

yourguide™

May–August 2024

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

Awaken your Heart

Enlighten | Educate | Experience





womanspace

Bloom Fest



Spring Artisan Market

Saturday, May 11, 10:00a–4:00p

at Womanspace, 3333 Maria Linden Dr., Rockford

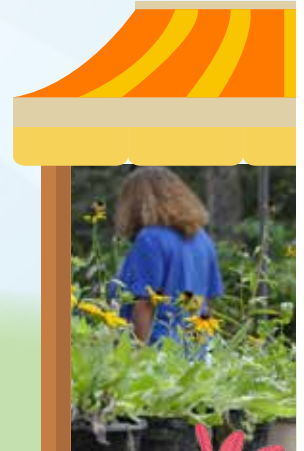
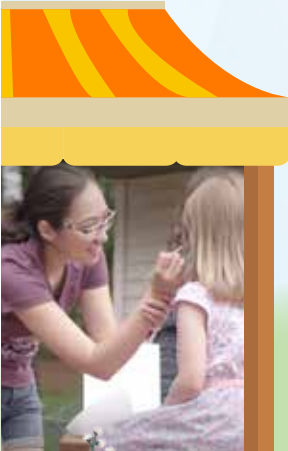
An Artisan Market Full of Locally-Made Goods • Plant Sales

Family Activities • Food & Beverage Trucks • Live Music

Beautiful, Peaceful Grounds • Walking Labyrinth

womanspace-rockford.org

Sponsored by



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 yoga studio, a gallery, Gallery2Go gift shop, a pavilion, 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 want to share some information here about three interesting and unique cooperative projects that have found a home at Womanspace. The first is a book that will be of interest to people from preteens through adults. ***Piece by Piece – The Story of the Rockford Women’s Suffrage Plaza*** is the work of the Women’s Suffrage Centennial (WSC2020). This group of 13 women’s and civic organizations (including Womanspace) came together to tell the stories of the early suffragists, to celebrate the 100th anniversary of the 19th Amendment, to recognize the voting rights act of 1965, and to encourage young women to understand the power of voting. Over a period of 2 1/2 years (during the pandemic), WSC2020 conceptualized, designed, and built the Rockford Women’s Suffrage Plaza on the east bank of the Rock River. Piece by Piece is full of interesting stories and suggestions for activities. The book will be available in May for the nominal cost of \$5.00 per copy. Our own Pat Lai served as art director, with cover design and illustrations by her daughter, Emma Lai. Members of the WSC2020 coalition guided the project and secured funding for the book’s initial printing. Stop by Gallery2Go in May to pick up your copy.

Another important cooperative effort, wherein a growing number of Womanspace members have become involved, is a new initiative called **Rockford Action for Immigrants, or RAI**. This group, with the help of many other people in the community, has been working in a quiet AND significant way, to help four immigrant families find safety and establish “new lives” as members of the greater Rockford community. These families, whose members are originally from Venezuela and Honduras, are being assisted by good, kind, and generous people from this area. They are, at least for now, considering Womanspace as a safe and supportive gathering spot for their family activities and welcome. We are grateful to all who are assisting as part of the RAI efforts. If you want more information about how you can help, please contact me by phone or email. (815-871-1617 or elaine@womanspace-rockford.org)

The third project involves a new scholarship that we are privileged to award. Womanspace has recently been selected to administer the **Deborah Newton Award**, designed to recognize a deserving 7th or 8th grade art student. This scholarship targets students in that age range in memory of the award Deborah Newton herself received in 7th grade, one that began her prestigious career as an artist. We have received the first set of applications, and will be announcing the recipient of the Deborah Newton award soon. This is a good addition to our existing [Esther Schenck Scholarship](#) (pg. 22) for adults, and to our [Fine Arts Scholarship](#) for a graduating high school senior. Scholarships serve as wonderful boosts to the creative spirit of individuals and we are very pleased to take on the task of selecting appropriate recipients. More information about all three of these awards is on our website. If you would like to contribute to any of our scholarship funds, please make your donation to Womanspace and indicate which scholarship fund you are supporting. Thank you.

Elaine Hirschenberger, Executive Director

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Marsha Hosfeld, *President*
Catherine Forslund, *Vice President*
Katrina Olson, *Secretary*
Audrey Falzone
Laura Gorton
Tina Hallberg
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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

volunteerism

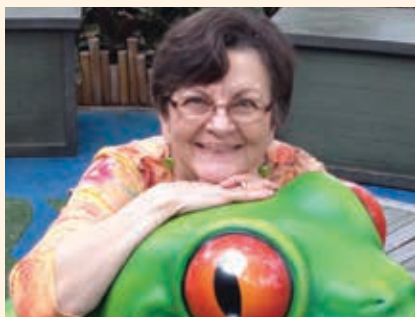


Volunteer Opportunities

Would you like to volunteer for either a short or long-term project at Womanspace? Our volunteer possibilities are endless! 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! See some of our established committees along with emails of their chairwomen or coordinators listed at right.

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 some thing 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.



Hip-Hip-Hooray!

We are very pleased to announce that Womanspace has a new volunteer coordinator! We joyfully welcome Melody Pearson, a very long-time and committed member of Womanspace, to this part-time AND very essential position. Melody has a long history with this organization

and has personally been serving as a weekly volunteer for several years. She understands both the needs of the individual and the needs of Womanspace. Please expect to hear more from Melody very soon. If you have an interest in volunteering in a particular area, please do not hesitate to reach out to her. Contact Melody at volunteer@womanspace-rockford.org.

BloomFest Committee –

Audrey Falzone, audreyfalz99@gmail.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

Online Auction Committee –

Catherine Forslund,
cforslund@rockford.edu

Program Committee –

Nicole Landreth and Joy Jordan,
nicole@womanspace-rockford.org
joy@womanspace-rockford.org

Restyle the Runway Committee –

Barbara McDonald, kirkydo@aol.com
Katrina Olson, kmolson257@gmail.com

Scholarship Committee –

Kristin Kofoed, krisilizie@mac.com

Social Outreach Committee –

Kay Strand, kstrand4@aol.com

Special Events Committee –

Cristi Hopp Kniess, ckniess18@gmail.com

Join us on the first Wednesday of
YOUR birthday month to visit and
enjoy some birthday treats!
No RSVPs necessary!

bookwoman



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

The Secret History of Home Economics by Danielle Dreilinger

The term “home economics” may conjure traumatic memories of lopsided hand-sewn pillows or sunken muffins, but common conception obscures the story of the revolutionary science of better living. The field created opportunities for women in the twentieth century by reducing domestic work and providing jobs as professors, engineers, chemists, and businesspeople. This groundbreaking and engaging history restores a denigrated subject to its rightful importance, as it reminds us that everyone should learn how to cook a meal, balance their account, and fight for a better world.

Wed. | 10:00-11:30a
BW23-41 | **May 8**
Registration **REQUIRED**
by 5/6

Sliding Scale \$5-\$20
William Reif Gallery



The Downstairs Girl by Stacey Lee

By day, seventeen-year-old Jo Kuan works as a lady's maid for the cruel daughter of one of the wealthiest men in Atlanta. But by night, Jo moonlights as the pseudonymous author of a newspaper advice column for the genteel Southern lady, “Dear Miss Sweetie.” When her column becomes wildly popular, she uses the power of the pen to address some of society's ills, but she's not prepared for the backlash that follows when her column challenges fixed ideas about race and gender. *The Downstairs Girl* is clever, poignant and funny.

Wed. | 10:00-11:30a
BW23-42 | **June 12**
Registration **REQUIRED**
by 6/10

Sliding Scale \$5-\$20
William Reif Gallery



The Personal Librarian by Marie Benedict & Victoria Christopher Murray

In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. She becomes a fixture in New York City society and one of the most powerful people in the art and book world. But Belle has a secret, one she must protect at all costs – she is the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality. This is a story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go to preserve her carefully crafted white identity in the racist world in which she lives.

Wed. | 10:00-11:30a
BW23-43 | **July 10**
Registration **REQUIRED**
by 7/8

Sliding Scale \$5-\$20
William Reif Gallery



Dust Child by Nguyễn Phan Quế Mai

Meet four very different characters, all of whom have been affected by the Vietnam war in their own way. Dan is a Vet who served only a short time in the war as a Helicopter pilot, but who has been haunted by the loss he witnessed and the atrocities that occurred for which he wants to make reparations. Phong is one of the bụi đời, a child born of Vietnamese and American heritage, left by his mother at an orphanage and now on a quest to find his birth parents. And finally we have Trang and Quỳnh, sisters who move to Sài Gòn in order to earn money to support their parents and pay off debtors. This is a beautiful story which is both steeped in tragedy but also able to create a feeling of hope.

