

yourguide™

January–April 2024

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

Creative Hibernation

Reflect | Rediscover | Revitalize



Travel to the Emerald Isle with Womanspace!

a LUXURY TOUR OF IRELAND

September 16-25, 2024

Last Info
Session
Jan. 18
5:30-7:00p



What's included in this trip:

- 10 day tour of Ireland starting and finishing in Dublin
- All accommodations in 4 star hotels including all breakfasts and dinners (2 night stays at 4 of the hotels)
- 4 lunches during the Tour
- Shopping at Belleek Pottery
- Lunch at Cullen's Cottage at Ashford Castle
- Guided tour of Kylemore Abbey
- Cliffs of Moher and the Burrens
- Blarney Woolen Mill
- Ring of Kerry
- Guided tour of The Rock of Cashel
- Irish Emigration Museum
- Guinness Storehouse with tasting

The tour includes many other attractions of interest and the majestic scenery of the western coast of Ireland. The travel days are limited to about 90 minutes of bus travel at any time. Each day there is the opportunity to experience some of the quaint small towns of Ireland and enjoy a pub lunch or shopping at your leisure. The hotels have well groomed garden areas for leisurely walking before or after dinner. Air travel not included.

Register by February 1 for the best deal. Final payments due by March 15, 2024.

For additional information, contact Joy: 815-877-0118 or joy@womanspace-rockford.org



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

History Dorothy Bock and Elaine Hirschenberger, members of the School Sisters of St. Francis, co-founded Womanspace in Rockford, Illinois, in 1975. The 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.

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

Hours Office hours are Monday-Thursday, 10:00a-5:00p. Our gardens, labyrinth and campus are open to the public everyday during daylight hours.



Womanspace Campus

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

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elaine's note



I've been meeting recently with a wonderful group of members on a new committee that is planning how we will celebrate the Womanspace 50th anniversary year (2025). I recognize that the passion and insight of these women grows out of their being very involved members over the years. So many lifelong friendships have begun and been nurtured through shared experiences here at Womanspace.

In a recent post on the Womanspace Members' Facebook page, our board president, Marsha Hosfeld writes, "we rely on volunteers for a variety of things on our campus and at our events. Each of us has limitations – some physical, and some based on time or other considerations – and we each have personal interests and talents. Volunteering is not a *one-size-fits-all* proposition!" She goes on: "I would like to establish a database of members and friends who are willing to be called upon – a contact list for board members and event chairs to use when help is needed." I encourage you to add your name and your talents to Marsha's resource list! You can email her at mahosfeld@yahoo.com. Here are some interesting observations about volunteering:

Volunteering is good for the soul. Several studies show that people who volunteer often experience a happy rush followed by a calmness after performing an act of kindness. **Volunteering is good for the body.** A recent statistic states that 200 hours of volunteering per year (approximately 4 hours per week) correlated to lower blood pressure among those volunteers. **Volunteering can help you get a job or move up in your career.** (Perhaps of interest to some of our younger members!) A survey among leading businesses found that 73% of employers would hire or promote someone who has volunteered over someone who hasn't. **Volunteering at a young age creates more responsive adults.** Adults who began volunteering as teens are twice as likely to continue the practice as adults. Parents and children who volunteer together grow closer. **Volunteering helps create lifelong friends with shared interests.** At Womanspace, we are certainly witnesses to that!

In addition to adding your name to an "on call list" as Marsha described above, you may want to volunteer for a regular task at Womanspace. A few opportunities on site are:

- take a weekly shift (2-3 hours) at our front desk (phones, registration, odd jobs);
- manage Gallery2Go (arrange displays, track inventory, contact vendors, etc.);
- clean the kitchen or bathrooms (possibly as bartered service);
- help set-up for (or clean up after) events or rentals;
- be a "go-to person" on-site during evening/weekend rentals or events;
- bake cookies or prepare an occasional casserole for a group;
- launder napkins and table linens; do occasional sewing jobs;
- volunteer to help coordinate our spring luncheon
- work (perhaps with your child/grandchild) on one of our spring/summer events (Bloomfest, Fairy Festival); when spring comes, adopt a berm or a garden area.
- We are also seeking people with financial experience to serve on our board. If you are such a person or can recommend one, we'd love to hear from you!

Board of Directors

Marsha Hosfeld, *President*
Catherine Forslund, *Vice President*
Katrina Olson, *Secretary*
Audrey Falzone
Laura Gorton
Tina Hallberg
Cristi Hopp Kniess
Barbara McDonald
Elizabeth Jenkins McMullen
Sallyann Roberts
Patty Stadelman
Usha Sundaram
Rhiannon Yandell
Elaine Hirschenberger, SSSF, *Ex Officio*

Staff

Elaine Hirschenberger, SSSF,
Executive Director
Pat Lai, *Designer/Admin. Assistant*
Cherie Heck, *Bookkeeping Assistant*
Liz Hiemstra, *Market. & Develop. Dir.*
Joy Jordan, *Program Co-Coordinator*
Nicole Landreth, *Program Co-Coordinator*

Become a Womanspace Member Today!



Save on classes
Connect with others
Stay up-to-date
Membership starts at \$50

volunteer spotlight



Meet Leslie Lane

Leslie Lane has been an invaluable asset to Womanspace since she first became a member and began volunteering in many different capacities. She is hardworking, creative and actually likes to paint (walls)! We are so grateful for all the effort she continues to put in to keep our spaces beautiful and peaceful!

How did you hear about Womanspace?

I heard about Womanspace when we joined a church in town where I met Cyndee New. Cyndee was already part of Womanspace and invited me to a pottery class.

What is your role or what projects have you been involved in?

Since coming to Womanspace and becoming a member, I have been involved in a lot of the volunteer projects. I'm a volunteer gardener and maintain the garden in the middle of the circle drive.

I have been volunteering to keep things neat at Womanspace for many many years. I helped paint the studio a couple years back. I started a donation jar so I could replace all the knobs and handles upstairs and they look so good.

I also volunteer for the open studios and I just started pugging clay for the studio. If I see somebody needing help with the project, I just seem to get myself involved!

How long have you been volunteering?

I joined Womanspace as a member in 2018 and started volunteering shortly after that.

What is your favorite task or project? Least favorite?

I volunteer for things that I enjoy. I enjoy my time at Womanspace, so I have no least favorite tasks!

What do you enjoy most about volunteering at Womanspace?

Spending time with other women in the middle of a project.

Anything else you would like to say?

When I first came to Womanspace, I was in need of things to do and friendship. I am happy to have found both.

Volunteer Opportunities

An important part of the mission of Womanspace is to provide and promote leadership and volunteer opportunities for women. Of course, the partners and children of members as well as their friends are also welcome as volunteers!

What would you like to do?

- Join a committee. (A great way to meet new friends and have fun.)
- Coordinate a special event.
- Teach a class or workshop about something you know & would love to share.
- Serve as "greeter" or "program host" for a workshop or special event.
- Assist with office tasks: answer phones, staff Gallery2Go, do computer data entry.
- Assist with cleaning in the art studio or main building.
- Join the "Tending Tuesdays" or "Weeding Wednesdays" gardening group in Spring, Summer, and Fall.
- Prepare and/or donate food for Gallery Openings, Open Houses, New Member events, Supper & Film discussions, etc.
- Host (serve as a greeter) at Gallery Opening receptions (occasional Friday evenings) at Womanspace.
- Give help with physical tasks, such as: garden work, maintenance and repair of the buildings, changing lightbulbs, painting, driving, doing errands.

If Leslie's interview inspires you, perhaps YOU might like to volunteer for either a short or long-term project at Womanspace. Please call and let us know! Our volunteer possibilities are endless! Here are some of the established committees, along with emails of their chairwomen or coordinators. For more information and job descriptions of the committees, call Womanspace 815-877-0118 or Marsha Hosfeld 815-566-0392. **Volunteer coordination committee** – Marsha Hosfeld (mahosfeld@yahoo.com); **Facilities Committee** – Pat Lai (pat@womanspace-rockford.org); **Gallery Committee** – Cherie Heck (cherie@womanspace-rockford.org); **Grounds Committee** (Anne Godin (agodin7733@aol.com)); **Marketing Committee** – Kristin Kofoed (krisilizie@mac.com); **Membership Committee** – Katrina Olson (kmolson257@gmail.com); **Program Committee** – Nicole Landreth and Joy Jordan (nicole@womanspace-rockford.org and joy@womanspace-rockford.org); **Scholarship Committee** – Kristin Kofoed (krisilizie@mac.com); **Social Outreach Committee** – Kay Strand (Kstrand4@aol.com); **Special Events Committee** – Cristi Hopp Kniess (ckniess18@gmail.com); **Bloomfest Committee** – Audrey Falzone (audreyfalz99@gmail.com); **Online Auction Committee** – Catherine Forslund (cforslund@rockford.edu) and Elizabeth Jenkins McMullen (elizabeth238087@gmail.com).

bookwoman



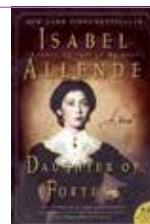
All women are invited to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading.

Daughter of Fortune by Isabel Allende

Daughter of Fortune follows Eliza Sommers, a young Chilean orphan. The novel spans time from the early 19th century in Valparaiso through the mid-1800's at the height of the California Gold Rush that sees our young heroine set off for California by herself in search of her lover, the idealistic Joaquin Andieta. The novel finds Eliza facing harrowing obstacles, instantly forcing her to confront the bounds of her own perseverance. She will discover her destiny is not what she had originally expected.

Wed. | 10:00-11:30a
BW23-21 | **Jan 10**
Registration REQUIRED
by 1/8

Freewill Offering
William Reif Gallery



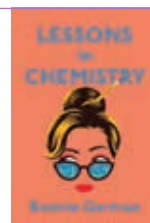
Lessons in Chemistry by Bonnie Gamus

Chemist Elizabeth Zott is not your average woman...even though there is no such thing. But it's the early 60s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one... and true chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth finds herself not only a single mother, but the reluctant star of America's most beloved cooking show. Elizabeth's unusual approach to cooking proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Wed. | 10:00-11:30a
BW23-22 | **Feb 14**
Registration REQUIRED
by 2/12

Freewill Offering
William Reif Gallery



A Fever in the Heartland: The Ku Klux Klan's Plot to Take Over America, and the Woman Who Stopped Them by Timothy Egan

A historical thriller by the Pulitzer and National Book Award-winning author that tells the riveting story of the Klan's rise to power in the 1920s, the cunning con man who drove that rise, and the woman who stopped them.

A Fever in the Heartland marries a propulsive drama to a powerful and page-turning reckoning with one of the darkest threads in American history.

Wed. | 10:00-11:30a
BW23-23 | **Mar 13**
Registration REQUIRED
by 3/11

Freewill Offering
William Reif Gallery



The Paris Library: A Novel by Jane Skeslien Charles

Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together, perfect for fans of *The Lilac Girls* and *The Paris Wife*.

A powerful novel that explores the consequences of our choices and the relationships that make us who we are—family, friends, and favorite authors—*The Paris Library* shows that extraordinary heroism can sometimes be found in the quietest of places.

Wed. | 10:00-11:30a
BW23-24 | **Apr 10**
Registration REQUIRED
by 4/8

Freewill Offering
William Reif Gallery



bad girl book club



Join this evening women's book club! And no, you don't have to be a "bad girl" to join the group. This group focuses on books with female authors and unique female protagonists. In depth and honest opinions are encouraged. You don't even have to finish the book to join in. Indulgent beverages and desserts will be served, and bad girl attire encouraged! *Registration required.*

Hagitude: Reimagining the Second Half of Life by Sharon Blackie

Hagitude unearths the stories of the little-known but powerful elder women in European myth and folklore, inspiring readers to imagine that the last decades of our lives might be the most dynamic of all. This moving and uplifting book will inspire a new generation of women who have reclaimed their Inner Hag, matured into their own unique brand of hagitude and who are ready to pass down their deep feminine wisdom for the benefit of the wider Earth community.

