>15</b></p> <p>9:00-10:00 Meditation 3 10:00-12:00 Toes in Water 4 11:00-12:00 Adaptive Yoga 3 5:30-6:30 Vinyasa Yin Yoga 3 6:00-8:00 Board Meeting 6:00-8:00 BWT Pottery 4 6:00-8:00 Lower Chakras 1</p>	<p><b>16 Purim begins</b></p> <p>9:30-11:00 Photography 4 9:30-12:30 Whimsical HB 5 10:00 Program Committee 12:30-3:30 Intro to Tangling 2:30-4:30 Basic Handbuild 4 6:00-7:00 Belly Dance 2 6:00-8:00 Portrait Drawing 3</p>	<p><b>17 St. Patrick's Day</b></p> <p>10:00-11:00 Vinyasa Yoga 3 10:00-12:00 Splashdown 4 1:00-2:00 Power of Eight 6:00-7:00 Cardio Drum 3 6:00-8:00 BWT Pottery 4</p>	<p><b>18</b></p> <p>Offices closed</p> <p>10:00-11:00 Adaptive Yoga 3 10:00-12:00 BWT Pottery 4</p>	<p><b>19 National Quilting Day</b></p> <p>9:00-12:00 Adv. Beg.-Int. WT Pottery 4 1:00-3:00 BWT Pottery 4</p>
<p><b>27</b></p>	<p><b>28</b></p> <p>1:00-4:00 Wild Women Clay 2 6:00-8:00 Manic Mon. Clay 6 6:00-9:00 S&amp;F: <i>The Mauritanian</i></p>	<p><b>22</b></p> <p>9:00-10:00 Meditation 4 10:00-12:00 Toes in Water 5 11:00-12:00 Adaptive Yoga 4 11:00-1:00 Pottery Teaser 1 5:30-6:30 Vinyasa Yin Yoga 4 6:00-8:00 BWT Pottery 5 6:00-8:00 Lower Chakras 2</p>	<p><b>23</b></p> <p>9:30-12:30 Whimsical HB 1 2:30-4:30 Basic Handbuild 5 6:00-7:00 Belly Dance 3 6:00-7:30 Adv. Vegan Cheese 6:00-8:00 Portrait Drawing 4</p>	<p><b>24</b></p> <p>10:00-11:00 Vinyasa Yoga 4 10:00-12:00 Splashdown 5 10:00-12:00 Memoir Writing 6:00-7:00 Cardio Drum 4 6:00-8:00 BWT Pottery 5</p>	<p><b>25</b></p> <p>Offices closed</p> <p>10:00-11:00 Adaptive Yoga 4 10:00-12:00 BWT Pottery 5</p>	<p><b>26</b></p> <p>1:00-3:00 BWT Pottery 5</p>
<p><b>29</b></p> <p>11:00-12:00 Adaptive Yoga 5 11:00-1:00 Pottery Teaser 2 5:30-6:30 Vinyasa Yin Yoga 5 6:00-8:00 BWT Pottery 6 6:00-8:00 Lower Chakras 3</p>	<p><b>30</b></p> <p>9:30-11:00 Photography 5 9:30-12:30 Whimsical HB 2 2:30-4:30 Basic Handbuild 6 6:00-7:00 Belly Dance 4 6:00-8:00 Portrait Drawing 5</p>	<p><b>31</b></p> <p>10:00-11:00 Vinyasa Yoga 5 1:00-2:00 Power of Eight 6:00-7:00 Cardio Drum 5 6:00-8:00 BWT Pottery 6 <b>Women's Pre-Treat</b></p>	<p><b>31</b></p> <p>10:00-11:00 Vinyasa Yoga 5 1:00-2:00 Power of Eight 6:00-7:00 Cardio Drum 5 6:00-8:00 BWT Pottery 6 <b>Women's Pre-Treat</b></p>	<p><b>31</b></p> <p>10:00-11:00 Vinyasa Yoga 5 1:00-2:00 Power of Eight 6:00-7:00 Cardio Drum 5 6:00-8:00 BWT Pottery 6 <b>Women's Pre-Treat</b></p>	<p><b>31</b></p> <p>10:00-11:00 Vinyasa Yoga 5 1:00-2:00 Power of Eight 6:00-7:00 Cardio Drum 5 6:00-8:00 BWT Pottery 6 <b>Women's Pre-Treat</b></p>	<p><b>31</b></p> <p>10:00-11:00 Vinyasa Yoga 5 1:00-2:00 Power of Eight 6:00-7:00 Cardio Drum 5 6:00-8:00 BWT Pottery 6 <b>Women's Pre-Treat</b></p>