Wed. | 10:00-11:30a
BW23-44 | **Aug 14**
Registration **REQUIRED**
by 8/12

Sliding Scale \$5-\$20
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.*

Charlotte Gray

Charlotte (Cate Blanchett), a young Scottish woman, who has studied in France, is living in London during World War II. Within a few weeks she falls in love with a young pilot and is recruited by the Secret Service to act as a courier for the French Resistance. However, her mission behind enemy lines becomes a personal mission to find her lover who has been shot down. Assigned to a Communist Resistance group, she encounters acts of betrayal from sometimes unexpected sources, but meets the violence of war and her own disappointment with hope. 2001 | PG-13 | 2h 1m

Monday | 6:00-9:00p
SF23-41 | **May 27**
Registration
REQUIRED by 5/25
\$20 (Members \$15)
William Reif Gallery



The Miracle Club

Ballygar, Ireland, 1967. A hard-knocks community in outer Dublin marches to its own beat, rooted in traditions of loyalty, faith and togetherness. There's just one tantalizing dream for the women of Ballygar to taste freedom and escape the gauntlet of domestic life: to win a pilgrimage to the sacred French town of Lourdes. And with a little benevolent interference from their cheeky and rebellious priest, close friends Lily, Eileen, Dolly and Sheila are the 'lucky' few to win this ticket of a lifetime at their riotous local raffle night. 2023 | PG-13 | 1h 30m

Monday | 6:00-9:00p
SF23-42 | **June 24**
Registration
REQUIRED by 6/22
\$20 (Members \$15)
William Reif Gallery



Call Jane

Set in the late 1960s, a pregnant housewife finds out she has a potentially life threatening illness, and the only treatment is to have an abortion. Declined by the hospital board of directors, she sets out to find an alternative to hospital treatment. Upon finding a group who offer services to facilitate illegal abortions, she then gets more involved in the service, "Call Jane." 2022 | R | 2h 1m

Monday | 6:00-9:00p
SF23-43 | **July 22**
Registration
REQUIRED by 7/20
\$20 (Members \$15)
William Reif Gallery



Barbie

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. 2023 | PG-13 | 1h 54m

Monday | 6:00-9:00p
SF23-44 | **Aug 26**
Registration
REQUIRED by 8/24
\$20 (Members \$15)
William Reif Gallery



community

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



iNecesito Practicar Más! Conversational Spanish Group

Si entiendes poco o nada, pero quieres practicar tu español con amigas, then join us! Whatever your background in learning or understanding Spanish, if you're ready to bump up your fluency and practice your Spanish in a friendly and supportive environment, then join us! We meet every Wednesday, except the 2nd week of the month. **Registration is REQUIRED for this group.**

*May 22– No group, but join us for a special event Venezuelan Gathering: A Life Story.

Wednesday | 5:30-7:00p

CG23L-41 | **May 1, 15, 29** (3 wk)

CG23L-42 | **June 5, 19, 26** (3 wk)

CG23L-43 | **July 3, 17, 24, 31** (4 wk)

CG23L-44 | **Aug 7, 21, 28** (3 wk)

Registration REQUIRED 2 days before.

Sliding Scale \$5-\$20

Sylvia Landreth | William Reif Gallery

Writing Group

Have you been wanting to write, but are struggling with motivation? Join this weekly writing group to trade ideas, share your writings, find creative accountability, and further refine your craft! Group members will exchange ideas of literary device, style, and direction; they will also be given optional prompts to aid in creativity. Each week, writers will have the opportunity to share pages with other members of the group. Facilitator Eamonn James Talkington, while primarily known for his paintings, is a skilled short story writer, grammarian, and creative thinker. **Registration is REQUIRED for this group.**

Wednesdays | 6:00-8:00p

WR23T-41 | **May 1-29** (5 wk)

WR23T-42 | **June 5-26** (4 wk)

WR23T-43 | **July 3-31** (5 wk)

WR23T-44 | **Aug 7-28** (4 wk)

Registration REQUIRED 2 days before.

Sliding Scale \$5-\$20

Eamonn Talkington | ND Upper Studio

Pet Loss Grief Support Group

"Grief is about love and our animal companions often show us some of the most unconditional love we could ever experience." – David Kessler, author & grieving expert

The purpose of this monthly group is to offer a calm, safe and nonjudgmental place to help grieving pet parents discuss the difficult emotions related to losing a pet. Whether your beloved companion had fur, wings, scales or fins, you will be together with others that know the sometimes indescribable pain of pet loss. If you would like, please bring a photo or other memento of your cherished animal/s. **Registration is REQUIRED for this group.**

Wednesdays | 6:00-7:30p

CG23H-41 | **May 8** | Reg. by 5/6

CG23H-42 | **June 12** | Reg. by 6/10

CG23H-43 | **July 10** | Reg. by 7/8

CG23H-44 | **Aug 14** | Reg. by 8/12

Registration REQUIRED 2 days before.

Sliding Scale \$5-\$10

Tina Hallberg | William Reif Gallery

Drumming Circle

We invite you to join this monthly group to enjoy the camaraderie of making music together. We will explore traditional drumming rhythms, the rhythms of sayings, nursery rhymes, and the rhythms of emotions as we connect with each other and with the earth. No talent or previous experience is required. Visit our web site for the various locations of each drum circle gathering. **Bring your own percussive instrument if you have one. Limited instruments are available to borrow during class. Registration is REQUIRED for this group.**

Sundays | 2:00-4:00p

DR23T-41 | **May 12** | Reg. by 5/10

DR23T-42 | **June 9** | Reg. by 6/7

DR23T-43 | **July 14** | Reg. by 7/12

DR23T-44 | **Aug 11** | Reg. by 8/9

Registration REQUIRED 2 days before.

Sliding Scale \$5-\$15

Julie Thompson | Anjali Pavilion

community

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



Venezuelan Gathering – Life Stories of our New Neighbors

In Elaine’s column on page 4, you read about the efforts of the newly-formed group called Rockford Action for Immigrants (RAI) that is helping to resettle families who have traveled here from Venezuela and Honduras. This evening, we invite you to come and BE a real part of the warm and welcoming community that is Womanspace. Help us not only welcome them but also learn from these hopeful sisters and brothers who have undergone long and arduous journeys from their homelands. They are eager to find normalcy as they and their kids establish themselves and make friends, as they find both employment and enjoyment here in Rockford. This will be a great opportunity to get a closer and more intimate look at what immigrants actually experience in their search for safety and a place to call home. We are grateful that we will have several volunteer interpreters who will help facilitate our understanding of one another. Refreshments will be served!

Wednesday | 5:30-7:00p

CG23V-41 | **May 22**

Register by 5/20

Suggested Donation \$5–\$15

(All donations will go to the families)

Elaine Hirschenberger | Wm Reif Gallery

Lunar Women’s Circle

The gathering of women is a sacred tradition that has held a divine and staple role in society throughout history, and we’d like to invite you to join our community gatherings under the light of each full moon. In the Lunar Women’s Circle, we gather to teach, listen, learn, heal, and grow. During each gathering, we will discuss astrological influences as well as other currents affecting our lives. This summer we will also invite special guests to help guide our evening gatherings. We will begin in the ND Upper Studio and move out to the labyrinth. **Registration is REQUIRED for this group.**

May 23: Flower Moon - Crystal Grid Journaling with Deb Rose

June 21: Strawberry Moon – no meeting; join us for the *Summer Solstice Gathering*, pg 12

July 21: Buck Moon – Mandalas & Mantras with Nicole Landreth

Aug 19: Sturgeon Moon – Summer Reflection with Nicole Landreth

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

LW23-41 | **May 23** (Thu; Flower)

LW23-42 | **July 21** (Sun; Buck)

LW23-43 | **Aug 19** (Mon; Sturgeon)

Register two days before each session.

Sliding Scale \$5–\$15

Peighton Fei | ND Upper Studio
& Labyrinth

Rev. Colleen McDonald

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lunch & learn

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



Hawaiian Applique Quilts: Unique to the Islands

Hawaiian Quilts are beautiful and functional works of art. Quilter Colleen Blanchard discovered these beauties while vacationing in Hawaii and has completed a number of them over the years. Colleen will talk about the history of these quilts and the process she follows to create modern versions. Her artwork will be on display to see and touch. If you've ever made a paper snowflake you will be amazed at how that concept is used to create Hawaiian two fabric quilts.

Tuesday | 12:00-1:00p

LL23-41 | **May 14**

Register by 5/12

\$10

Colleen Blanchard | Wm Reif Gallery

Book Signing: *Full Circle*

Join us for a special event featuring Julie Thompson, a beloved member of the Womanspace community, as she reads excerpts from her book *Full Circle: A Grandma's Journey*. Delve into her heartfelt reflections on her experience and cherished relationships as they evolve over the journey of life, followed by a book signing session. Don't miss this opportunity to connect with Julie and celebrate her inspiring story.

Tuesday | 12:00-1:00p

LL23-42 | **June 11**

Register by 6/9

\$10

Julie Thompson | William Reif Gallery

Neo-Shamanic Breathwork

Neo-Shamanic Breathwork (NSB) is an experiential process that uses breathing, music and safe space to facilitate expanded states of awareness for self-exploration and healing. Connected to the tradition of Holotropic Breathwork as well as Jungian and Neo-Jungian maps of the soul, NSB involves accelerated breathing, evocative music, bodywork, mandala drawing and group sharing in a safe environment with a trained facilitator. Join this session to learn more about this powerful technique to access a wide range of experiences for the purpose of personal and spiritual growth.