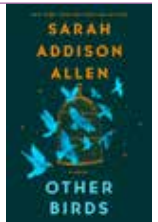
Monday | 6:00-8:00p
BG23-21 | **Jan 15**
Registration REQUIRED
by 1/13
Suggested Donation
\$5-\$15
William Reif Gallery



Other Birds by Sarah Addison Allen

When Zoey Hennessey comes to claim her deceased mother's apartment at The Dellawisp, she meets her quirky, enigmatic neighbors including a girl on the run, a grieving chef whose comfort food does not comfort him, two estranged middle-aged sisters, and three ghosts. Each with their own story.

Monday | 6:00-8:00p
BG23-22 | **Feb 12**
Registration REQUIRED
by 2/10
Suggested Donation
\$5-\$15
William Reif Gallery



The Collected Regrets of Clover: A Novel by Mikki Brammer

From the day she watched her kindergarten teacher drop dead during a dramatic telling of Peter Rabbit, Clover Brooks has felt a stronger connection with the dying than she has with the living. After the beloved grandfather who raised her dies alone while she is traveling, Clover becomes a death doula in New York City, dedicating her life to ushering people peacefully through their end-of-life process.

Probing, clever, and hopeful, *The Collected Regrets of Clover* is perfect for readers of *The Midnight Library* and *Eleanor Oliphant is Completely Fine* as it turns the normally taboo subject of death into a reason to celebrate life.

Monday | 6:00-8:00p
BG23-23 | **Mar 11**
Registration REQUIRED
by 3/9
Suggested Donation
\$5-\$15
William Reif Gallery



Station Eleven by Emily St. John Mandel

Set in the days of civilization's collapse, *Station Eleven* tells the story of a Hollywood star, his would-be savior, and a nomadic group of actors roaming the scattered outposts of the Great Lakes region, risking everything for art and humanity.

Moving back and forth in time, this suspenseful, elegiac, spellbinding novel charts the strange twists of fate that connect five people: the actor, the man who tried to save him, the actor's first wife, his oldest friend, and a young actress with the Traveling Symphony, caught in the crosshairs of a dangerous self-proclaimed prophet.

Monday | 6:00-8:00p
BG23-24 | **Apr 8**
Registration REQUIRED
by 4/6
Suggested Donation
\$5-\$15
William Reif Gallery



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. NO WALK-INS.*

Are You There God? It's Me, Margaret

A plucky eleven-year-old named Margaret finds her life on the cusp of change as her family uproots from the heart of the city to a quiet suburban neighborhood, leaving her grandmother (Kathy Bates), her confidant, behind. Margaret must then navigate the ups and downs of adolescence, including new friends, new feelings, and, ultimately, a new sense of self. Kelly Fremon Craig directs the coming-of-age comedy based on the novel of the same name by Judy Blume. 2023 | PG-13 | 1 hr. 46 min.

Monday | 6:00-9:00p
SF23-21 | **Jan 22**
Registration
REQUIRED by 1/20
\$17 (Members \$12)
William Reif Gallery



Till

Based on a true story, the drama film centers on Mamie Till-Mobley (Danielle Deadwyler). In 1955, Till's fourteen-year-old son Emmett (Jalyn Hall) visited his cousins in Mississippi but never made it out alive. After his lynching, Till embarks on a long journey to seek justice for her murdered son, channeling her grief and anger to a higher cause. Chinonye Chukwu directs the film co-starring Frankie Faison Haley Bennett, and Whoopi Goldberg. 2022 | PG-13 | 2 hr. 10 min.

Monday | 6:00-9:00p
SF23-22 | **Feb 26**
Registration
REQUIRED by 2/24
\$17 (Members \$12)
William Reif Gallery



The Queen

Diana, the "People's Princess" has died in a car accident in Paris. The Queen (Dame Helen Mirren) and her family decide that for the best, they should remain hidden behind the closed doors of Balmoral Castle. The heartbroken public do not understand and request that the Queen comforts her people. This also puts pressure on newly elected Tony Blair (Michael Sheen), who constantly tries to convince the monarchy to address the public. 2006 | PG-13 | 1 hr. 43 min.

Monday | 6:00-9:00p
SF23-23 | **Mar 25**
Registration
REQUIRED by 3/23
\$17 (Members \$12)
William Reif Gallery



Ticket to Paradise

David (George Clooney) and Georgia (Julia Roberts), two divorced parents who can't stand each other, head to Bali after their daughter, Lily, announces her plans to marry a local islander she just met while on holiday. They decide to put aside their differences and work together to stop the wedding, believing that doing so will keep Lily from making a dreadful mistake similar to their own. 2002 | PG-13 | 1 hr. 44 min.

Monday | 11:00a-2:00p
SF23-24 | **Apr 22**
Registration
REQUIRED by 4/20
\$17 (Members \$12)
William Reif Gallery



A photograph showing a group of students, primarily of African descent, playing djembes. They are wearing casual clothing like hoodies. The focus is on their hands and the drums.



community

For instructor bios: womanspace-rockford.org/Instructors.



Moms in Motion Collective Cohort

Founder of *Moms in Motion*, Dr. Ebony Wrenn, invites you to join a cohort for single mothers with mentoring, coaching, and hybrid learning opportunities and skills-based workshops. This group experience will be centered on health and wellness, homeownership, career planning, and readiness, time management and organization, financial literacy, and family engagement events.

Combining in-person and virtual workshops, this cohort will cover many topics over the course of the year. The January-April meetings will focus on Goal Setting, Health & Wellness, Time Management & Organization, and Financial Literacy. (See online listing for full description)

Saturday | 1:00-3:00p

CG23W-21 | **Jan 20, Feb 3*, 17,**

Mar 2*, 16, 30*, Apr 13, 27*

Registration REQUIRED 2 days before.

Sliding Scale \$35, \$50, \$80

Ebony Wrenn | WR Gallery or *Zoom

Lunar Women's Circle

This is a safe, sacred circle of women gathering during each full moon – to teach, listen, learn, heal, and grow. This connection is magic, a divine and staple role in society, and we welcome it into our local community. Each circle will be given a theme to guide, but not limit, the discussions and ceremonies. Please bring a camping chair for your own use. **Registration is REQUIRED for this group.**

Full Moon Days | 6:00-8:00p

LW23-21 | **Jan 25** (Thu; Wolf Moon)

LW23-22 | **Feb 24** (Sat; Snow Moon)

LW23-23 | **Mar 25** (Mon; Worm Moon)

LW23-24 | **Apr 23** (Tue; Pink Moon)

Register two days before each session.

Suggested Donation \$5–\$15

Peighton Fei | William Reif Gallery or

Yoga Studio on occasion

Sisters in Harmony

This is for all women who love to sing and want to experience singing in a fun and nurturing atmosphere with no performance pressure. You will learn beautiful songs, harmonies, and chants in the oral tradition (Call and Response). Singing circles create a deeper connection with your voice and with like-minded women. No previous musical experience is required. Come and experience how a singing circle creates joyful connections and experience the healing power of music within you and with others.

Thursdays | 2:00-3:30p

MU23-21 | **Jan 25-Feb 15** (4 wks)

Register two days before each session

\$50 (Members \$40) or \$15/class

Cindy McGrath | ND Upper Studio

Native Flute Class

"Songs of the Cedar" is about playing the Native American Flute, the most accessible and beautiful ancient instrument. Learn to play, pray, converse with the birds, and lead ceremony. Bring a six-hole flute (any key), or buy good one from ButchHallFlutes.com. (Prices start at \$75). Learn the basics, a traditional song, and how to improvise.

Tuesdays | 7:00-8:30p

MU23-22 | **Apr 2-16** (3-wk)

Register by 3/31

\$40 (Members \$30)

Jim Roberts | William Reif Gallery

lunch & learn

For instructor bios: womanspace-rockford.org/Instructors.



Resolve to be Ready

Our recent storm season and the Chemtool explosion in Rockton have demonstrated that we NEED to be prepared. But are you Ready to be Resilient? Join Diane as she outlines a simple method to start your preparedness journey. Whether you're a novice or a prepper, you'll gain insight and help our community to be better prepared.

Tuesday | 12:00-1:30p

LL23-21 | **Jan 16**

Register by 1/14

\$10

Diane Logsdon | William Reif Gallery

100+ Year Old Tradition of Millinery Hats

Kathy will be bringing a few of her hat blocks and material to this lunch and learn program. The use of the hat blocks and materials will be discussed showing the millinery process. There are many different types of material that can be used to make hats and some of the techniques go back more than 100 years. This lunch and learn is a historical fashion show. Kathy has taken master milliners classes in Australia, Ireland, England, and the United States. She has 5 years experience making hats. Come and learn about the "slow fashion."

Tuesday | 12:00-1:30p

LL23-22 | **Jan 23**

Register by 1/21

\$10

Kathy Martingilio | William Reif Gallery

Legacy of Laughter

Mary Kay will be sharing highlights from her book *Legacy of Laughter: A Grandparent Guide and Playbook*. This book provides guidance for building loving relationships with purposeful, brain-based playtime and strategies to help kids cope with the challenges of life. Through shared laughter and joyful fun, grandparents can create a lifetime of memories that support the optimal well-being of their grandchildren. Mary Kay has 12 grandchildren and is a former kindergarten teacher. She comes to this lunch and learn with much experience. Mary Kay will be available to sign her book which you can purchase that afternoon.

Tuesday | 12:00-1:30p

LL23-23 | **Jan 30**

Register by 1/28

\$10

Mary Kay Morrison | WR Gallery

What is the Power of 8? (and what does that group do?)

Discover how to tap into your 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. Learn about our bi-weekly group sessions, hosted by Julie Thompson.

Tuesday | 12:00-1:30p

LL23-24 | **Feb 13**

Register by 2/11

\$10

Julie Thompson | William Reif Gallery

lunch & learn

For instructor bios: womanspace-rockford.org/Instructors.



Massage Therapy – Self Massage

Enjoy learning simple massage techniques that you can easily do for yourself to relax sore muscles and relieve stress. We will go through the major body areas (head, face, neck, shoulders, arms, hands, abdomen, legs, feet, and back) with you being seated, clothed, and applying one self massage technique for each location. Also included will be the possibilities of using aromatherapy and energy work. Recommendations will be made for people who may be in fragile health, including the frail elderly, people with heart conditions, and people experiencing chemotherapy or autoimmune illnesses.

Tuesday | 12:00-1:30p

LL23-25 | **Feb 20**

Register by 2/18

\$10

Kathy Moehling | William Reif Gallery

The 1925 Tri-State Tornado

The 1925 Tri-State Tornado is still the most deadly tornado on record and remains the longest traveling tornado in US history. Join Diane as she explores the impacts of this awesome natural disaster in which her father-in-law, Al Logsdon, was injured while hunkering down at school. What would that disaster look like if it occurred today?

Tuesday | 12:00-1:30p

LL23-26 | **Feb 27**

Register by 2/25

\$10

Diane Logsdon | William Reif Gallery

The Road to Women's Suffrage

This conversation covers highlights from the first call for women's suffrage in Seneca Falls, NY in 1848 and ending with the adoption in 1920 of the 19th Amendment to the US Constitution giving women the right to vote. Learn from Professor Catherine Forslund of Rockford University about leaders like Elizabeth Cady Stanton, Mary Church Terrell, Alice Paul, Nannie Helen Burroughs, and Carrie Chapman Catt and their roles in the movement along with their ultimately successful strategies to gain the vote.

Tuesday | 12:00-1:30p

LL23-27 | **Mar 5**

Register by 3/3

\$10

Catherine Forslund | WR Gallery

Feminism: Coolest F-Word Ever?