<h1>April 2022</h1> <p>Sexual Assault Awareness Month</p>		W	T	W	T	F	S	Ramadan																			
<b>3</b>	12:00-3:00 Drum Workshop  Women's Retreat with Jennifer Berezan	<b>4</b>	1:00-4:00 Wild Women Clay 3  3:30 Grounds Committee  6:00-8:00 Manic Mon. Clay 1	<b>5</b>	9:00-10:00 Meditation 1 10:00-12:00 Toes in Water 1 11:00-12:00 Adaptive Yoga 1 11:00-1:00 Pottery Teaser 1 12:00-1:00 Tuning Fork Therapy 5:30-6:30 Vinyasa Yin Yoga 1 6:00-8:00 BWT Pottery 1 6:00-8:00 Lower Chakras 4	<b>6 National Walking Day</b> 9:30-12:30 Whimsical HB 3  2:30-4:30 Basic Handbuild 1  6:00-7:00 Belly Dance 5 6:00-8:00 Portrait Drawing 6	<b>7</b>	10:00-11:00 Vinyasa Yoga 1 10:00-12:00 Splashdown 1  6:00-7:00 Cardio Drum 1 6:00-8:00 Trauma Informed Care 6:00-8:00 BWT Pottery 1	<b>8</b>	Offices closed 10:00-11:00 Adaptive Yoga 2 10:00-12:00 BWT Pottery 1	<b>9</b>	9:00-4:00 Girl Scouts  1:00-3:00 BWT Pottery 1	<b>1</b>	Offices closed 10:00-11:00 Adaptive Yoga 1 10:00-12:00 BWT Pottery 6  Women's Pre-Treat & Retreat with Jennifer Berezan	<b>2</b>	1:00-3:00 BWT Pottery 6  Women's Retreat with Jennifer Berezan											
<b>10</b>	<b>Palm Sunday</b> 10:00-12:00 Mandala Flow  2:30-4:30 Drum Circle	<b>11</b>	1:00-4:00 Wild Women Clay 4	<b>12</b>	9:00-10:00 Meditation 2 10:00-12:00 Toes in Water 2 11:00-12:00 Adaptive Yoga 2 11:00-1:00 Pottery Teaser 2 12:00-1:30 Hormone Imbalance 5:00 Membership Committee 5:00 Executive Committee 5:30-6:30 Vinyasa Yin Yoga 2 6:00-8:00 Upper Chakras 1 6:00-8:00 BWT Pottery 2	<b>13</b>	9:30-11:00 Photography 6 9:30-12:30 Whimsical HB 4 10:00-11:30 Bookwoman 2:30-4:30 Basic Handbuild 2 3:30 Gallery Committee 6:00-7:00 Belly Dance 6 6:00-7:30 Herbal Vinegars 6:00-8:00 Pet Portraiture 1	<b>14</b>	10:00-11:00 Vinyasa Yoga 2 10:00-12:00 Splashdown 2 12:00-1:00 Lecture: Whistler 1:00-2:00 Power of Eight 4:30 Finance Committee  6:00-7:00 Cardio Drum 2 6:00-8:00 BWT Pottery 2	<b>15</b>	<b>Good Friday</b> <b>Passover begins</b> Offices closed 10:00-11:00 Adaptive Yoga 3 10:00-12:00 BWT Pottery 2	<b>16</b>	1:00-3:00 BWT Pottery 2	<b>17</b>	<b>Easter Sunday</b>  <b>Tax Day</b>	<b>18</b>	6:00-8:00 Manic Mon. Clay 2	<b>19</b>	9:00-10:00 Meditation 3 10:00-12:00 Toes in Water 3 11:00-12:00 Adaptive Yoga 3 12:00-1:00 