Tuesday | 12:00-1:00p

LL23-43 | **June 25**

Register by 6/23

\$10

Kathy Cox | William Reif Gallery

Chakra Club

Join Beth and Kathy in this session to learn more about the Chakra Club, a once-a-month support group that focuses on sharing from the perspective of our soul and higher self. This group will work equally well for those who already have information about chakras and would like further exploration, as well as for those who are new to these ideas. The purpose of the Chakra Club is to help us find deeper meaning, wholeness, and healing – as we tap into our higher consciousness in sharing our personal experiences and combined wisdom.

Tuesday | 12:00-1:00p

LL23-44 | **Aug 20**

Register by 8/18

\$10

Beth Campisi & Kathy Moehling
William Reif Gallery

movement

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



NEW! Ballet for Beginners

Ballet improves working memory, coordination, muscular strength, balance, and is a lot of fun! This specially designed class is for both those who have never tried ballet before as well as those returning to dance after a long absence. Class focuses on the basic shapes, musicality, movements and storytelling that form the foundation of ballet.

Tuesdays | 6:00-7:00p

DN23-41 | **May 21-June 11** (4 wk)

Register by 5/19

Fee: \$95 (Members \$80)

Miss Aubrey | WSP Yoga Studio

Belly Dancing with the Family

A special belly dancing class for the whole family. Moms, dads, grandparents and children and grandchildren. Join Freya for a fun time together learning belly dancing and practicing without any hesitation or embarrassment. Don't be intimidated; everyone will be learning and participating to have a good time. **The registration fee includes the registration for one adult and one child (age 4-10) or two people registering together as family.**

Tuesdays | 6:00-7:00p

DN23-42 | **June 18-July 9** (4 wk)

Register by 6/16

\$100 (Member \$85)

Freya | WSP Yoga Studio

NEW! Jazz/Tap Combo

This new jazz/tap combo dance class is a great way to have fun and workout at the same time. This introductory class focuses on fun easy-to-do steps that make you feel like a pro in no time. In this beginning class stationary and traveling steps will be taught, using elementary jazz steps and across the floor combinations.

Equipment needed: Tap shoes, which can easily be found on Amazon, and a small 2 x 2' piece of plywood for the optimal tap sound.

Tuesdays | 6:00-7:00p

DN23-43 | **July 16-Aug 6** (4 wk)

Register by 7/3

Fee: \$95 (Members \$80)

Miss Aubrey | WSP Yoga Studio

Cardio Drumming

This is an exercise class – so dress comfortably, wear sturdy shoes and bring water. No drumming experience needed. All levels welcome...can even be done sitting down!

Cardio Drumming combines movement with the beat and rhythm of drums for a fun, high energy workout. It brings together drumsticks, an exercise ball, an exercise ball stand (bucket), and rhythmic moves to create one of the most fun workouts you'll ever do. It will raise your heart rate to help burn calories, improve your coordination and ability to focus, and help strengthen many muscle groups, including your core. Studies have shown that when people find workouts they enjoy and have fun with, they're more likely to stick with their routine. **Equipment needed:** 65cm exercise ball, 5A basic drumsticks & 5 gallon bucket. (Purchase at local retail stores or online.)

Thursdays | 6:00-7:00p

DR23C-42 | **May 16-30** (3 wk)

DR23C-42 | **June 6-27** (4 wk)

DR23C-44 | **July 11-Aug 1** (4 wk)

Register by 2 days before class

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

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

Single Class Fee: \$15

Beth Campisi | Anjali Pavilion

Adaptive Cardio Drumming

No drumming experience needed. All levels welcome! This class provides all the awesome benefits of regular cardio drumming while seated in a chair. This exercise is not vigorous; however it provides a multitude of benefits for the participant!

Equipment needed: 65cm exercise ball, 5A basic drumsticks & 5 gallon bucket.

Thursdays | 4:00-5:00p

DR23C-41 | **May 16-30** (3 wk)

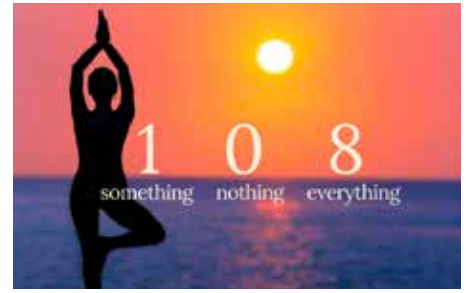
Register by 5/14

Fee: \$40 (Mem \$30) Single Class: \$15

Beth Campisi | Anjali Pavilion

solstice events

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



Kids Art & Yoga Workshop

In celebration of International Yoga Day, we are offering two, 90 minute art + yoga workshops for kids ages 5 and up! Artist and Yoga Teacher, Rhiannon Yandell will lead the kids through a fun yoga adventure where they will learn Sun Salutations with poses based on summer sun activities and nature. They will also create a Summer themed art project that they will take home!

Friday | 9:00-10:30p

RT23-41 | **June 21** Reg. by 6/19

Friday | 3:00-4:30p

RT23-43 | **June 21** Reg. by 6/19

Suggested Donation \$5-\$25

Rhiannon Yandell | Anjali Pavilion

Summer Solstice Mandala Flow

Join Nicole Landreth and Rhiannon Yandell for this relaxing three-hour workshop. Rhiannon will begin the session with a meditation followed by a 60-minute gentle, all levels vinyasa flow yoga to promote creativity. Following our yoga flow, mandala artist, Nicole, will guide us through the making of mandala art, and you'll have your own to take home. Come relax and leave your hectic life behind...at least for a few hours! **Fee includes supplies. Bring your own mat.**

Friday | 11:00a-2:00p

RT23-42 | **June 21**

Register by 6/19

Suggested Donation \$5-\$25

Rhiannon Yandell | Anjali Pavilion

Summer Solstice Yoga Mala

This Summer Solstice and in celebration of International Yoga Day, join us for 108 Sun Salutations. The Yoga Mala is a meditative practice that connects the body, mind, and the universe specifically when nature is undergoing a change. Coupled with this change in nature, yogis can start once again, fresh, renewed and inspired.

Suggested equipment: comfortable attire, yoga mat, yoga block, strap, blanket/pillow, and a bottle of water to hydrate before, during, and after.

Friday | 5:00-7:00p

RT23-44 | **June 21**

Register by 6/19

Suggested Donation \$5-\$25

TBA | WSP Back Lawn

Summer Solstice Gathering

Celebrate the Full Moon Summer Solstice in community. With the sun and moon both at their fullest and brightest, gather with us in this light to witness what part of the annual cycle you are in. We will meet at the labyrinth, and invite you to close out the evening around the fire to continue celebrating the longest day of the year in community. Bring a beverage of your choice.

Friday | 7:00-9:00p

RT23-45 | **June 21**

Register by 6/19

Suggested Donation \$5-\$25

Kim Plumb | WSP Labyrinth



Memorials at Womanspace (Gardens and Beyond)

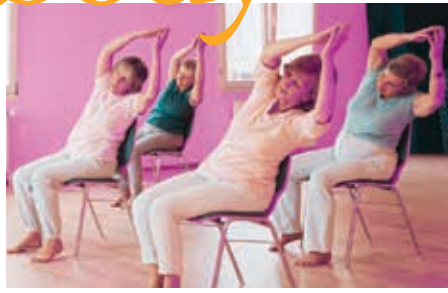
Honor a living or deceased person by establishing a specially named fund or feature at Womanspace. Examples of memorials can include:

- 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.

mind & body

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



Hatha Yoga

All levels. This class is taught in the Hatha Yoga tradition, creating balance in body and mind. You can expect an ever-changing practice along with pranayama and centering techniques. Variations in poses are always offered, and students are encouraged to move at their own pace. Classes are welcoming, calming, relaxing, challenging, and fun.

Suggested equipment: comfortable attire, and a yoga mat.

Thursdays | 10:00-11:00a

YG23-41 | **May 2-30** (5 wk)

YG23-42 | **June 6-27** (4 wk)

YG23-43 | **July 11-25** (3 wk)

YG23-44 | **Aug 1-29** (5 wk)

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

Amanda Stivers | Yoga Studio

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

YD23-41 | **May 6-20** (3 wk)

YD23-42 | **June 3-24** (4 wk)

YD23-43 | **July 1-29** (5 wk)

YD23-44 | **Aug 5-26** (4 wk)

Register by 2 days before class

3-Week Fee: \$65 (Members \$45)

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

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

Single class: \$20

Rhiannon Yandell | Wm. Reif Gallery

Adaptive Yoga New Day & Time*

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.

*Wednesdays | 10:00-11:00p

YT23-41 | **May 1-29** (5 wk)

YT23-42 | **June 5-26** (4 wk)

YT23-43 | **July 3-31** (5 wk)

YT23-44 | **Aug 7-28** (4 wk)

Register by 2 days before class

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

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

Single class: \$20

Rhiannon Yandell | Zoom Only

Friday Recordings | 10:00a

YT23F-41 | **May 3-31** (5 wk)

YT23F-42 | **June 7-28** (4 wk)

YT23F-43 | **July 5-26** (4 wk)

YT23F-44 | **Aug 2-30** (5 wk)

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

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

Single class: \$7

Reg. 2 days before for recording link

Yoga in the Garden

Make room in your body and mind for the birdsong, sunshine and smell of blooming flowers. Embrace the sun, stretch your arms up and plant your feet into the ground like roots during this 60-minute, all levels vinyasa yoga class. **Bring a bottle of water. No mats required. If the summer sunshine is not on our side, we'll practice under the Anjali Pavilion with mats.**

Saturdays | 10:00-11:00a

YS23-41 | **May 25**

YS23-42 | **July 6**

YS23-43 | **Aug 24**

Register by 2 days before class

\$25 (Member \$20)

Rhiannon Yandell | WSP Grounds

Taken Any Classes?