Join Nicole in a discussion about one of the most persistently controversial f-words in our culture: Feminism. What does being a feminist mean in the 21st century? Maybe you've heard the phrases "first-wave" and "second-wave" feminism, maybe you haven't. Is third-wave still happening? Have we moved beyond this conversation? And where does the other half fit into this conversation? What about our queer community? Let's explore these questions and more over lunch, with an open mind and an open heart. We may not solve the world's problems, but hopefully we can make a dent in our own awareness.

Tuesday | 12:00-1:30p

LL23-28 | **Mar 19**

Register by 3/17

\$10

Nicole Landreth | William Reif Gallery

Women & Wealth

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

Tuesday | 12:00-1:30p

LL23-29 | **Mar 26**

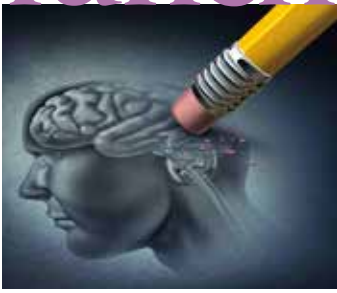
Register by 3/24

\$10

Jenny Redington | William Reif Gallery

lunch & learn

For instructor bios: womanspace-rockford.org/instructors.



What are Alzheimers & Dementia? 10 Warning Signs

Join us in a discussion with Aileen for an overview of Alzheimer's disease, dementia, and the services of the Alzheimer's Association. Topics include the impact of Alzheimer's, risk factors, warning signs, and how others can join the fight against the disease. This education program will help you recognize common signs of the disease in yourself as well as others and the next steps to take, including how to talk to your doctor.

Tuesday | 12:00-1:30p

LL23-30 | **Apr 9**

Register by 4/7

\$10

Aileen Zei | William Reif Gallery

Hurricanes 101

We know that Florida and the Gulf coast are prone to hurricanes. The landfall and surge of Ian in 2022 reminds us that the west side of the state is not immune to potentially catastrophic storms. Is it our "built" environment? Are we less prepared? Or have residents in that area been "replaced" by new snow birds from the north? Join Diane, a preparedness expert, for a discussion on hurricanes, mitigation, and personal preparedness measures for the future.

Tuesday | 12:00-1:30p

LL23-31 | **Apr 16**

Register by 4/14

\$10

Diane Logsdon | William Reif Gallery

What's the Enneagram?

Do you sometimes wonder why you do the things you do? In a world with many ways to know yourself, you're invited to explore the Enneagram. The symbol of the Enneagram is ancient and consists of a nine-sided figure contained within a circle. More than a classification of nine basic personality types, it gives us a roadmap for building healthier relationships and leading a more fulfilling life.

In this workshop, we'll explore how the Enneagram inspires acceptance of yourself and others. You'll uncover the unique patterns that define your type and understand your strengths, challenges, and opportunities for growth.

Whether you're seeking to improve relationships, enhance your career, or you simply want to know yourself better, the Enneagram has the potential to be a transformative guide on your journey of self-awareness.

Tuesday | 12:00-1:30p

LL23-32 | **Apr 23**

Register by 4/21

\$10

Cindy McGrath | William Reif Gallery

Discover your Enneagram Type:

<https://tests enneagraminstitute.com/>

Self-Love: The Foundation of Your Best Life

Self-love is often an overlooked ingredient for living a fulfilling life. We may even perceive it as self-indulgent or frivolous. The truth is, we can only attract and seek the best for ourselves when we think the best of ourselves. Many of our life's frustrations, disappointments, and challenges stem from us lacking or neglecting our own self-love. In this session, we'll explore the profound influence of self-love on our well-being and quality of life. Discover the importance of nurturing and fortifying this foundation for a happier, more meaningful life.

Tuesday | 12:00-1:30p

LL23-33 | **Apr 30**

Register by 4/28

\$10

Denise Colin | William Reif Gallery

special interests

For instructor bios: womanspace-rockford.org/instructors.



Age Like a Goddess

As we enter into our "Third Chapter" of life, we might be questioning what the phrase "aging gracefully" means. Aches and pains, sagging skin, menopause symptoms, role loss and loneliness are some of the components many of us struggle with as part of the aging process. This class will provide tools and inspiration for creating a healthful, soulful and joyful way of being in our later years.

Tuesday | 2:00-3:30p

HL23-21 | **Jan 30**

Register by 1/28

\$25 (Members \$20)

Karen Radtke | William Reif Gallery

Tracing Women's Rights through History

Gone are the days when women couldn't get a bank account or credit card in their own name, but it's been a long road to legal equality – and social/cultural equality is still out of reach for some women. This talk by Catherine Forslund will trace some of the threads of women's legal rights in the context of changing gender roles in US society over the course of several hundred years.

Thursday | 6:00-7:30p

WK23-22 | **Mar 14**

Register by 3/12

\$25 (Members \$20)

Catherine Forslund | William Reif Gallery

Wine, Women & Wealth

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

Wednesday | 7:00-9:00p

WK23-23 | **Apr 3**

Registration REQUIRED by 4/1

\$25 (Member \$20)

Jenny Redington | William Reif Gallery

Healthy Living for Your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate their recommendations into a plan for healthy aging.

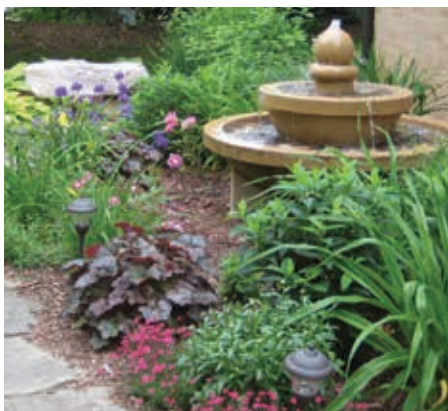
Thursday | 6:00-8:00p

HL23-24 | **Apr 4**

Register by 4/2

\$25 (Member \$20)

Aileen Zei | William Reif Gallery



Memorials at Womanspace (Gardens and Beyond)

Honor a living or deceased person by establishing a specially named fund or feature at Womanspace. Examples of memorials can include:

- planting a tree or a total area; donating a bench, boulder, arbor, swing, etc.
- funding a special program or scholarship in honor of an individual
- outfitting a room or special area (some with Naming Rights)
- purchasing needed equipment at the Center (request a list from Elaine)
- purchasing an engraved paver in the Celebration Garden (\$50.00).

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

retreats

For instructor bios: womanspace-rockford.org/Instructors.



Spring Equinox Yoga Mala: 108 Sun Salutations

Join us this Spring Equinox for 108 Sun Salutations, a meditative practice that connects the body, the mind, and the universe, especially when nature is undergoing a change. Coupled with the change in nature, yogis can start once again – fresh, renewed and inspired.

Tuesday | 5:00-7:00p

RF23-21 | **Mar 19**

Registration REQUIRED by 3/17

Suggested Donation \$5-\$15

Rkfd Yoga Teachers | Yoga Studio

Spring Equinox Celebration

Spring Equinox is a perfect time to plant what you wish to bring to life during the year! Deb will lead us in egg divination, a spring equinox ritual from the pagan tradition. Deb will give a few journaling prompts to help you narrow down the areas of your life or projects that you would like to bring to the forefront. Using our creativity, we will decorate an egg and roll it to see which area to focus our attention on until harvest time! Eggs, dye, and stickers will be provided. **Please bring a journal and a pen.**

Tuesday | 7:00-8:00p

RF23-22 | **Mar 19**

Registration REQUIRED by 3/17

Suggested Donation \$5-\$15

Deb Gaines | WR Gallery/Labyrinth



Origins of Creativity

The two-part day-long workshop, **Celebrate Your Creative Roots**, takes a provocative, deep dive into the BIG HISTORY of your creative roots. **Imagine ancestry.com on steroids!** Learn about how you are biologically and spiritually connected to a Creative Universe and to the Painters of Chauvet who stroked symbolic images onto the walls of a French cave 3700 yrs. ago. In a multimedia format, Jan Cosmos presents our human and cosmic story as it is revealed through the research of experts in astrophysics, archeology, paleontology, genetics, psychology, neuroscience, and Paleolithic art.

This is a fascinating workshop that will be worth your time. Come away knowing more about yourself, your gifts, where you came from, and who you're meant to be! This is an all day workshop, so please bring your own lunch.

Friday | 9:00a-4:30p

RT23-21 | **Apr 26**

Register by 4/24

\$65 (Members \$55)

Jan Cosmos | William Reif Gallery

Have You Taken Any Class?



Scan the QR code with your phone.

Let us know how we're doing by filling out a short survey. Thank you!

movement

For instructor bios: 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, bring a yoga mat and desired props.**

Thursdays | 10:00-11:00a

YG23-21 | **Jan 11-25** (3 wks)

YG23-22 | **Feb 1-29** (5 wks)

YG23-23 | **Mar 7-28** (4 wks)

YG23-24 | **Apr 4-25** (4 wks)

Register by 2 days before class

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

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

4-Week Fee: \$60 (Members \$50)

Single class: \$15

Lisa Alexander | Yoga Studio

Prana Vinyasa

This 75-minute class will begin with pranayama: breath control exercises developed by the ancient yogis for purification, mental focus, rejuvenation, and healing, followed by a high energy vinyasa sequence, incorporating poses meant to encourage the flow of prana (vital life force energy) through the body, and will end with savasana. **This class is suitable for all levels, but some prior experience with yoga asana is recommended. Bring a bottle of water to hydrate before, during, and after.**

Saturdays | 10:00-11:15a

YP23-21 | **Jan 13-27** (3 wks)

YP23-22 | **Feb 3-24** (3 wks; no 2/17)

YP23-23 | **Mar 2-30** (4 wks; no 3/23)

YP23-24 | **Apr 6-27** (4 wks)

Register by 2 days before class

3-Week Fee: \$45 (Members \$35)

4-Week Fee: \$60 (Members \$50)

Single class: \$17 (Members \$12)

Rhiannon Yandell | Yoga Studio

NEW! Yoga Sculpt

Yoga Sculpt combines the vinyasa style of yoga with free weights. This class helps to improve balance, strength, flexibility, range of motion, and mindfulness. Class can be done with or without weights and is open to all levels.

Please bring a yoga mat; a strap or towel may be helpful, but is not required. Yoga blocks and bolsters are available in the Womenspace yoga studio. Free weights or resistance bands will be provided by the instructor.

Tuesdays AM | 9:00-10:00a

YS23A-21 | **Jan 9-30** (4 wks)

YS23A-22 | **Feb 6-27** (4 wks)

YS23A-23 | **Mar 5-26** (4 wks)

YS23A-24 | **Apr 2-30** (5 wks)

Register by 2 days before class

Thursdays PM | 6:00-7:00p

YS23P-21 | **Jan 11-25** (3 wks)

YS23P-22 | **Feb 1-29** (5 wks)

YS23P-23 | **Mar 7-28** (4 wks)

YS23P-24 | **Apr 4-25** (4 wks)

Register by 2 days before class

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

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

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

Single class: \$15

Savannah Cussen Lizer | Yoga Studio

Have You Taken Any Class?



Scan the QR code with your phone.
Let us know how we're doing by
filling out a short survey. Thank you!

movement

For instructor bios: womanspace-rockford.org/Instructors.



Restorative Yoga

This class is designed with gentle floor based sequences using bolsters, blankets, and props that support the practitioner to fully relax the muscles, slow down the mental activity of the brain, shift emotional patterns, bring ease to the breath, and tune into the nervous system's healing capacity. This hour long class is perfect for any age or level student.