Drum for Health 5:30-6:30 Vinyasa Yin Yoga 3 6:00-8:00 Board Meeting 6:00-8:00 Upper Chakras 2 6:00-8:00 BWT Pottery 3	<b>20</b>	9:30-12:30 Whimsical HB 5 10:00 Program Committee 12:30-3:30 Intro to Tangling  2:30-4:30 Basic Handbuild 3  6:00-7:00 Belly Dance 7 6:00-8:00 Pet Portraiture 2	<b>21</b>	10:00-11:00 Vinyasa Yoga 3 10:00-12:00 Splashdown 3  6:00-7:00 Cardio Drum 3 6:00-8:00 BWT Pottery 3	<b>22</b>	<b>Earth Day</b> Offices closed 10:00-11:00 Adaptive Yoga 4 10:00-12:00 BWT Pottery 3  6:00-7:30 Dance Party USA	<b>23</b>	9:00-12:00 Adv. Beg.-Int. WT Pottery 1 9:00-1:00 Learn Tarot 1 10:00-3:00 Painted Peace Pole 1:00-3:00 BWT Pottery 3
<b>24</b>	<b>Maiden Mother Crone</b> show closes 9:00-1:00 Learn Tarot 2	<b>25</b>	6:00-8:00 Manic Mon. Clay 4 6:00-9:00 S&F: RED	<b>26</b>	9:00-10:00 Meditation 4 10:00-12:00 Toes in Water 4 11:00-12:00 Adaptive Yoga 4 1:00-3:00 Herbal Cosmetics  5:30-6:30 Vinyasa Yin Yoga 4 6:00-8:00 Upper Chakras 3 6:00-8:00 BWT Pottery 4	<b>27 Admin. Professional Day</b> 9:30-12:30 Whimsical HB 1  2:30-4:30 Basic Handbuild 4  6:00-7:00 Belly Dance 8 6:00-7:30 Fermented Foods 6:00-8:00 Pet Portraiture 3	<b>28</b>	10:00-11:00 Vinyasa Yoga 4 10:00-12:00 Splashdown 4 10:00-12:00 Memoir Writing  1:00-2:00 Power of Eight  6:00-7:00 Cardio Drum 4 6:00-8:00 BWT Pottery 4	<b>29</b>	Offices closed 10:00-11:00 Adaptive Yoga 5 10:00-12:00 BWT Pottery 4  5:30-8:00 Rockford Art Guild show opening 6:30-8:30 Tarot Party!	<b>30</b>	9:00-12:00 Adv. Beg.-Int. WT Pottery 2 10:00-2:00 Self-Defense  1:00-3:00 BWT Pottery 4	<b>24</b>	<b>Maiden Mother Crone</b> show closes 9:00-1:00 Learn Tarot 2	<b>25</b>	6:00-8:00 Manic Mon. Clay 4 6:00-9:00 S&F: RED	<b>26</b>	9:00-10:00 Meditation 4 10:00-12:00 Toes in Water 4 11:00-12:00 Adaptive Yoga 4 1:00-3:00 Herbal Cosmetics  5:30-6:30 Vinyasa Yin Yoga 4 6:00-8:00 Upper Chakras 3 6:00-8:00 BWT Pottery 4	<b>27 Admin. Professional Day</b> 9:30-12:30 Whimsical HB 1  2:30-4:30 Basic Handbuild 4  6:00-7:00 Belly Dance 8 6:00-7:30 Fermented Foods 6:00-8:00 Pet Portraiture 3	<b>28</b>	10:00-11:00 Vinyasa Yoga 4 10:00-12:00 Splashdown 4 10:00-12:00 Memoir Writing  1:00-2:00 Power of Eight  6:00-7:00 Cardio Drum 4 6:00-8:00 BWT Pottery 4	<b>29</b>	Offices closed 10:00-11:00 Adaptive Yoga 5 10:00-12:00 BWT Pottery 4  5:30-8:00 Rockford Art Guild show opening 6:30-8:30 Tarot Party!	<b>30</b>	9:00-12:00 Adv. Beg.-Int. WT Pottery 2 10:00-2:00 Self-Defense  1:00-3:00 BWT Pottery 4		