Let us know how we're doing!

mind & body

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



Yin Yoga + Sound Bath

Join guest instructor, Laura Youngblut, RYT-500, for a 90-minute session of yin yoga with a sound bath of singing bowls and chimes. You will begin in yin yoga poses; each one being held for 1 to 10 minutes. You will slowly end in a meditative savasana and into a deeper sound bath. Physically, this is a chance to find anchoring and grounding in your body. Mentally and emotionally, you will be given space to create awareness within. Cues will be given throughout to come back to your foundation and journey.

Friday | 6:00-7:30p

YM23-41 | May 17

Register by 5/15

Fee: \$35 (Members \$30)

Laura Youngblut | Yoga Studio

Deep Assist Yoga

Join Laura Youngblut, Licensed Massage Therapist (LMT), Registered Yoga Teacher (RYT), and Registered Nurse (RN) for a yoga and massage experience. Deep Assist Yoga is a 90-minute restorative, yin yoga with the massage assist session. Laura will cue asanas and offer massage assists; giving opportunity to create a physical awareness and connection. Please note, massage assists are to bring awareness, not to provide the outcome of bodywork.

Sunday | 4:00-5:00p

YM23-42 | May 19

Register by 5/16

Fee: \$35 (Members \$30)

Laura Youngblut | William Reif Gallery

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 | 6:30-8:00p

HL23-43 | July 12

Register by 7/10

\$30 (Members \$25)

Walk-in Fee: \$35

Michael Bettine | Anjali Pavilion



The Gardens & Grounds need YOU!

If you like to spend time outside "playing in the dirt," PLEASE consider being part of our "Adopt-a-Space" opportunity. **We could use your help.** We have many small spaces that need occasional maintenance including weeding, trimming, caring, etc.

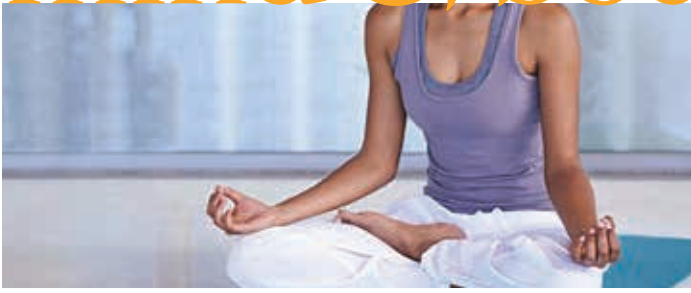
Volunteers can be individuals, pairs, families, or groups that work on their adopted space any time and on their own schedule, perhaps weekly or just as needed once you get to know your space.

Together, WE CAN DO IT!

For info or to volunteer, contact Anne at agodin7733@aol.com

mind & body

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



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

MD23-41 | **May 7-28** (4 wk)

MD23-42 | **June 4-25** (4 wk)

MD23-43 | **July 2-30** (5 wk)

MD23-44 | **Aug 6-27** (4 wk)

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

Sunset Forest Therapy Walk

Capture the setting sun and end your day by fully immersing yourself in the golden hours of a sunset forest therapy walk. Come join Callie for a full sensory immersion only possible in the woods. Callie is a trained Association of Nature and Forest Therapy guide and has studied how to bring participants out of their heads and into their hearts and bodies. In this hour and a half participants will experience a guided meditation, a series of sensory based invitations to extinguish the barrier between self and nature/others and will leave with a token from the woods to carry their experience with them into their everyday life.

Sunday | 7:00-8:30p

HL23-44 | **June 9**

Register by 6/6

\$35 (Members \$25)

Callie Hunter | Anjali Pavilion

Journaling and Forest Therapy

Deb Rose earned her Master's in Fine Arts in Writing and Consciousness. Jen Rose received her guide certification through the Association of Nature and Forest Therapy. They are combining their passions to offer this opportunity to connect in community with spirit, nature and creativity. Nature Therapy is a practice that helps participants reestablish a relationship to our natural world. Invitations to explore nature and writing through your sensations will be offered, using both prompts and free writing to explore and express your experience. Dress for the weather. We will be spending time on the Womanspace Grounds as well as in the Gallery.

Saturday | 9:00a-12:00p

HL23-45 | **July 20**

Register by 7/18

\$40 (Members \$30)

Deb & Jen Rose | Anjali Pavilion

New Day Morning Forest Therapy Walk

Greet the new day with intention, presence and stillness as the sun takes its place in the sky on an early morning forest therapy walk. Come join Callie for a full sensory immersion only possible in the woods. Callie is a trained Association of Nature and Forest Therapy guide and has studied how to bring participants out of their heads and into their hearts and bodies. In this hour and a half participants will experience a guided meditation, a series of sensory based invitations to extinguish the barrier between self and nature/others and will leave with a token from the woods to carry their experience with them into their everyday life.

Saturday | 8:00-9:30a

HL23-46 | **Aug 10**

Register by 8/8

\$35 (Members \$25)

Callie Hunter | Anjali Pavilion

mind & body

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



Reiki Self-Care

Reiki is an ancient hands-on healing practice that encourages self-growth. Learning to live on the Earth while being connected to the Universe is one of the goals of being a spirit in a human body. Come learn the history of Usui Reiki, how to get centered and grounded. We will practice feeling energy and using that energy for an area of our body that is hurting as well as learning a few of the positions for Reiki that help center and calm ourselves.

Thursday | 6:30-8:00p

HL23-41 | **May 30**

Register by 5/28

\$35 (Members \$25)

Deb Rose | William Reif Gallery

Reiki Share & Potluck

Reiki is an ancient hands-on healing practice that encourages self-growth. Learning Reiki Shares are times when Reiki practitioners, people who are interested in Reiki, and those who would like to receive Reiki come together in a common space. This evening is a chance for like minded people to come together to share energy, food, and some conversation. Maybe you have heard about Reiki but have never had a session, or you have gone through Reiki training and want a chance to practice and get to know like-minded people! You are welcome to come and receive Reiki, give Reiki, or both! *If you would like to participate in the meal and conversation, please come at 6pm and bring a dish to pass. We will provide the plates, silverware, and glasses. The Reiki share will begin at 7pm and end around 9pm. If you have a Reiki table, please bring it!*

Thursday | 6:00-9:00p

HL23-42 | **July 19**

Register by 7/17

Sliding Scale \$5-\$20

Deb Rose | Anjali Pavilion or
William Reif Gallery

Botany for Herbalists and Foragers

This program is intended to increase the skills and confidence of herbal enthusiasts, herbalists and foragers. Learning and practicing field botany is fun and one of the most important skills for any forager. Through playful and engaging observation exercises, as well as practices with plant keys, you will leave this program feeling confident and excited about engaging with the plant world. **Bring your favorite ID books and a hand lens (if you do not have one, there will be some for you to use and/or purchase).**

Sunday | 9:00a-5:00p

HL23-47 | **July 7**

Register by 7/3

\$145 (Members \$120)

Linda Conroy of Moonwise Herbs
Anjali Pavilion

Herbs for Women's Health

Join herbalist and forager Linda Conroy for this fun and informative program. We will begin by discussing the ages and stages of women's lives. As we look at a woman's lifespan from maiden to mother to crone, we will learn about the herbs that will support women in each phase and learn to prepare them for optimal benefit. There will be a hands-on section for this program, and we will make several herbal preparations that you can take home and incorporate into daily life. Recipes and notes will also be provided.

Sunday | 1:00-4:00p

HL23-48 | **Aug 25**

Register by 8/22

\$70 (Members \$55)