Mondays | 3:00-4:00p

YR23-21 | **Jan 8-29** (4 wks)

YR23-22 | **Feb 5-26** (4 wks)

YR23-23 | **Mar 4-25** (4 wks)

YR23-24 | **Apr 1-29** (5 wks)

Register by 2 days before class

3-Week Fee: \$50 (Members \$40)

4-Week Fee: \$60 (Members \$50)

Single class: \$15

Rhiannon Yandell | Yoga Studio

Vin Yin Yoga

This class combines Vinyasa and Yin yoga into a single session. It begins with dynamic Vinyasa flows and ends with a restorative Yin sequence. A short Vinyasa sequence allows you to let go of excess energy and reach the right mindset to completely surrender your mind and body in Yin yoga.

Wednesdays | 9:00-10:00a

YV23-21 | **Jan 10-31** (4 wks)

YV23-22 | **Feb 7-28** (4 wks)

YV23-23 | **Mar 6-27** (4 wks)

YV23-24 | **Apr 3-24** (4 wks)

Register by 2 days before class

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

Single class: \$15

Rhiannon Yandell | Yoga Studio

Adaptive Yoga

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, 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.

Tuesdays | 11:15a-12:15p

YT23-21 | **Jan 9-30** (4 wks)

YT23-22 | **Feb 6-27** (4 wks)

YT23-23 | **Mar 5-26** (4 wks)

YT23-24 | **Apr 2-30** (5 wks)

Register by 2 days before class

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

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

Single class: \$20

Lisa Alexander | Zoom Only

Friday Recordings | 10:00a

YT23F-21 | **Jan 12-26** (3 wks)

YT23F-22 | **Feb 2-23** (4 wks)

YT23F-23 | **Mar 1-29** (5 wks)

YT23F-24 | **Apr 5-26** (4 wks)

3-Week Fee: \$20 (Members \$15)

4-Week Fee: \$25 (Members \$20)

5-Week Fee: \$30 (Members \$25)

Single class: \$7

Reg. 2 days before for recording link

Save the Date and Come Celebrate

Rockford Yoga Day

on the Beautiful Grounds
of Womanspace

Stretch your body and
calm your mind on
International Yoga Day
on June 21.

This special day is
annually devoted to
the holistic practice
of yoga, which
encourages physical,
mental and spiritual
well-being. It's a time
when individuals from
various backgrounds
and locations assemble
and take part in yoga
classes, workshops
and events all around
Rockford & the world.

6/21

movement

For instructor bios: womanspace-rockford.org/instructors.



NEW! Chair Yoga Dance

All levels. Chair Yoga Dance is a gentle practice designed to be accessible for seniors and those with disabilities. The Chair is used as the main yoga prop. Organic dance movements and music are woven in to create a fluid uplifting experience. Ideal for individuals who cannot easily get down onto the floor. **Dress comfortably and bring a bottle of water to hydrate before, during, and after.**

Mondays | 11:00a-12:00p

YD23-21 | **Jan 8-29** (4 wks)

YD23-22 | **Feb 5-26** (4 wks)

YD23-23 | **Mar 4-25** (4 wks)

YD23-24 | **Apr 1-29** (5 wks)

Register by 2 days before class

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

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

Single class: \$20

Rhiannon Yandell | Wm. Reif Gallery

NEW! Hip Hop Yoga

Hip Hop Yoga combines vinyasa and power yoga with dance, set to uplifting Hip Hop beats to get your heart rate pumping and amplify your mood. An intensive ab based yoga session with R&B & Hip Hop music to ignite an explosive feeling inside! Think traditional beginner yoga with upbeat music to set the mood! **This is an all-levels class but some prior experience with yoga asana and/or dance is good.**

Mondays | 1:00-2:00p

YH23-21 | **Jan 15, 22** (2 wk; no 1/29)

YH23-22 | **Feb 5, 12, 19** (3 wk; no 2/26)

YH23-23 | **Mar 4, 11, 25** (3 wk; no 3/18)

YH23-24 | **Apr 8, 15, 22** (3 wk; no 4/29)

Register by 2 days before class

2-Week Fee: \$30 (Members \$20)

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

Single class: \$15

Fabbie Williams | WSP Yoga Studio

Belly Dancing

Beginner-Intermediate. Belly dancing is incredibly empowering. Women 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. **No previous dance experience required; great for all fitness levels – even those with physical limitations.** (Contact Freya prior to class to discuss specific situation.)

Suggested equipment: close-fitting attire that allows full range of motion (for you and the instructor to see your body positions), a scarf or shawl to tie around your hips (to see your hip movements in the mirror). Hip scarves available for purchase on Amazon and other online vendors.

Tuesdays | 7:00-8:00p

DN23-21 | **Jan 23-Mar 12** (8-wks)

Register by 2 days before class


\$95 (Member \$80)

Single class: \$15

Freya | WSP Yoga Studio



2566 Charles St.
Rockford, IL 61108
@RockfordPlaza

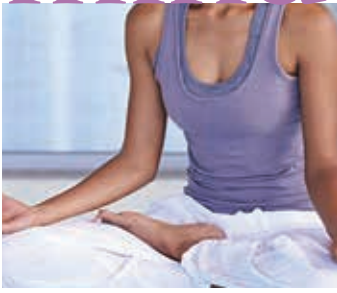
 815-229-9820

 eyedeal815@gmail.com

Monday – Friday 10 am – 6pm | Saturday 10 am – 4 pm

mind & body

For instructor bios: womanspace-rockford.org/Instructors.



NEW TIME! Meditation: A Wellness Practice

Start your day off with greater focus, less stress and more peace of mind from the comfort of your own home. You can enjoy the rest of your day even more after engaging in this practice in a supportive space! Meditation is the practice and process of paying attention and focusing your awareness. Different forms of meditation are introduced like Sitting Breathing, Body Scan and Loving Kindness meditations. They are practiced in a seated position with a soothing voice guiding you through the process! Do join us via Zoom. Those who have taken this class over the past couple of years say it's a great way to de-stress, re-charge and re-focus – and all without having to worry about the commute!

Tuesdays | 8:30-9:30a

MD23-21 | **Jan 9-30** (4 wks)

MD23-22 | **Feb 6-27** (4 wks)

MD23-23 | **Mar 5-26** (4 wks)

MD23-24 | **Apr 2-30** (5 wks)

Register by 2 days before class

4-week Fee: \$50 (Members \$40)

5-week Fee: \$60 (Members \$50)

Single Class Fee: \$15

Shiraz Tata, Ph.D. | Zoom

The Humor Tonic

Have you been exhausted, worried, or just plain tired lately? This is your lucky day! Step right up for a sure-fire remedy guaranteed to increase your energy and vitality. In this presentation, you will learn more about the therapeutic applications of the research-based "Humor Tonic" which can be applied to both your personal and professional life. The psychology and physiology of this natural remedy will be examined along with effective interventions for mental and physical health. Side effects may include incontinence, bellyaches, and exhaustion from the laughter. Warning: This tonic is highly contagious. If your laughter lasts for longer than 4 hours, share it with your health care provider. Do not miss this opportunity to see if humor and laughter are right for you!

Tuesday | 2:00-4:00p

HL23-22 | **Mar 5** | Reg. by 3/3

\$55 (Members \$45)

Mary Kay Morrison | Wm Reif Gallery

It All Begins with the Body

We are all on a journey to well-being in some way, whether it involves health and wellness, emotional stability, or balancing life. We may be facing challenges that, at times, feel insurmountable. This class is meant to be a journey of empowerment, perhaps at a time when you feel powerless. Our focus will begin with the mind-body-spirit connection and progress to developing a better relationship with our own unique, individual bodies and intuition, so they can guide us to live our best lives. You are invited to come on a journey of self-discovery, to make a commitment to yourself, and to really love the one you are with – YOU!

Monday | 6:00-8:00p

HL23-23 | **Mar 18-Apr 8** (4 wks)

Register by 3/14

\$90 (Members \$80)

Debby Dudeck | ND Upper Studio

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

HL23-25 | **Apr 5** | Reg. by 4/3

\$30 (Members \$25)

Walk-in Fee: \$35

Michael Bettine | Pavilion or WR Gallery
(weather pending)

creative therapy

For instructor bios: womanspace-rockford.org/Instructors.



The Listening Path: Six-Week Artist's Way Program

Author of *The Artist's Way*, Julia Cameron's book, *The Listening Path*, is structured as a 6-week course to develop the tools to become better listeners – to our environment, the people around us, and ourselves. Grab yourself a copy of the book, and join Nicole Landreth in this series designed to guide and support you through this journey to deepen your listening skills and creative connection. The first session will be an introduction to the book, getting to know the group, and setting intentions for our work in the coming weeks. Each of the next six weeks will be guided by the text and exercises laid out in the book, giving opportunity for reflection and supportive group discussion. Our final session will be for intention setting and what the next chapter will bring for each of us in our creative journeys.

Thursdays | 6:00-8:00p

CG23L-22 | **Jan 25-Mar 21** (8 wk; no 3/14)

Register by 1/23

\$75 (Member \$65)

Nicole Landreth | ND Upper Studio

Scholarships available; Contact Nicole

Intuitive Painting with Meditation

Each session will begin with a guided meditation focused on calming the mind to create the stillness and clarity that allows you to access your creative inspiration, giving it the space it needs to float to the top. The meditation will be followed by some guidance on the process of allowing each layer of paint inform what comes next during your intuitive painting experience. It's about self-love as you embrace the mystery, exercise non-attachment, explore & express your voice, and play with paint. Intuitive painting is about letting go of fear or expectations to allow your painting to evolve based on your heart callings, visions, and play. That includes the happy accidents and the messes!

Fridays | 2:00-3:30p

PG23Y-21 | **Feb 2-16** (3 wks)

Register by 1/31

\$55 (Member \$45)

Rhiannon Yandell | ND Upper Studio

Masks, Meaning & Metaphor

I am both inside and out.

Nothing can phase me.

I am the face you put on for strength & comfort, tricking everyone around you.

You put me on to avoid the inevitable, a buffer from reality.

Without you, I am merely nothing.

I thrive with your emotion &

protect them from dangers of truth.

I AM A MASK!

Kathy invites you to begin the process of looking within & the MASK you wear. This class is an opportunity for reflection and creativity to meet. Begin to look at images that might reflect what you will create during the workshop. **Please wear comfortable clothing as you may get messy from creating a mask on your face. We use petroleum jelly to allow the mask to come off your face. We will have soap to wash your face. Bring your own face product if needed.**

Sunday | 10:00a-2:00p

WK23-21 | **Feb 25** | Reg. by 2/23

\$55 (Member \$45)

Kathy Cox | ND Upper Studio

Art Therapy in the Studio

Art Therapy in the Studio is a unique and inclusive creative space designed to foster artistic expression, personal growth, and emotional healing through art-making. This course combines the freedom of an open studio environment with the supportive elements of art therapy, making it an ideal platform for individuals seeking self-discovery, stress relief, and emotional catharsis through art.