Linda Conroy of Moonwise Herbs
Anjali Pavilion

May 2024

<p>5 Cinco de Mayo</p> <p>11:00-12:00 Chair Yoga Dance 1</p> <p>1:00-4:00 Wild Women Pottery 1</p> <p>6:00-8:00 Manic Monday Clay 6</p>	<p>7</p> <p>8:30-9:30 Meditation 1</p> <p>10:00-12:00 Basic Handbuild 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 BWT Pottery 5</p>	<p>1</p> <p>9:30-12:30 Whimsical HB 1</p> <p>10:00-11:00 Adaptive Yoga 1</p> <p>2:30-4:30 Basic Handbuild 3</p> <p>5:00-9:00 Open Clay Studio</p> <p>5:30-7:00 Spanish Group 1</p> <p>6:00-8:00 Writing Group 1</p>	<p>2</p> <p>10:00-11:00 Hatha Yoga 1</p> <p>10:00-12:00 Splashdown 5</p> <p>10:00-12:00 BWT Pottery 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 5</p>	<p>3</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 1</p> <p>10:00-4:00 Open Clay Studio</p>	<p>4</p> <p>9:00-12:00 Int. WT Pottery 3</p>
<p>6</p> <p>11:00-12:00 Chair Yoga Dance 1</p> <p>1:00-4:00 Wild Women Pottery 1</p> <p>6:00-8:00 Manic Monday Clay 6</p>	<p>7</p> <p>8:30-9:30 Meditation 1</p> <p>10:00-12:00 Basic Handbuild 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 BWT Pottery 5</p>	<p>8</p> <p>9:30-12:30 Whimsical HB 2</p> <p>10:00-11:30 Bookwoman</p> <p>10:00-11:00 Adaptive Yoga 2</p> <p>2:30-4:30 Basic Handbuild 4</p> <p>6:00-8:00 Writing Group 2</p> <p>6:00-7:30 Pet Loss Group</p> <p>5:00-9:00 Open Clay Studio</p>	<p>9</p> <p>10:00-11:00 Hatha Yoga 2</p> <p>10:00-12:00 BWT Pottery 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Handbuilt Pottery 6</p>	<p>10</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 2</p> <p>10:00-4:00 Open Clay Studio</p> <p>11:00-1:00 Painting w/ Jaymee 1</p>	<p>11</p> <p>9:00-12:00 Int. WT Pottery 4</p>
<p>12 Mother's Day</p> <p>2:00-4:00 Drum Circle</p> <p>1:00 Membership Committee</p> <p>1:00-4:00 Wild Women Pottery 2</p> <p>4:30 Executive Committee</p> <p>6:00-8:00 Manic Monday Clay 1</p>	<p>14</p> <p>8:30-9:30 Meditation 2</p> <p>10:00-12:00 Basic Handbuild 5</p> <p>12:00-1:00 LL: HI Applique Quilt</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 Fused Glass: Ocean Wave</p> <p>6:00-8:00 BWT Pottery 6</p>	<p>15</p> <p>9:30-12:30 Whimsical HB 3</p> <p>10:00-11:00 Adaptive Yoga 3</p> <p>2:30-4:30 Basic Handbuild 5</p> <p>5:00-9:00 Open Clay Studio</p> <p>5:30-7:00 Spanish Group 2</p> <p>6:00-8:00 Writing Group 3</p>	<p>16</p> <p>10:00-11:00 Hatha Yoga 3</p> <p>10:00-12:00 BWT Pottery 5</p> <p>1:00-5:00 Open Clay Studio</p> <p>3:30 Finance Committee</p> <p>4:00-5:00 Adapt. Cardio Drum 1</p> <p>6:00-7:00 Cardio Drum 1</p> <p>6:00-8:00 Handbuilt Pottery 1</p>	<p>17</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 3</p> <p>10:00-4:00 Open Clay Studio</p> <p>11:00-1:00 Painting w/ Jaymee 2</p> <p>6:00-7:30 Yin Yoga + Sound Bath</p> <p>6:00-8:00 Pottery Sampler 1</p>	<p>18</p>
<p>19</p> <p>4:00-5:00 Deep Assist Yoga</p> <p>11:00-12:00 Chair Yoga 3</p> <p>1:00-4:00 Wild Women Pottery 3</p>	<p>21</p> <p>8:30-9:30 Meditation 3</p> <p>10:00-12:00 Toes in Water 1</p> <p>10:00-12:00 Basic Handbuild 6</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00 Board Meeting</p> <p>6:00-7:00 Beg. Ballet 1</p>	<p>22</p> <p>9:30-12:30 Whimsical HB 4</p> <p>10:00-11:00 Adaptive Yoga 4</p> <p>2:30-4:30 Basic Handbuild 6</p> <p>5:00-9:00 Open Clay Studio</p> <p>5:30-7:00 Venezuelan Story</p> <p>6:00-8:00 Writing Group 4</p>	<p>23</p> <p>10:00-11:00 Hatha Yoga 4</p> <p>10:00-12:00 Splashdown 1</p> <p>10:00-12:00 BWT Pottery 6</p> <p>1:00-5:00 Open Clay Studio</p> <p>4:00-5:00 Adapt. Cardio Drum 2</p> <p>6:00-7:00 Cardio Drum 2</p> <p>6:00-8:00 Handbuilt Pottery 2</p> <p>6:00-8:00 Lunar Women's Circle</p>	<p>24</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 4</p> <p>10:00-4:00 Open Clay Studio</p> <p>11:00-1:00 Painting w/ Jaymee 3</p>	<p>25</p> <p>10:00-11:00 Yoga in the Garden</p> <p>1:00-3:00 Kids Studio Art Club</p>
<p>26</p> <p>1:00-4:00 Wild Women Pottery 4</p> <p>6:00-9:00 S&F: Charlotte Gray</p>	<p>28</p> <p>8:30-9:30 Meditation 4</p> <p>10:00-12:00 Toes in Water 2</p> <p>10:00-12:00 Basic Handbuild 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Beg. Ballet 2</p>	<p>29</p> <p>9:30-12:30 Whimsical HB 5</p> <p>10:00-11:00 Adaptive Yoga 5</p> <p>2:30-4:30 Basic Handbuild 1</p> <p>5:00-9:00 Open Clay Studio</p> <p>5:30-7:00 Spanish Group 3</p> <p>6:00-8:00 Writing Group 5</p>	<p>30</p> <p>10:00-11:00 Hatha Yoga 5</p> <p>10:00-12:00 Splashdown 2</p> <p>10:00-12:00 BWT Pottery 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>4:00-5:00 Adapt. Cardio Drum 3</p> <p>6:00-7:00 Cardio Drum 3</p> <p>6:00-8:00 Handbuilt Pottery 3</p> <p>6:30-8:00 Reiki Self-Care</p>	<p>31</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 5</p> <p>10:00-4:00 Open Clay Studio</p> <p>11:00-1:00 Painting w/ Jaymee 4</p> <p>6:00-8:00 Pottery Sampler 2</p>	

June 2024

<p>2</p>	<p>3</p> <p>11:00-12:00 Chair Yoga Dance 1</p> <p>6:00-8:00 Manic Monday Clay 3</p>	<p>4</p> <p>8:30-9:30 Meditation 1</p> <p>10:00-12:00 Toes in Water 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Beg. Ballet 3</p>	<p>5</p> <p>9:30-12:30 Whimsical HB 1</p> <p>10:00-11:00 Adaptive Yoga 1</p> <p>5:00-9:00 Open Clay Studio</p> <p>5:30-7:00 Spanish Group 1</p> <p>6:00-8:00 Writing Group 1</p>	<p>6</p> <p>10:00-11:00 Hatha Yoga 1</p> <p>10:00-12:00 Splashdown 3</p> <p>10:00-12:00 BWT Pottery 2</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Cardio Drum 1</p> <p>6:00-8:00 Handbuilt Pottery 4</p>	<p>7</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 1</p> <p>10:00-4:00 Open Clay Studio</p> <p>11:00-1:00 Painting w/ Jaymee 5</p>	<p>1</p> <p>9:00-12:00 Int. WT Pottery 1</p> <p>1:00-3:00 Beginning Quilting: Applique Basics</p> <p>6:00-9:00 iPhone Photography 1</p>
<p>9</p> <p>1:00-3:30 Alcohol Inks</p> <p>2:00-4:00 Drum Circle</p> <p>7:00-8:30 Sunset Forest Walk</p>	<p>10</p> <p>11:00-12:00 Chair Yoga Dance 2</p> <p>1:00 Membership Committee</p> <p>1:00-4:00 Wild Women Pottery 1</p> <p>4:30 Executive Committee</p> <p>6:00-8:00 Manic Monday Clay 4</p>	<p>11</p> <p>8:30-9:30 Meditation 2</p> <p>10:00-12:00 Toes in Water 4</p> <p>10:00-12:00 Basic Handbuild 2</p> <p>12:00-1:00 LL: Book Signing</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-8:00 F. Glass: Breeze Chimes 1</p> <p>6:00-7:00 Beg. Ballet 4</p>	<p>12</p> <p>9:30-12:30 Whimsical HB 2</p> <p>10:00-11:30 Bookwoman</p> <p>10:00-11:00 Adaptive Yoga 2</p> <p>2:30-4:30 Basic Handbuild 2</p> <p>3:30 Gallery Committee</p> <p>5:00-9:00 Open Clay Studio</p> <p>6:00-7:30 Pet Loss Group</p> <p>6:00-8:00 Writing Group 2</p>	<p>13</p> <p>10:00-11:00 Hatha Yoga 2</p> <p>10:00-12:00 Splashdown 4</p> <p>10:00-12:00 BWT Pottery 3</p> <p>1:00-5:00 Open Clay Studio</p> <p>3:30 Finance Committee</p> <p>6:00-7:00 Cardio Drum 2</p>	<p>14</p> <p>Flag Day</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 2</p> <p>10:00-4:00 Open Clay Studio</p> <p>11:00-1:00 Painting w/ Jaymee 1</p>	<p>15</p> <p>9:00-12:00 Int. WT Pottery 3</p> <p>1:00-3:00 Kids Studio Art Club</p> <p>6:00-9:00 iPhone Photography 2</p>
<p>16</p> <p>Father's Day</p> <p>JOURNEY CONTINUES</p> <p>Exhibit Closes</p> <p>1:00-3:30 Glass Etching</p>	<p>17</p> <p>11:00-12:00 Chair Yoga Dance 3</p> <p>1:00-4:00 Wild Women Pottery 2</p> <p>6:00-8:00 Manic Monday Clay 5</p> <p>6:00-9:00 Seekers</p>	<p>18</p> <p>8:30-9:30 Meditation 3</p> <p>10:00-12:00 Toes in Water 5</p> <p>10:00-12:00 Basic Handbuild 3</p> <p>10:00-12:00 Kids Watercolors 1</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00 Board Meeting</p> <p>6:00-8:00 F. Glass: Breeze Chimes 2</p> <p>6:00-7:00 Family Belly Dance 1</p>	<p>19</p> <p>Juneteenth</p> <p>9:30-12:30 Whimsical HB 3</p> <p>10:00-11:00 Adaptive Yoga 3</p> <p>10:00-12:00 Kids Watercolors 2</p> <p>2:30-4:30 Basic Handbuild 3</p> <p>5:00-9:00 Open Clay Studio</p> <p>5:30-7:00 Spanish Group 2</p> <p>6:00-8:00 Writing Group 3</p>	<p>20</p> <p>10:00-11:00 Hatha Yoga 3</p> <p>10:00-12:00 Splashdown 5</p> <p>10:00-12:00 BWT Pottery 4</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Cardio Drum 3</p> <p>6:00-8:00 Handbuilt Pottery 5</p>	<p>21</p> <p>Offices closed</p> <p>*9:00-10:30 Kids Yoga & Art</p> <p>10:00 Adapt. Yoga Recording 3</p> <p>10:00-4:00 Open Clay Studio</p> <p>*11:00-2:00 Mandala Flow</p> <p>11:00-1:00 Painting w/ Jaymee 2</p> <p>*3:00-4:30 Kids Yoga & Art</p> <p>*5:00-7:00 Yoga Mala</p> <p>5:00-7:00 Art Guild reception</p> <p>*7:00-9:00 Solstice Gathering</p>	<p>22</p> <p>9:00-12:00 Int. WT Pottery 4</p> <p>1:00-3:00 Alcohol, Glue & You 1</p>
<p>23</p> <p>1:00-4:00 Nature Spirit Goddess</p>	<p>24</p> <p>9:00-12:00 Kids Monet-Seurat 1</p> <p>11:00-12:00 Chair Yoga Dance 4</p> <p>1:00-4:00 Wild Women Pottery 3</p>	<p>25</p> <p>8:30-9:30 Meditation 4</p> <p>9:00-12:00 Kids Monet-Seurat 2</p> <p>10:00-12:00 Basic Handbuild 4</p> <p>12:00-1:00 LL: Breathwork</p> <p>1:00-5:00 Open Clay Studio</p>	<p>26</p> <p>9:00-12:00 Kids Monet-Seurat 3</p> <p>9:30-12:30 Whimsical HB 4</p> <p>10:00-11:00 Adaptive Yoga 4</p> <p>2:30-4:30 Basic Handbuild 4</p> <p>5:00-9:00 Open Clay Studio</p> <p>5:30-7:00 Spanish Group 3</p> <p>6:00-8:00 Writing Group 4</p>	<p>27</p> <p>9:00-12:00 Kids Monet-Seurat 4</p> <p>10:00-11:00 Hatha Yoga 4</p> <p>10:00-12:00 BWT Pottery 5</p> <p>1:00-5:00 Open Clay Studio</p> <p>6:00-7:00 Cardio Drum 4</p> <p>6:00-8:00 Handbuilt Pottery 6</p>	<p>28</p> <p>Offices closed</p> <p>10:00 Adapt. Yoga Recording 4</p> <p>10:00-4:00 Open Clay Studio</p> <p>11:00-1:00 Painting w/ Jaymee 3</p>	<p>29</p> <p>9:00-12:00 Int. WT Pottery 1</p> <p>1:00-3:00 Alcohol, Glue & You 2</p> <p>1:00-3:00 Ceramic Earrings 1</p>
<p>30</p> <p>1:00-4:00 Making Mandalas</p>	<p>6:00-8:00 Manic Monday Clay 6</p> <p>6:00-9:00 S&F: The Miracle Club</p>	<p>6:00-7:00 Family Belly Dance 2</p>	<p>6:00-8:00 Writing Group 4</p>	<p>6:00-7:00 Cardio Drum 4</p> <p>6:00-8:00 Handbuilt Pottery 6</p>	<p>Offices closed</p>	<p>Offices closed</p>

July 2024		1	2	3	4 Independence Day Offices closed	5	6
7 9:00-5:00 Botany for Herbalists 1:00-4:00 Watercolor	8 11:00-12:00 Chair Yoga Dance 1 1:00-4:00 Wild Women Pottery 4 3:30 Grounds Committee 6:00-8:00 Manic Monday Clay 1	9 8:30-9:30 Meditation 2 10:00-12:00 Basic Handbuild 6 10:00-12:00 Toes in Water 1 1:00-5:00 Open Clay Studio 6:00-7:00 Family Belly Dance 4 6:00-8:00 BWT Pottery 2	10 9:30-12:30 Whimsical HB 1 10:00-11:30 Bookwoman 10:00-11:00 Adaptive Yoga 2 2:30-4:30 Basic Handbuild 6 5:00-9:00 Open Clay Studio 6:00-7:30 Pet Loss Group 6:00-8:00 Writing Group 2	11 10:00-11:00 Hatha Yoga 1 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 6 1:00-5:00 Open Clay Studio 3:30 Finance Committee 6:00-7:00 Cardio Drum 1 6:00-8:00 Handbuilt Pottery 1	12 Offices closed 10:00 Adapt. Yoga Recording 2 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 5	13 9:00-12:00 Int. WT Pottery 2 1:00-3:00 Ceramic Earrings 2	14 1:00-4:00 Intuitive Painting with Meditation 2:00-4:00 Drum Circle
15 4:30 Executive Committee 6:00-8:00 Manic Monday Clay 2	16 8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 2 10:00-12:00 Basic Handbuild 1 1:00-5:00 Open Clay Studio 6:00 Board Meeting 6:00-8:00 BWT Pottery 3 6:00-7:00 Jazz/Tap Combo 1	17 9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 3 2:30-4:30 Basic Handbuild 1 5:00-9:00 Open Clay Studio 5:30-7:00 Spanish Group 2 6:00-8:00 Writing Group 3	18 10:00-11:00 Hatha Yoga 2 10:00-12:00 Splashdown 2 10:00-12:00 BWT Pottery 1 1:00-5:00 Open Clay Studio 6:00-7:00 Cardio Drum 2 6:00-8:00 Handbuilt Pottery 2	19 Offices closed 10:00 Adapt. Yoga Recording 3 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 1	20 9:00-12:00 Journal/Forest Therapy 9:00-12:00 Int. WT Pottery 3 1:00-3:00 Kids Studio Art Club	21 1:00-3:00 Photographing Your Work 6:00-8:00 Lunar Women's Circle	
22 11:00-12:00 Chair Yoga Dance 4 1:00-4:00 Wild Women Pottery 2	23 8:30-9:30 Meditation 4 10:00-12:00 Toes in Water 3 10:00-12:00 Basic Handbuild 2 1:00-5:00 Open Clay Studio 6:00-7:00 Jazz/Tap Combo 2 6:00-8:00 BWT Pottery 4	24 9:30-12:30 Whimsical HB 3 10:00-11:00 Adaptive Yoga 4 2:30-4:30 Basic Handbuild 2 5:00-9:00 Open Clay Studio 5:30-7:00 Spanish Group 3 6:00-8:00 Writing Group 4	25 10:00-11:00 Hatha Yoga 3 10:00-12:00 Splashdown 3 10:00-12:00 BWT Pottery 2 1:00-5:00 Open Clay Studio 6:00-7:00 Cardio Drum 3 6:00-8:00 Handbuilt Pottery 3	26 Offices closed 10:00 Adapt. Yoga Recording 4 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 2	27 9:00-12:00 Int. WT Pottery 4 10:00-3:00 Staging a Still Life 1 1:00-3:00 Underglaze & Dyed Slip	28 Parents' Day 1:00-3:00 Drawing Basics	
29 11:00-12:00 Chair Yoga Dance 5 1:00-4:00 Wild Women Pottery 3	30 8:30-9:30 Meditation 5 10:00-12:00 Toes in Water 4 10:00-12:00 Basic Handbuild 3 1:00-5:00 Open Clay Studio 6:00-7:00 Jazz/Tap Combo 3 6:00-8:00 BWT Pottery 5	31 10:00-11:00 Adaptive Yoga 5 2:30-4:30 Basic Handbuild 3 5:00-9:00 Open Clay Studio 5:30-7:00 Spanish Group 4 6:00-8:00 Writing Group 5					