Saturdays

AT23-21 | **Jan 27** | 10:00a-12:00p

AT23-22 | **Feb 24** | 10:00a-12:00p

AT23-23 | **Mar 9** | 2:00a-4:00p

AT23-24 | **Apr 20** | 4:00a-6:00p

Register by 2 days before class

\$45 (Members \$40)

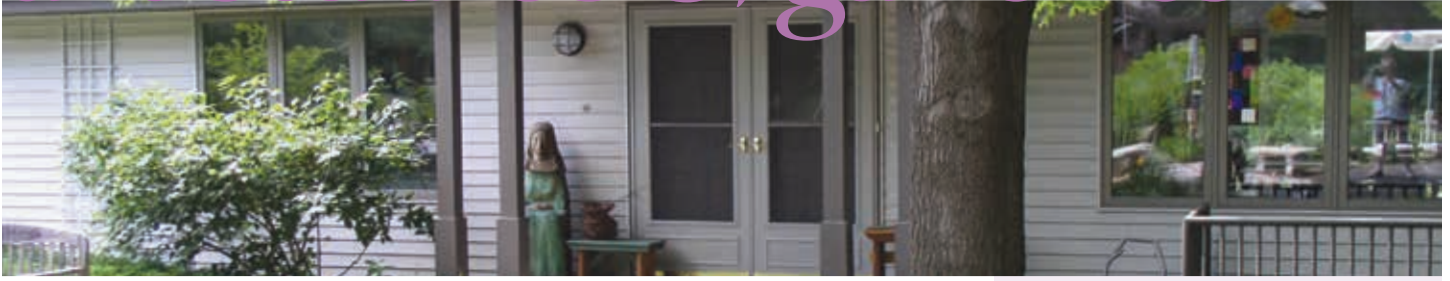
Kyle McDonald | ND Upper Studio

<div>1New Year's Day</div> <div>January 2024</div> <div>Offices closed</div>						<div>2</div> <div>Offices closed</div>						<div>3</div> <div>Offices closed</div>						<div>4</div> <div>Offices closed</div>						<div>5</div> <div>Offices closed</div>						<div>6</div>																																																					
<div>7</div>												<div>8</div> <div>11:00 Executive Committee</div> <div>11:00-12:00 Chair Yoga Dance 1</div> <div>1:00-4:00 Wild Women Pottery 1</div> <div>3:00-4:00 Restorative Yoga 1</div> <div>6:00-8:00 Manic Monday Clay 1</div>												<div>9</div> <div>8:30-9:30 Meditation 1</div> <div>9:00-10:00 Yoga Sculpt 1</div> <div>10:00-12:00 Basic Handbuild 1</div> <div>10:00-12:00 Toes in Water 1</div> <div>11:15-12:15 Adaptive Yoga 1</div> <div>1:00-5:00 Open Clay Studio</div> <div>6:00-8:00 BWT Pottery 1</div>												<div>10</div> <div>9:00-10:00 Yin Yin Yoga 1</div> <div>9:30-12:30 Whimsical HB 1</div> <div>10:00-11:30 Bookwoman</div> <div>2:30-4:30 Basic Handbuild 1</div> <div>6:00-8:00 Writing Group 1</div> <div>6:00-7:30 Pet Loss Group</div> <div>5:00-9:00 Open Clay Studio</div>												<div>11</div> <div>10:00-11:00 Vinyasa Yoga 1</div> <div>10:00-12:00 Splashdown 1</div> <div>10:00-12:00 BWT Pottery 1</div> <div>1:00-5:00 Open Clay Studio</div> <div>3:30-5:00 Finance</div> <div>6:00-7:00 Yoga Sculpt 1</div> <div>6:00-8:00 Handbuilt Pottery 1</div>												<div>12</div> <div>Offices closed</div> <div>10:00 Adapt. Yoga Recording 1</div> <div>10:00-4:00 Open Clay Studio</div> <div>ART OF & ON PAPER exhibit opens</div>												<div>13</div> <div>9:00-12:00 Int. WT Pottery 1</div> <div>10:00-11:15 Prana Vinyasa 1</div>											
<div>14</div> <div>2:00-4:00 Drum Circle</div>												<div>15</div> <div>Martin Luther King Jr. Day</div> <div>11:00-12:00 Chair Yoga Dance 2</div> <div>1:00 Membership Committee</div> <div>1:00-2:00 Hip Hop Yoga 1</div> <div>1:00-4:00 Wild Women Pottery 2</div> <div>3:00-4:00 Restorative Yoga 2</div> <div>6:00-8:00 Bad Girl Book Club</div> <div>6:00-8:00 Manic Monday Clay 2</div> <div>6:00-9:00 Seekers</div>												<div>16</div> <div>8:30-9:30 Meditation 2</div> <div>9:00-10:00 Yoga Sculpt 2</div> <div>10:00-12:00 Basic Handbuild 2</div> <div>10:00-12:00 Toes in Water 2</div> <div>11:15-12:15 Adaptive Yoga 2</div> <div>12:00-1:30 LL: Be Ready</div> <div>1:00-5:00 Open Clay Studio</div> <div>6:00 Board Meeting</div> <div>6:00-8:00 BWT Pottery 2</div>												<div>17</div> <div>9:00-10:00 Yin Yin Yoga 2</div> <div>9:30-12:30 Whimsical HB 2</div> <div>10:00-12:00 Intuitive Watercolor</div> <div>1:00-3:00 WC Landscape 1</div> <div>2:30-4:30 Basic Handbuild 2</div> <div>5:00-9:00 Open Clay Studio</div> <div>5:30-6:30 Spanish Class</div> <div>6:00-8:00 Writing Group 2</div>												<div>18</div> <div>10:00-11:00 Vinyasa Yoga 2</div> <div>10:00-12:00 Splashdown 2</div> <div>10:00-12:00 BWT Pottery 2</div> <div>1:00-5:00 Open Clay Studio</div> <div>3:30 Finance Committee</div> <div>5:30-7:00 Ireland Info session</div> <div>6:00-7:00 Yoga Sculpt 2</div> <div>6:00-8:00 Handbuilt Pottery 2</div>												<div>19</div> <div>Offices closed</div> <div>10:00 Adapt. Yoga Recording 2</div> <div>10:00-4:00 Open Clay Studio</div> <div>11:00-1:00 Painting w/ Jaymee 1</div>												<div>20</div> <div>9:00-12:00 Int. WT Pottery 2</div> <div>10:00-11:15 Prana Vinyasa 2</div> <div>1:00-3:00 Kids Studio Art Club</div> <div>1:00-3:00 Moms in Motion</div>											
<div>21</div>												<div>22</div> <div>11:00-12:00 Chair Yoga 3</div> <div>1:00-2:00 Hip Hop Yoga 2</div> <div>1:00-4:00 Wild Women Pottery 3</div> <div>2:00-4:00 T-shirt Quilt 1</div> <div>3:00-4:00 Restorative Yoga 3</div> <div>6:00-8:00 Manic Monday Clay 3</div> <div>6:00-9:00 S&F: Are You There God?</div>												<div>23</div> <div>8:30-9:30 Meditation 3</div> <div>9:00-10:00 Yoga Sculpt 3</div> <div>10:00-12:00 Toes in Water 3</div> <div>11:15-12:15 Adaptive Yoga 3</div> <div>12:00-1:30 LL: Millinery Hats</div> <div>1:00-5:00 Open Clay Studio</div> <div>6:00-8:00 Glass Casting</div> <div>6:00-8:00 BWT Pottery 3</div> <div>7:00-8:00 Belly Dance 1</div>												<div>24</div> <div>9:00-10:00 Yin Yin Yoga 3</div> <div>9:30-12:30 Whimsical HB 3</div> <div>1:00-3:00 WC Landscape 2</div> <div>5:00-9:00 Open Clay Studio</div> <div>6:00-8:00 Writing Group 3</div>												<div>25</div> <div>10:00-11:00 Vinyasa Yoga 3</div> <div>10:00-12:00 Splashdown 3</div> <div>10:00-12:00 BWT Pottery 3</div> <div>1:00-5:00 Open Clay Studio</div> <div>2:00-3:30 Sisters in Harmony 1</div> <div>6:00-7:00 Yoga Sculpt 3</div> <div>6:00-8:00 Listening Path Group 1</div> <div>6:00-8:00 Handbuilt Pottery 3</div> <div>6:00-8:00 Lunar Women's Circle</div>												<div>26</div> <div>Offices closed</div> <div>10:00 Adapt. Yoga Recording 3</div> <div>10:00-4:00 Open Clay Studio</div> <div>11:00-1:00 Painting w/ Jaymee 2</div>												<div>27</div> <div>9:00-12:00 Int. WT Pottery 3</div> <div>10:00-11:15 Prana Vinyasa 3</div> <div>10:00-12:00 Art Therapy</div>											
<div>28</div>												<div>29</div> <div>11:00-12:00 Chair Yoga Dance 4</div> <div>1:00-4:00 Wild Women Pottery 4</div> <div>2:00-4:00 T-shirt Quilt 2</div> <div>3:00-4:00 Restorative Yoga 4</div> <div>6:00-8:00 Manic Monday Clay 4</div>												<div>30</div> <div>8:30-9:30 Meditation 4</div> <div>9:00-10:00 Yoga Sculpt 4</div> <div>10:00-12:00 Toes in Water 4</div> <div>10:00-12:00 Basic Handbuild 3</div> <div>11:15-12:15 Adaptive Yoga 4</div> <div>12:00-1:30 LL: Legacy of Laughter</div> <div>1:00-4:00 Flora Sculptures 1</div> <div>1:00-5:00 Open Clay Studio</div> <div>2:00-2:30 Age Like a Goddess</div> <div>6:00-8:00 BWT Pottery 4</div> <div>7:00-8:00 Belly Dance 2</div>												<div>31</div> <div>9:00-10:00 Yin Yin Yoga 4</div> <div>9:30-12:30 Whimsical HB 4</div> <div>10:00-12:00 Play w/ Pastels</div> <div>1:00-3:00 WC Landscape 3</div> <div>2:30-4:30 Basic Handbuild 3</div> <div>5:00-9:00 Open Clay Studio</div> <div>5:30-6:30 Spanish Class</div> <div>6:00-8:00 Writing Group 4</div>																																															

[illegible]

March 2024		WTW		WTW		WTW	
3	4	5	6	7	8	1	2
	11:00-12:00 Chair Yoga Dance 1 1:00-4:00 Wild Women Pottery 3 1:00-2:00 Hip Hop Yoga 1 3:00-4:00 Restorative Yoga 1 3:30 Grounds Committee 6:00-8:00 Manic Monday Clay 3	8:30-9:30 Meditation 1 9:00-10:00 Yoga Sculpt 1 10:00-12:00 Toes in Water 3 11:15-12:15 Adaptive Yoga 1 12:00-1:30 LL: Women's Suffrage 2:00-4:00 The Humor Tonic 1:00-5:00 Open Clay Studio 6:00-8:00 BWT Pottery 2 7:00-8:00 Belly Dance 7	9:00-10:00 Vin Yin Yoga 1 9:30-12:30 Whimsical HB 1 10:00-12:00 Painting Loose 5:00-9:00 Open Clay Studio 6:00-8:00 Writing Group 1	10:00-11:00 Vinyasa Yoga 1 10:00-12:00 Splashdown 3 10:00-12:00 BWT Pottery 3 1:00-5:00 Open Clay Studio 6:00-7:00 Yoga Sculpt 1 6:00-8:00 Listening Path Group 7 6:00-8:00 Handbuilt Pottery 3	Offices closed 10:00 Adapt. Yoga Recording 1 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 2 AGE IS NOT A FACTOR exhibit opens	9:00-10:30 Drawing for Beg. 1 9:00-12:00 Int. WT Pottery 4 10:00-11:15 Prana Vinyasa 1 11:00-1:00 Painting for Beg. 1 1:00-3:00 Moms in Motion	
10 Daylight Savings Begins 1:00-3:00 Slip Trailing Technique 2:00-4:00 Drum Circle	11 11:00-12:00 Chair Yoga Dance 2 11:00 Executive Committee 1:00-4:00 Wild Women Pottery 4 1:00 Membership Committee 1:00-2:00 Hip Hop Yoga 2 3:00-4:00 Restorative Yoga 2 6:00-8:00 Bad Girl Book Club 6:00-8:00 Manic Monday Clay 4	12 8:30-9:30 Meditation 2 9:00-10:00 Yoga Sculpt 2 10:00-12:00 Toes in Water 4 10:00-12:00 Basic Handbuild 2 11:15-12:15 Adaptive Yoga 2 1:00-5:00 Open Clay Studio 6:00-8:00 Fish Fused Glass 6:00-8:00 BWT Pottery 3 7:00-8:00 Belly Dance 8	13 9:00-10:00 Vin Yin Yoga 2 9:30-12:30 Whimsical HB 2 10:00-11:30 Bookwoman 10:00-12:00 Painting Loose 2:30-4:30 Basic Handbuild 2 5:00-9:00 Open Clay Studio 5:30-6:30 Spanish Class 6:00-7:30 Pet Loss Group 6:00-8:00 Writing Group 2	14 10:00-11:00 Vinyasa Yoga 2 10:00-12:00 Splashdown 4 10:00-12:00 BWT Pottery 4 1:00-5:00 Open Clay Studio 3:30 Finance Committee 6:00-7:00 Yoga Sculpt 2 6:00-7:30 Women's Rights 6:00-8:00 Handbuilt Pottery 4	15 Offices closed 10:00 Adapt. Yoga Recording 3 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 4	16 9:00-10:30 Drawing for Beg. 3 10:00-11:15 Prana Vinyasa 3 11:00-1:00 Painting for Beg. 3 1:00-3:00 Kids Studio Art Club 1:00-3:00 Moms in Motion	
17 St. Patrick's Day	18 11:00-12:00 Chair Yoga Dance 3 3:00-4:00 Restorative Yoga 3 5:00 Program Committee 6:00-8:00 Begins w/ the Body 1 6:00-8:00 Manic Monday Clay 5 6:30-9:00 Seekers	19 8:30-9:30 Meditation 3 9:00-10:00 Yoga Sculpt 3 10:00-12:00 Toes in Water 5 10:00-12:00 Basic Handbuild 3 11:15-12:15 Adaptive Yoga 3 12:00-1:30 LL: Feminism 1:00-5:00 Open Clay Studio 5:00-7:00 Yoga Mala 6:00 Board Meeting 6:00-8:00 BWT Pottery 4 7:00-8:00 Spring Equinox Celeb.	20 9:00-10:00 Vin Yin Yoga 3 9:30-12:30 Whimsical HB 3 2:30-4:30 Basic Handbuild 3 5:00-9:00 Open Clay Studio 6:00-8:00 Writing Group 3	21 10:00-11:00 Vinyasa Yoga 3 10:00-12:00 Splashdown 5 10:00-12:00 BWT Pottery 5 1:00-5:00 Open Clay Studio 6:00-7:00 Yoga Sculpt 3 6:00-8:00 Handbuilt Pottery 5 6:00-8:00 Listening Path Group 8	22 Offices closed 10:00 Adapt. Yoga Recording 4 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 5	23 9:00-10:30 Drawing for Beg. 4 9:00-12:00 Int. WT Pottery 1 11:00-1:00 Painting for Beg. 4	
24 AGE IS NOT A FACTOR exhibit closes	25 11:00-12:00 Chair Yoga Dance 4 1:00-2:00 Hip Hop Yoga 3 3:00-4:00 Restorative Yoga 4 6:00-8:00 Lunar Women's Circle 6:00-8:00 Begins w/ the Body 2 6:00-8:00 Manic Monday Clay 6 6:00-9:00 S&F: The Queen	26 8:30-9:30 Meditation 4 9:00-10:00 Yoga Sculpt 4 10:00-12:00 Basic Handbuild 4 11:15-12:15 Adaptive Yoga 4 12:00-1:30 LL: Women & Wealth 1:00-5:00 Open Clay Studio	27 9:00-10:00 Vin Yin Yoga 4 9:30-12:30 Whimsical HB 4 2:30-4:30 Basic Handbuild 4 5:00-9:00 Open Clay Studio 5:30-6:30 Spanish Class 6:00-8:00 Writing Group 4	28 10:00-11:00 Vinyasa Yoga 4 1:00-5:00 Open Clay Studio 6:00-7:00 Yoga Sculpt 4 6:00-8:00 Handbuilt Pottery 6	29 10:00 Adapt. Yoga Recording 5 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 1 THE WHIMSICAL WORLD OF A WILL Exhibit Opens	30 9:00-10:30 Drawing for Beg. 5 9:00-12:00 Int. WT Pottery 2 10:00-11:15 Prana Vinyasa 4 11:00-1:00 Painting for Beg. 5 1:00-3:00 Moms in Motion	
31 Easter							

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, most created by our members! Gallery2Go 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.



William Reif Gallery

Our premier art gallery and meeting space is in our main building. In 2013, this space was named in honor of Bill Reif, a major Womanspace friend and benefactor. Join us for our upcoming art openings:

ART OF & ON PAPER EXHIBIT - Jan. 12- Feb. 25

The versatility of paper is the foundation of amazing art! This show will feature works on or of paper including, but not limited to; watercolor, photography, collage and so much more!

AGE IS NOT A FACTOR! WOMEN'S HISTORY MONTH EXHIBIT - Mar. 1-Mar. 24

This show, highlighting Women's History month, will feature works of art or images of, by and about Women of all ages.

THE WHIMSICAL WORLD OF A WILL - Mar. 29-Apr. 21

Reception Friday, Mar 29, 4:00-7:00p

When there's a Will there's a Way! Help us celebrate a lifetime of "Will family weirdness" at this posthumous art show of Jim Will. From gizmos to geezors, there's a little joy for everyone in these strange and fun creations. Plus, through his art, you'll get to know the father of the person who designs the *Your Guides*.

THE JOURNEY CONTINUES...DESTINATION UNKNOWN - Apr. 26-June 16

Opening Reception Friday, April 26, 5:00-7:30p

When following a creative path we have to be prepared for the unexpected. Time flow and energy levels may fluctuate; new ideas & mediums might take us in different directions, but as long as there is breath we persist.

Open Clay Studio Policy

To qualify to use open studio, you must have completed 2 beginning pottery courses or be an intermediate pottery student.

- Open studio is only for current & past Womanspace pottery students.
- For safety reasons, you MUST register via **SignUpGenius.com** for specific days and times to use open studio.

To sign up, visit womanspace-rockford.org/page-1075410

- You must sign up for the whole time you will be there and leave by your scheduled time.
- Only 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. To pay 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.

Studio Fee: \$5.00/hr.

Clay Fee:

\$1.50/lb. (includes glazes, firing)

Sign-up online with
SignUpGenius.com.
Using your phone's
camera, hover over
this code and tap when indicated.



drawing

For instructor bios: womanspace-rockford.org/instructors.



Playing with Pastels

In this hands-on workshop, you will learn various techniques and methods to manipulate pastels effectively. Laura Gomel, director of 317 Art Collective, will guide you through the fundamental principles of using pastels, including blending, layering, and creating texture. You will also explore different application techniques to add depth and dimension to your artwork. Throughout the class, you will be encouraged to experiment with colors, shapes, and compositions to develop your unique artistic style. Our instructor will provide insightful tips and feedback to help you refine your skills and bring your creative vision to life.

Materials needed: Chalk and oil pastels, watercolor or pastel paper, blending tools (such as cotton swabs or blending stumps), an eraser, and a fixative (optional).

Wednesdays | 10:00a-12:00p

DW23G-21 | **Jan 31** (Chalk)

DW23G-22 | **Feb 21** (Oil)

DW23G-23 | **Apr 10** (Chalk)

Reg. by 2 days before each session

\$30 (Members \$25)

Laura Gomel | ND Upper Studio

Drawing for Absolute Beginners

Learn the basics of drawing in this eight week class. It is perfect for absolute beginners who can't even draw a stick figure, though more advanced students may appreciate a refresher, too! We will draw from observation and from samples, 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, just come with an open mind.

Saturdays | 9:00-10:30a

DW23J-21 | **Mar 2-Apr 20** (8-wks)

Register by 2/29

\$160 (Members \$140)

Jaymee Fedor | ND Upper Studio



Saturday, May 11, 2024, 10:00a-4:00p

at Womanspace, 3333 Maria Linden Dr., Rockford

**An Artisan Market Full of Locally-Made Goods • Plant Sales
Kids' Crafts & Activities • Food & Beverage Trucks • Live Music**

Interested in being a vendor? Contact liz@womanspace-rockford.org

painting

For instructor bios: womanspace-rockford.org/Instructors.



Painting Studio with Jaymee

Want to keep moving forward with your painting skills? Check out this guided open studio class for watercolor and acrylic painters! Jaymee will provide individual instruction based on your creative goals. Feel free to bring your own reference imagery and ideas, or peruse Jaymee's collection of art samples for inspiration! Some previous painting experience is beneficial, but not always necessary. Absolute beginners should be prepared to work on painting exercises before moving on to individual work. Since instruction is individual, there will be plenty of independent work time as Jaymee spends time with each student. **All supplies are provided, including paper, brushes, canvases and professional grade paints, but feel free to bring your favorites!**

Fridays | 11:00a-1:00p

PG23J-21 | **Jan 19-Feb 16** (5-wk)

PG23J-22 | **Feb 23-Mar 22** (5-wk)

PG23J-23 | **Mar 29-Apr 26** (5-wk)

Register early; class fills fast

\$110 (Members \$100)

Jaymee Fedor | ND Upper Studio

Cost includes a \$20 supply fee

Painting for Absolute Beginners

No previous drawing or painting experience necessary, come as you are and learn the basics of acrylic painting in this six week class! This class is perfect for those who've always wanted to learn how to paint, but need some help getting started. We will focus on color-mixing, techniques, and value before creating a final painting or two. **All supplies are included.**

Saturdays | 11:00a-1:00p

PG23J-24 | **Mar 2-Apr 6** (6-wk)

Register by 2/29; class fills fast

\$135 (Members \$120)

Jaymee Fedor | ND Upper Studio

Cost includes a \$20 supply fee

Painting Loose with Acrylics

Painting loose with acrylics is a style of painting that focuses on creating expressive and free-flowing artwork. It involves using acrylic paints, which are water-based and dry quickly, allowing artists to work in a spontaneous and intuitive manner.

In this class, you will explore different brushwork techniques, such as using broad strokes, cross hatching and splattering. We will also cover color mixing and blending techniques. These techniques will help you create dynamic and energetic compositions.

Additionally, you will experiment with various tools and materials to create texture and interest in your artwork. This may include using palette knives, sponges, or even unconventional objects to apply paint to the canvas. Throughout the class, you will have the opportunity to experiment, take risks, and embrace the freedom of painting loosely with acrylics and have a lot of fun!

Wednesdays | 10:00a-12:00p

PG23G-21 | **Mar 6** | Reg. by 3/4

PG23G-22 | **Mar 13** | Reg. by 3/11

\$30 (Members \$25)

Laura Gomel | ND Upper Studio

Have You Taken Any Class?



Scan the QR code with your phone.
Let us know how we're doing by
filling out a short survey. Thank you!

watercolor

For instructor bios: womanspace-rockford.org/instructors.



Toes in the Water

[Ages 18+. Beginning-Intermediate.] This class is for those first timers wanting to experience watercolor or for 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

WC23A-21 | **Jan 9-Feb 6** (5-wk)

WC23A-23 | **Feb 20-Mar 19** (5-wk)

WC23A-25 | **Apr 2-30** (5-wk)

Reg. by 2 days before each session

\$110 (Members \$100)

Sue Abare | ND Upper Studio

Splashdown!

[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

WC23A-22 | **Jan 11-Feb 8** (5-wk)

WC23A-24 | **Feb 22-Mar 21** (5-wk)

WC23A-26 | **Apr 4-May 2** (5-wk)

Reg. by 2 days before each session

\$110 (Members \$100)

Sue Abare | ND Upper Studio

Intro to Watercolor Landscape

Ages 16+. All levels. This class will guide you through the basics of landscape painting, plus how to embellish the final painting to add color, depth, and creativity to achieve a masterpiece. What to paint in what order will be part of the learning process. Light and dark, shadows, and perspective will also be part of the process of creating that painting you can hang over your fireplace.