August 2024

<p>4</p>	<p>5 SPARK Art Camp 11:00-12:00 Chair Yoga Dance 1 1:00-4:00 Wild Women Pottery 4 6:00-8:00 Manic Monday Clay 6</p>	<p>6 SPARK Art Camp 8:30-9:30 Meditation 1 10:00-12:00 Basic Handbuild 4 1:00-5:00 Open Clay Studio 6:00-7:00 Jazz/Tap Combo 4 6:00-8:00 BWT Pottery 6</p>	<p>7 SPARK Art Camp 9:30-12:30 Whimsical HB 4 10:00-11:00 Adaptive Yoga 1 2:30-4:30 Basic Handbuild 4 3:30 Gallery Committee 5:00-9:00 Open Clay Studio 5:30-7:00 Spanish Group 1 6:00-8:00 Writing Group 1</p>	<p>8 SPARK Art Camp 10:00-11:00 Hatha Yoga 2 10:00-12:00 BWT Pottery 4 1:00-5:00 Open Clay Studio 6:00-8:00 Handbuilt Pottery 5</p>	<p>9 SPARK Art Camp Offices closed 10:00 Adapt. Yoga Recording 2 10:00-4:00 Open Clay Studio</p>	<p>10 8:00-9:30 Morning Forest Walk 9:00-12:00 Int. WT Pottery 2 1:00-3:00 Galaxy Glazing</p>
<p>11 YOU ARE WHAT YOU ART exhibit closes 2:00-4:00 Drum Circle</p>	<p>12 SPARK Art Camp 11:00-12:00 Chair Yoga Dance 2 1:00 Membership Committee 4:30 Executive Committee 6:00-8:00 Manic Monday Clay 1</p>	<p>13 SPARK Art Camp 8:30-9:30 Meditation 2 10:00-12:00 Basic Handbuild 5 1:00-5:00 Open Clay Studio</p>	<p>14 SPARK Art Camp 9:30-12:30 Whimsical HB 5 10:00-11:30 Bookwoman 10:00-11:00 Adaptive Yoga 2 2:30-4:30 Basic Handbuild 5 5:00-9:00 Open Clay Studio 6:00-7:30 Pet Loss Group 6:00-8:00 Writing Group 2</p>	<p>15 SPARK Art Camp 10:00-11:00 Hatha Yoga 3 10:00-12:00 BWT Pottery 5 1:00-5:00 Open Clay Studio 3:30 Finance Committee 6:00-8:00 Handbuilt Pottery 6</p>	<p>16 SPARK Art Camp Offices closed 10:00 Adapt. Yoga Recording 3 10:00-4:00 Open Clay Studio STAR STUDENT & TEACHER opening reception 5:00-7:00p</p>	<p>17 9:00-12:00 Int. WT Pottery 3 1:00-3:00 Kids Studio Art Club 1:00-3:00 Bread Bowl 2</p>
<p>18 4:00-6:00 Young Artists' Show</p>	<p>19 11:00-12:00 Chair Yoga Dance 3 6:00-8:00 Manic Monday Clay 2 6:30-9:00 Seekers</p>	<p>20 8:30-9:30 Meditation 3 10:00-12:00 Toes in Water 1 10:00-12:00 Basic Handbuild 6 12:00-1:00 LL: Chakra Club 1:00-5:00 Open Clay Studio 6:00 Board Meeting 6:00-8:00 BWT Pottery 2</p>	<p>21 9:30-12:30 Whimsical HB 1 10:00-11:00 Adaptive Yoga 3 2:30-4:30 Basic Handbuild 6 5:00-9:00 Open Clay Studio 5:30-7:00 Spanish Group 2 6:00-8:00 Writing Group 3</p>	<p>22 10:00-11:00 Hatha Yoga 4 10:00-12:00 Splashdown 1 10:00-12:00 BWT Pottery 6 1:00-5:00 Open Clay Studio</p>	<p>23 Offices closed 10:00 Adapt. Yoga Recording 4 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 4</p>	<p>24 9:00-12:00 Int. WT Pottery 4 10:00-11:00 Yoga in the Garden</p>
<p>25 1:00-4:00 Herbs for Women</p>	<p>26 6:00-8:00 Manic Monday Clay 3 6:00-9:00 S&F: Barbie</p>	<p>27 8:30-9:30 Meditation 4 10:00-12:00 Toes in Water 2 10:00-12:00 Basic Handbuild 1 1:00-5:00 Open Clay Studio 6:00-8:00 Fused Glass: Candle Cup 6:00-8:00 BWT Pottery 3</p>	<p>28 9:30-12:30 Whimsical HB 2 10:00-11:00 Adaptive Yoga 4 2:30-4:30 Basic Handbuild 1 5:00-9:00 Open Clay Studio 5:30-7:00 Spanish Group 3 6:00-8:00 Writing Group 4</p>	<p>29 10:00-11:00 Hatha Yoga 5 10:00-12:00 Splashdown 2 10:00-12:00 BWT Pottery 1 1:00-5:00 Open Clay Studio</p>	<p>30 Offices closed 10:00 Adapt. Yoga Recording 5 10:00-4:00 Open Clay Studio 11:00-1:00 Painting w/ Jaymee 5</p>	<p>31</p>

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:

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.

Cindy Hughes, Cynthia Linnabary, Barbara McNamara, Sue Mount, Nancy McManus Olson, and Una Ryan have been meeting as regularly as lives allow for over a decade to share, discuss and explore the process that is this continuing journey.

YOU ARE WHAT YOU ART: A ROCKFORD ART GUILD SHOW - June 21–Aug. 11

Opening Reception June 21, 5:00–7:30p.

A collection of works from the Art Guild of Rockford, spanning many mediums, art forms and talents. Because at the end of the day, you are what you art!

WOMANSPACE STAR STUDENTS & TEACHERS SHOW – Aug. 16–Oct. 6

Opening Reception Aug. 16, 5:00–7:00p.

Womanspace students and teachers will show their work made between Summer 2022 through Summer 2023. See what styles and creations have emerged from New Dimensions Studio this past year!

Open Clay Studio

Womanspace offers FEE-BASED open studio times for its students to continue work on their projects. These open studio times are SEPARATE from class time.

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

Open Studio Policy

- For current & past Womanspace pottery students ONLY.
- For limited space & safety reasons, you MUST register via **SignUpGenius.com** for specific days and times.
- Please sign-up for the whole time you will be there and leave by your scheduled time.
- Only 6 people (+ studio monitor) are allowed in the clay studio.
- No knives are to be used on the canvas tables.
- You must clean up ALL the areas and equipment you use.



Open Studio Fees

There are three ways to pay for open studio time:



- Online
- Cash (write your name & amount on envelope provided).
- Venmo

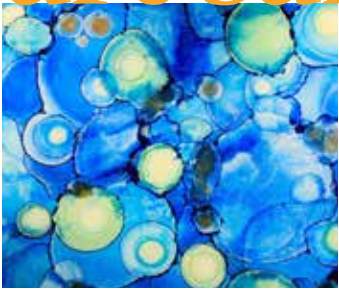
For all payments, indicate on the sign-in sheet in the studio the amount paid and what the payment was for.

STUDIO FEE: \$5.00/HR.

CLAY FEE: \$1.50/LB (wet weight; includes glazes & firing)

art samplers

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



These sampler classes are all held on Sunday afternoons in the New Dimensions Upper Studio.

Alcohol Inks

Indulge in a creative escape in this Summer Sampler Series class featuring the fluidity and flair of alcohol ink. Let your creativity flow as you slip and slide through vibrant colors, guided by the expert and sometimes eccentric instruction of the one and only, Cristi Hopp Kniess. In this two-hour class, you'll learn the techniques of alcohol ink application, blending, and manipulation to create stunning effects on both tile and Yupo paper surfaces. Whether you're a beginner or seasoned artist, this class offers a serene environment to unleash your creativity and unwind. Join us for a relaxing Sunday afternoon of slip-sliding away with alcohol ink, and discover the joy of expressing yourself through this vibrant and expressive medium. **All supplies provided.**

Sunday | 1:00-3:30p

SS23-41 | **June 9**

Register by 6/13

\$60 (Members \$50)

Cristi Hopp-Kniess | 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!

Sunday | 1:00-3:30p

SS23-42 | **June 16**

Register by 6/13

\$60 (Members \$50)

Pat Sullivan | ND Upper Studio

Nature Spirit Goddess

Summer has arrived! Create a beautiful nature inspired goddess using nature's gifts of sticks, dried flowers, leaves, etc. Embellish her with beads, ribbons, fabrics, charms and whatever you would like to bring to personalize your goddess. **All supplies provided but feel free to bring your stash of ribbons, fabrics and other artsy things you would like for your goddess or to share with the class.**

Sunday | 1:00-4:00p

SS23-43 | **June 23**

Register by 6/20

\$60 (Members \$50)

Cherie Heck | ND Upper Studio

Making Mandalas

Mandalas, meaning "circle" in Sanskrit, have been used to guide and inspire meditations throughout history and across cultures, representing wholeness, unity, and the interconnectedness of all things. Learn about their symbolism and the techniques to imbue them with your own deeper meaning. Cultivate mindfulness, tap into your inner wisdom, and manifest positive change in your life. Using various mediums, you'll explore the meditative process of mandala creation while infusing your work with a unique mantra and intention, creating your own personal mandala.

This is a mixed media class and will offer a variety of mark making options, but if you have something specific from your art supplies you'd like to create with, bring it. **Students will be provided with a canvas or wood surface to create their mandala. Other materials provided include: alcohol inks, various types of markers, watercolor and acrylic paints.**

Sunday | 1:00-4:00p

SS23-44 | **June 30**

Register by 6/27

\$60 (Members \$50)

Nicole Landreth | ND Upper Studio

art samplers

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



These summer Sampler classes are all held on Sunday afternoons in the New Dimensions Upper Studio.

Watercolor

It's summer! Come cool off and dip your toes in watercolor. This simple project will give you a taste of what watercolor is all about. But beware, watching watercolor flow across the paper can be addictive. **All supplies provided** so no excuses. Bring a friend and have some summer fun in this introduction to watercolor class.