Wednesdays | 1:00-3:00p

WC23B-21 | **Jan 17-Feb 21** (6-wk)

Register by 1/15

\$150 (Members \$135)

Cindy Bear | ND Upper Studio

Find It: Intuitive Watercolor Technique

In this fun and whimsical class, we will experiment with different colors and techniques of watercolor while filling the paper. Once the paint dries, we will look into the shapes made by the paint and find images like one does with clouds. We will then use sharpies to draw the images we have found.

Wednesday | 10:00a-12:00p

WC23G-21 | **Jan 17** | Reg. by 1/15

\$30 (Members \$25)

Laura Gomel | ND Upper Studio

watercolor

For instructor bios: womanspace-rockford.org/Instructors.



Watercolor & Ink Greeting Cards

In this class, you learn basic watercolor painting techniques, then practice those techniques and paint your very own greeting card masterpiece. You will plan, draw, paint and ink your artwork using your own inspiration, or if you prefer you may use source material that will be available. **All supplies will be provided for this class making it a perfect introduction to watercolor for a beginner or intermediate painter.** It will be a relaxing and fun class designed to explore your inner artist.

Saturdays | 12:00-3:00p

WC23M-21 | **Feb 10** | Reg. by 2/8

WC23M-22 | **Apr 27** | Reg. by 4/25

\$35 (Members \$30)

Maggie Magnuson | ND Upper Studio

What to Do with the Dreaded Background

Ages 16+. All levels. What to do with the "dreaded background" plagues many artists so you will be shown several examples of different types of backgrounds. In the second class, students are encouraged to bring projects of their own so we can, as a class, discuss options for a background. Let's fill our tool box with background options and eliminate the stress of the "dreaded background." A computer camera will be used, so you will be able to see what is being painted with each stroke. **Materials needed: your own paints, 140 lb. paper and any other watercolor supplies you have to help you with this class.**

Tue & Thu | 10:00a-12:00p

WC23B-22 | **Feb 13 & 15**

Register by 2/11

\$45 (Members \$40)

Cindy Bear | ND Upper Studio

Watercolor: Thinking of Warm Weather & Flowers

Ages 18+. This class will be using different techniques to create loose watercolor backgrounds and flowers or fields of flowers. We will use wet-on-wet for looser backgrounds and use masking fluid for flowers to be painted after drying the background. **Materials needed: if you have watercolor paints and brushes, bring to the class. Other supplies will be provided.**

Wednesdays | 9:00-11:00a

WC23C-21 | **Apr 17, 24** (2-wk)

Register by 4/15

\$75 (Members \$65)

Rita Carpenter | ND Upper Studio

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mixed media

For instructor bios: womanspace-rockford.org/Instructors.



Flora Sculptures

Ages 12+. Come dream of spring with this floral and arboreal sculpture class! This class will teach you how to make 3D wire trees and flowers incorporating a variety of beads, gemstone chips, fabric, resin, and found objects. Students will be given the opportunity to make at least three arrangements, including free-standing art pieces as well as wearable accessories. All material provided. *Note: the resin involved is labeled as non toxic and low-VOC, meaning a respirator is not necessary in the space we will be working in. However, if you do wish to use a respirator, make sure that it is rated for organic compounds.*

Tuesdays | 1:00-4:00p

MX23J-21 | **Jan 30-Feb 20** (4-wk)

Register by 1/28

\$135 (Members \$125)

Jillian Bachelor | ND Upper Studio

Beginning Quilting: Making a T-Shirt Quilt

Tee-shirts hold so many memories. Make a warm, wonderful quilt that you will cherish for many years. At the first session we will look at the many choices and variations from simple squares with sashing, to free-form blocks that can be arranged any way you choose. **You will need to have a sewing machine in good working order. A supply list will be available when you register.**

Monday | 2:00-4:00p

MX23B-21 | **Jan 22-Feb 26** (6-wk)

Register by 1/20

\$135 (Members \$120)

Colleen Blanchard | ND Upper Studio

Beaded Goddess

Are you a bead fanatic? Get your creative juices flowing and use up some of your collection by making a beautiful beaded goddess. Using wire, seed beads, fun beads and charms create your goddess. Bring those favorite trinkets, charms and beads you have been wanting to use or hop on over to the local craft store for inspiration! **Wire and an assortment of faces will be provided.**

Materials needed: seed beads size 10, 2 tubes of one color and 1 or 2 tubes of other coordinating colors, 70 to 100 multiple size beads to complement your seed bead colors. Some beading tools are available, but please bring your own if you have them. Reading glasses or magnification glasses are helpful in working with the small beads.

Thursdays | 1:00-4:00p

MX23H-21 | **Feb 22, 29** (2-wk)

Register by 2/20

\$85 (Members \$75)

Cherie Heck | ND Upper Studio

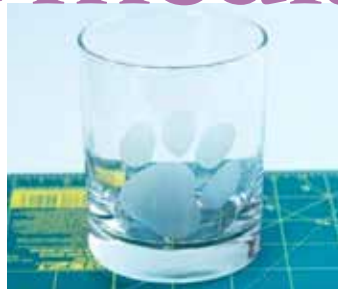
Donate using Your Required Minimum Distribution (RMD)

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!



mixed media

For instructor bios: womanspace-rockford.org/Instructors.



Glass Casting

Make your own hearts, stars, or barrettes! Make a three-dimensional cast-glass piece by putting any combination of glass in ceramic molds, which are then fired in a kiln. Your completed artwork will be ready for pickup a week after class. Your creations can be used as paperweights, hung as suncatchers, worn as barrettes, or just carried in your pocket for good luck. This is a fun and accessible class, open to all ages (including children when accompanied by an adult). Safety glasses are provided.

Tuesday | 6:00-8:00p

MX23S-21 | **Jan 23**

Register by 1/21

\$50 (Members \$45)

Pat Sullivan | ND Upper Studio

Glass Etching

Create your own custom glassware! Choose from four pint beer glasses or four stemless wine glasses, and we will apply designs from an array of stencils (if you have a Cricut, feel free to bring your own vinyl stencils). No experience required! You will go home with a set of glasses of your own creation! Great for gifts, super easy and fun. If you have a glass piece at home that you'd like to try, bring it along!

Tuesday | 6:00-8:00p

MX23S-22 | **Feb 13**

Register by 2/11

\$45 (Members \$40)

Pat Sullivan | ND Upper Studio

Fused Glass: Gone Fishin'

Catch a fish and hang it in your window! In this fun and easy class, we will assemble a fish made of glass strips, and fashion a hook for hanging your fish. All will then be fired in a kiln and ready for pickup a week after class. You will be cutting some glass for your fish, so wear closed toe shoes. Safety glasses are provided. No experience necessary – we will have a glass cutting demonstration; you have an opportunity to cut glass yourself.

Tuesday | 6:00-8:00p

MX23S-23 | **Mar 12**

Register by 3/9

\$65 (Members \$55)

Pat Sullivan | ND Upper Studio

Fused Glass: Nightlights

Make your own nightlight! In this fun workshop, you will create a nightlight out of recycled and pre-cut glass, which will then be fused in a kiln and affixed to a nightlight fixture. This workshop is open to ages 8+, and is a great multi-generational activity for all ages. Glass pieces will be pre-cut, so no glass cutting experience is necessary. Safety glasses and gloves are provided; closed toe shoes recommended.

Saturday | 2:00-4:00p

MX23S-24 | **Apr 6**

Register by 4/4

\$60 (Members \$50)

Pat Sullivan | ND Upper Studio

ESTHER SCHENCK
**Scholarship
for the Arts**



Esther Schenck, a long-time member for 34 years, died on January 31, 2019, at the age of 96. Always a great supporter of the arts, Esther named Womanspace as the recipient of a portion of her estate to assist individuals who demonstrate a desire to develop creatively on a personal or professional level. Scholarships are available three times annually to help with costs for a class/program, materials and supplies.

Application form is on our website:

https://womanspace-rockford.org/resources/Scholarship/ESSA_App_Form.pdf

handbuilding

For instructor bios: womanspace-rockford.org/Instructors.



* Materials needed: an apron, hand towel, and your own pottery tool kit (available at local craft stores or online). Wear clothes you don't mind getting dirty. Leave your rings, watches and bracelets at home. Fees includes up to 25 lbs. of clay, glazes & firing. *Class sizes limited.*

Basic Handbuilding

Ages 16+. Beginner. Join in on this fun pottery class to learn the basics of hand building! Working with textures, stamps, decals, different glaze techniques, and more, Nancy will guide you through the process of creating your one of a kind pottery pieces.

Tuesdays | 10:00a-12:00p

HB23A-21 | **Jan 9-Feb 20** (6 wk; no 1/23)

HB23A-22 | **Feb 27-Apr 9** (6 wk; no 3/5)

HB23A-23 | **Apr 16-May 21** (6 wk)

Register by 2 days before

Wednesdays | 2:30-4:30p

HB23N-21 | **Jan 10-Feb 21** (6 wk; no 1/24)

HB23N-22 | **Feb 28-Apr 10** (6 wk; no 3/6)

HB23N-23 | **Apr 17-May 22** (6 wk)

Register by 2 days before

\$165 (Members \$150)

Nancy O'Neill | ND Clay Studio

Handbuilding Pottery

Ages 16+. Intermediate-Advanced. Advance your hand-building skills while having fun in this 6-week class. Explore many hand-building techniques to make mugs, plates, functional pieces and whatever pieces students are interested in making. Create your own texture and templates and explore many decorating and glazing options.

Thursdays | 6:00-8:00p

HB23P-21 | **Jan 11-Feb 15** (6 wk)

HB23P-22 | **Feb 22-Mar 28** (6 wk)

HB23P-23 | **Apr 4-May 9** (6 wk)

Register by 2 days before

\$165 (Members \$150)

Lynette Porter | ND Clay Studio

Handbuilding a Plank Cup

Ages 16+ Join this class and add four large "mugs or steins" to your drinking vessel collections. The plank cups are handbuilt using wood planks with intricate designs to imprint into the clay used for the cups. You will have a choice of 6 planks from which to select your four designs for your cups. Some handbuilding experience is suggested, but not absolutely necessary. Extra assistance will be available for anyone who needs it.

Thursdays | 1:00-4:00p

HB23G-21 | **Feb 8-29** (4 wk)

Register by 2/6

\$165 (Members \$150)

Nikki Gorham | ND Clay Studio

Create Your Own Chia Pet!

Ages 12+. In this 3-hour workshop we will learn how to make our own simple chia pet with white clay. First we will sculpt our forms, then hollow them out! We'll add textural lines that will serve as grooves for our chia seed mixture. Once class is over, the pieces will be fired and can be picked up at a later date. **Chia seed mix and instructions for sprouting will be included.** Start thinking now about what you want your new little friend to look like, and bring your sketches to class!

Saturday | 1:00-4:00p

HB23J-21 | **Feb 10** Reg. by 2/8

Saturday | 12:00-3:00p

HB23J-22 | **Apr 20** Reg. by 4/18

\$55 (Members \$45)

Jaymee Fedor | ND Clay Studio

wheel throwing

For instructor bios: womanspace-rockford.org/Instructors.



* Materials needed: an apron, hand towel, and your own pottery tool kit (available at local craft stores or online). Wear clothes you don't mind getting dirty. Leave your rings, watches and bracelets at home. Fees includes up to 25 lbs. of clay, glazes & firing. *Class sizes limited.*

Beginning Wheel Thrown Pottery

Ages 16+ Beginner. In this 6-week class, you will learn essential wheel-throwing techniques from centering to trimming. Bowls and mugs will be the first forms you practice throwing on the wheel. This class will give a student who has little or no experience the opportunity to learn and develop a basic set of wheel-throwing skills. After taking this class, the student will take home with them a small collection of functional wheel-thrown pottery pieces, as well as some beginning skills that will be needed to create more advanced pieces in the future. (*See above.)

Tuesdays PM | 6:00-8:00p

WT23P-21 | Jan 9-Feb 13 (6 wk)

WT23P-22 | Feb 20-Apr 2 (6 wk; no 2/27)

WT23P-23 | Apr 9-May 14 (6 wk)

Register by 2 days before

\$165 (Members \$150)

Lynette Porter | ND Clay Studio

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

WT23M-21 | Jan 11-Feb 15 (6 wk)

WT23M-22 | Feb 22-Apr 4 (6 wk; no 3/28)

WT23M-23 | Apr 11-May 23 (6 wk; no 4/25)

Register by 2 days before

\$165 (Members \$150)

Margo Olson | ND Clay Studio

Manic Monday: Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: has mastered beginner throwing skills – or instructor approval.] This course is an excellent opportunity to improve your throwing skills. During this class time, you will work with the instructor to develop your skills into the next level of competency. You will have an opportunity to incorporate new methods into your pieces to make them unique. During this class you will gain the skills to throw larger pieces and improve your form. **Students are encouraged to identify their own pottery goals so the instructor can assist each student with completion of personal goals.**

Mondays PM | 6:00-8:00p

IN23N-21 | Jan 8-Feb 12 (6 wks)

IN23N-22 | Feb 19-Mar 25 (6 wks)

IN23N-23 | Apr 1-May 6 (6 wks)

\$165 (Members \$150)

Anya Nelson | ND Clay Studio

Advanced Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: has mastered beginner throwing skills – or instructor approval]. This 4-week course will allow you to take your skills further. 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. (*See above for supplies.)

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

IN23J-21 | Jan 13-Feb 3 (4 wk)

IN23J-22 | Feb 10-Mar 2 (4 wk)

IN23J-23 | Mar 23-Apr 13 (4 wk)

IN23J-24 | Apr 20-May 11 (4 wk)

Register by 2 days before

\$165 (Members \$150)

Jennie Johnson Sic | ND Clay Studio

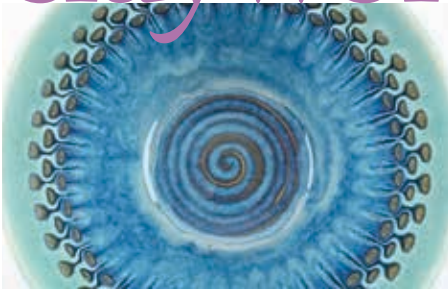
Have You Taken Any Class?



Scan the QR code with your phone.
Let us know how we're doing by
filling out a short survey. Thank you!

clayworks

For instructor bios: womanspace-rockford.org/Instructors.



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. Unless otherwise stated, fees includes up to 25 lbs. of clay, glazes & firing. *Class sizes limited.*

Wild Women Pottery

Ages 16+ Intermediate-Advanced [Prerequisite: beginner throwing skills mastered* or instructor approval.] This is a fast paced workshop focusing on collaboration and independent study. Instruction in various techniques to explore or expand on will be presented. Implementation of the process will be determined by the student's own artistic interests. Students are encouraged to share their creative variations with the class. (*See above for supplies.)

**Experience with wheel throwing and creating basic forms is required to take this class.*

Mondays | 1:00-4:00p

CW23E-21 | **Jan 8-29** (4 wks)

CW23E-22 | **Feb 19-Mar 11** (4 wks)

CW23E-23 | **Apr 1-22** (4 wks)

Register 2 days before each session

\$165 (Members \$150)

Linda Ewalt | ND Clay Studio

Whimsical Pottery – Independent Study

Age 18+. Intermediate-Advanced. Join this fun, independent clay study group and create something you are interested in. You can use forms, natural elements, and your imagination to build practical, unusual or whimsical forms. Your co-learners will likely be able to offer some guidance, but no specific instruction will be provided. You must be an advanced clay worker and be able to work independently. There are lots of tools to play with, lots of colors to choose from and so many choices for you to enjoy. **Fees includes up to 25 lbs. of clay, glazes & firing.**

Wednesdays | 9:30a-12:30p

HB23B-21 | **Jan 10-31** (4 wk)

HB23B-22 | **Feb 7-28** (4 wk)

HB23B-23 | **Mar 6-27** (4 wk)

HB23B-24 | **Apr 3-24** (4 wk)

Register by 2 days before

\$165 (Members \$150)

Independent Study | ND Clay Studio

Sponge & Peacock Glazing Techniques

Ages 16+. This glazing class is fun and colorful. The sponge technique is not complicated and allows for lots of creativity. This class will also introduce you to peacock glazing. Your family and friends will be amazed at the final product, "How did you do that?" This is a colorful and creative process. **Bring a bisque bowl or two. Glaze and firing is included in the fee.**

Saturday | 1:00-3:00p

CW23C-21 | **Feb 3** | Reg. by 2/1

\$45 (Members \$35)

Judy Chancellor | ND Clay Studio

Slip Trailing Technique

Ages 16+. Join this class and learn the delicate embellishing technique of slip trailing. No previous experience is needed. The instructor is a master at this technique and has many helpful hints to help you with your finished piece. This embellishment is a perfect way to make a *nice* gift an *outstanding* gift of pottery. **Bring three bowls or pieces that are leather dry. All other equipment will be provided.**

Sunday | 1:00-3:00p

IN23N-24 | **Mar 10** | Reg. by 3/8

\$45 (Members \$35)

Anya Nelson | ND Clay Studio

Galaxy Glazing

Ages 16+. Join this class if you like your pottery pieces to be unique and colorful. This class will provide you with the skill and information to make your pieces stand out. Some pieces are best left "natural," but some are born to be unique and colorful. **Bring three pieces to be glazed that have been fired to bisque. Glazes will be provided.**

Sunday | 1:00-3:00p

IN23N-25 | **Apr 14** | Reg. by 4/12

\$45 (Members \$35)

Anya Nelson | ND Clay Studio



Studio Art Club: Exploring Creativity

For ages 6+. This children's art class incorporates art history, art theory, principles, and one's own creativity. Each week will have a different focus with art history leading our way through portrait painting, landscape painting, and abstract art. The students will draw inspiration from painting masters as well as their own interpretation to create original works of art. **Dress for the weather, bring water and snacks if desired.**

Saturday | 1:00-3:00p

JM23J-21 | **Jan 20** | Reg. by 1/18

JM23J-22 | **Feb 17** | Reg. by 2/15

JM23J-23 | **Mar 16** | Reg. by 3/14

JM23J-24 | **Apr 13** | Reg. by 4/11

\$25 (Family Member \$20)

Tempest Jones | ND Upper Studio

Global Action Award Event for Daisy/Brownie/Junior Girl Scouts

Learn how The United Nations has an impact on your life from global warming to gender equality; find out how you can help. There are 17 sustainable development goals and by learning more about each of them, connecting with others that care, and taking action in your community and beyond, you can play an important role in healing our world and creating a better environment for all of us. We will work on all the steps to complete the badge.

For registered Daisy/Brownie/Junior Girl Scouts and adults only. No siblings unless they are registered Girl Scouts.

Sunday | 1:00-3:00p

GSC23-21 | **Apr 7** | Reg. by 4/5

\$14/registered Girl Scout (adults free)

Marge Blake | ND Upper Studio

No refunds or substitutions.

Space Science Badge Burst for Cadette & Senior Girl Scouts

For these STEM badges, girls will observe and explore light, deepen their understanding of the Sun, Stars and Space. Find out what it can teach us by uncovering the stuff we are made of. Then learn how you can use the amazing properties of light to make discoveries about the Universe and space science, as well as your place in this big wonderful Universe.

For registered Cadette and Senior Girl Scouts and adults only. No siblings unless they are registered Girl Scouts.

Thursday | 6:00-8:00p

GSC23-22 | **Apr 18** | Reg. by 4/16

\$14/registered Girl Scout (adults free)

Marge Blake | ND Upper Studio

No refunds or substitutions.

Have You Taken Any Class?



Scan the QR code with your phone.
Let us know how we're doing by
filling out a short survey. Thank you!



womanspace membership form

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

PRIMARY CONTACT INFORMATION ☐ New ☐ Renew ☐ 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 _____

Emergency Contact Name & Number _____

Additional names for Family/Grand Family memberships: _____

How did you hear about Womanspace? _____

SIGN-UP FOR THE E-NEWSLETTER? ☐ Yes, sign me up! ☐ No, thank you! ☐ I already receive it.

CHOOSE YOUR LEVEL TODAY! Membership begins with the month the fee is paid.

Individual	1-yr	2-yr	3-yr	Family & Grand Family	1-yr	2-yr	3-yr
Regular Individual (18+)	<input type="radio"/> \$50	<input type="radio"/> \$90	<input type="radio"/> \$120	Regular Family	<input type="radio"/> \$75	<input type="radio"/> \$140	<input type="radio"/> \$200
Sustaining [†] (18+)	<input type="radio"/> \$75	<input type="radio"/> \$150	<input type="radio"/> \$225	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.

I AM INTERESTED IN HELPING WITH:

- ☐ Computer (Soc. Media/Data Entry) ☐ Events (Organize/Assist) ☐ Facility (Maint./Repair/Clean) ☐ Fundraise (Grants/Sponsorships)
- ☐ Gallery (Plan/Procure/Display) ☐ Grounds (Maint./Garden) ☐ Marketing ☐ Member Outreach
- ☐ Office Work (Reception/Mailings) ☐ Program Development ☐ Social Outreach ☐ Teaching
- ☐ Other _____

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

PAYMENT METHOD (3% credit card fee applies*)

☐ Cash ☐ CHK # _____ ☐ MC* ☐ Visa* ☐ Dis* ☐ SQ*

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

OFFICE USE ONLY: ☐ FM ☐ WA

Date to _____ Notes _____

payment policies

REGISTRATION & PAYMENT

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

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

- **Online** - Visit womanspace-rockford.org to register. Visa, MasterCard and Discover payments* for programs and membership are through AffiniPay®. 3% service fee applies.
- **By Mail** - Make checks payable to WOMANSPACE. There is a \$25 fee for returned checks. Mail payments to: Womanspace, 3333 Maria Linden Dr., Rockford IL 61114. Please include course codes on memo line. Payments must be received by the registration deadline date.

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

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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. Ours 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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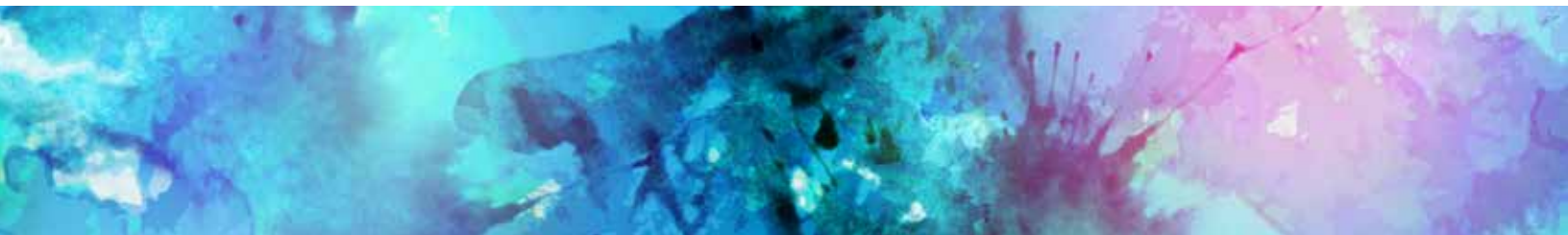


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yourguide

Jan.–April 2024

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.

For up-to-date programming
visit our website —>



Important Dates to Remember

- | | |
|--------|---|
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| Jan 18 | Ireland Trip Informational Session pg. 2 |
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Moms in Motion Collective Cohort pg. 10 |
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The Listening Path: A 6-Week Artist's Way Program pg. 20 |
| Jan 30 | Age like a Goddess pg. 14 |
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So many new and interesting programs throughout...just open & look!