Sunday | 1:00-4:00p

SS23-45 | **July 7**

Register by 7/4

\$60 (Members \$50)

Cindy Bear | ND Upper Studio

Intuitive Painting with Meditation

What intention are you bringing into your creative process? Is there something blocking your expression? This intuitive painting class 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! **All supplies provided.**

Sunday | 1:00-4:00p

SS23-46 | **July 14**

Register by 7/11

\$60 (Members \$50)

Rhiannon Yandell | ND Upper Studio

Photographing Your Artwork

So, you've created your masterpiece, or something you want to share anyway. Now what? How do you figure out the right lighting, the framing, the background? Do you need a special camera? Do you have a tripod? Do you need a remote? Bring a finished piece, 2D or 3D, that you would like to figure out how to capture in an image to use for your portfolio, your online shop, or promo for your next class. As a multimedia artist, Nicole has picked up a lot of great tips for photographing your artwork, and will bring several tripod and lighting options to learn. **In addition to your finished piece, bring the camera you intend on using to photograph your work.**

Sunday | 1:00-3:00p

SS23-47 | **July 21**

Register by 7/18

\$55 (Members \$45)

Nicole Landreth | ND Upper Studio

Drawing Basics

Have you been thinking about learning how to draw but are nervous to sign up for a big, long class? Come learn some tips and tricks in this laid back class and see how you like drawing! Complete beginners and stick-figure connoisseurs welcome. **All supplies are provided.**

Sunday | 1:00-3:00p

SS23-48 | **July 28**

Register by 7/26

\$55 (Members \$45)

Jaymee Fedor | ND Upper Studio

painting

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



Painting 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-41 | **May 10-June 7** (5 wk)

PG23J-42 | **June 14-July 12** (5 wk)

PG23J-43 | **July 19-Aug 30**
(5 wk; skip 8/9, 8/16)

Register early; this class fills fast

\$110 (Members \$100)

Jaymee Fedor | ND Upper Studio

Cost includes a \$20 supply fee

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-41 | **May 21-June 18** (5 wk)

WC23A-42 | **July 9-July 30** (4 wk)

WC23A-43 | **Aug 20-Sep 17** (5 wk)

Reg. by 2 days before each session

4-Week Fee: \$115 (Members \$100)

5-Week Fee: \$135 (Members \$120)

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-44 | **May 23-June 20** (5 wk)

WC23A-45 | **July 11-Aug 1** (4 wk)

WC23A-46 | **Aug 22-Sep 19** (5 wk)

Reg. by 2 days before each session

4-Week Fee: \$115 (Members \$100)

5-Week Fee: \$135 (Members \$120)

Sue Abare | ND Upper Studio

Staging a Still Life

Ages 16+. Where do you start when doing a still life project? This class will provide you with the tools you need to set up your still life that will give you the picture that you are hoping for, regardless of the medium. First, the class will learn how to group objects and create interesting compositions and gain helpful hints to avoid common mistakes. The class will learn about and use a simple technique called grifaille (black and white to identify lights and darks for shading) to assist with your still life composition. The second session will be the actual painting of the still life that you have created and effectively identified the lights and darks. Both of these classes are full days.

Bring a sack lunch. Supplies needed for this class: 9x12" Arches 140 lb. paper, watercolors of Payne's Gray and Burnt sienna, plus the colors already in your palette.

Saturdays | 10:00a-3:00p

WC23B-41 | **July 27 & Aug 3** (2 wk)

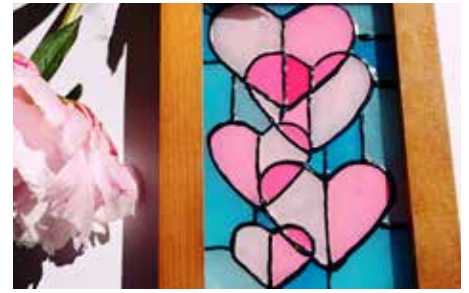
Register by 7/25

\$135 (Members \$120)

Cindy Bear | ND Upper Studio

mixed media

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



Beginning Quilting:

Applique Basics

Quilter Colleen Blanchard will bring a wide variety of applique quilts and discuss some of the many ways to applique. From finger-turn to raw-edge there is an applique technique for everyone! A small hand applique piece will be available for everyone to try and take home with them.

Saturday | 1:00-3:00p

MX23-41 | **June 1**

Register by 5/30

\$50 (Members \$40)

Colleen Blanchard | ND Upper Studio

iPhone Photography

This class is designed for you to learn photography skills on an iPhone/iPad. Point and shoot cameras are also acceptable. We will discuss lighting and gain perspective in how to improve our photography. Great class for someone trying to get better candid, take pictures of nature or do product photography for themselves. **Students must bring a device they wish to learn on.** Please contact us directly if you have a DSLR camera or other smart phones as they may also be appropriate.

Saturdays | 6:00-9:00p

MX23-42 | **June 1, 15** (2 wk)

Register by 5/30

\$75 (Members \$60)

Stefi Kruger | ND Upper Studio

Alcohol, Glue, and You

Ages 16+. Embark on a creative journey with this two-part workshop, creating a mesmerizing mosaic work of art with alcohol ink and glue. Unleash your imagination as you explore the interplay of vibrant colors and intricate patterns in this dynamic medium. Under the guidance of skilled instructor, you'll learn the step-by-step process of using glue as a masking fluid to create stunning mosaic effects with alcohol ink. Whether you're a novice or seasoned artist, this workshop offers a unique opportunity to experiment and refine your skills in a supportive environment. Join us and discover the exhilarating fusion technique with alcohol ink, and leave with your own captivating mosaic masterpiece.

Saturdays | 1:00-3:00p

MX23-43 | **June 22, 29** (2 wk)

Register by 6/20

\$100 (Members \$85)

Cristi Hopp-Kniess | ND Upper Studio

JEFF HENDRY
41 YEARS OF COSTUME DESIGN
April 28, 2-5 PM, Maddox Theatre

ROCKFORD UNIVERSITY
1847

Upcoming Art Vacations:
An Umbrian Adventure:
May 15-25, 2024
with artist Rita Carpenter and Sally Anne Keller.

Croatia, Montenegro, and Bosnia:
Sept 16-26, 2024
with artist Rita Carpenter

Southwest France:
Sept 30-Oct 10, 2024
with artist Rita Carpenter and Stacy Lund Levy

Come and create with Art on the Fly!

artonthefly.net
artonthefly2018@gmail.com

mixed media

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



Taken Any Classes?



Let us know how we're doing!

No glass cutting experience required. Safety glasses and masks will be provided. Closed-toe shoes are required.

Fused Glass: Ocean Wave

Create a gallery-worthy piece! Students will assemble a 10" wave shape, composed of pre-cut glass shards in varying shades of blue, which will then be fired in a kiln and mounted on a high quality metal stand. If you wish to cut glass, we will have sheets of glass available to choose from. This easy and rewarding class is open to all ages. Your finished wave, mounted in stand, will be available for pickup ten days after the class.

Tuesday | 6:00-8:00p

MX23S-41 | **May 14**

Register by 5/12

\$90 (Members \$75)

Pat Sullivan | ND Upper Studio

Fused Glass: Breeze Chimes

What is a Breeze Chime? A wind chime that can withstand a breeze, but not a gale! In this 2-part workshop, students will learn the basics of working with fused glass, such as cutting and shaping the glass, applying frit (finely ground glass), and layering different colors to create a design. They will also learn about proper safety practices when working with the specialized equipment needed for fused glass, such as breakers and cutters. Pat will guide you through the process of planning and composing your Breeze Chime design, and will provide tips and techniques for choosing and combining different colors and textures of glass. Once you've assembled your windchime, you'll learn how it will be fired in a kiln to fuse the glass together. In the second portion of the workshop, we will assemble the windchimes, using wire and beads. Your completed Breeze Chime will be ready to take home and display!

Tuesdays | 6:00-8:00p

MX23S-42 | **June 11, 18** (2 wk)

Register by 6/9

\$85 (Members \$70)

Pat Sullivan | ND Upper Studio

Fused Glass: Candle Cups

In this class, you will create a set of votive candle cups by decorating a flat piece of glass with frit, stringers, and glass scraps. Your flat glass will then be fused in a kiln, then "slumped" over a form to make a votive shape. Pat will help you compose a theme and design, and embellishments will be available for decorating. This easy and fun class is open to all ages and abilities. Your finished votive cups will be available for pickup at Womanspace a week after the class, to allow for fusing time.

Tuesday | 6:00-8:00p

MX23S-43 | **Aug 27**

Register by 8/25

\$65 (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

clayworks

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-41 | **May 28-July 9** (6 wk; no 6/4)

HB23A-42 | **July 16-Aug 20** (6 wk)

HB23A-43 | **Aug 27-Oct 8** (6 wk; skip 9/3)

Register by 2 days before

Wednesdays | 2:30-4:30p

HB23N-41 | **May 29-July 10** (6 wk; no 6/5)

HB23N-42 | **July 17-Aug 21** (6 wk)

HB23N-43 | **Aug 28-Oct 9** (6 wk; no 9/4)

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-41 | **May 16-June 27** (6 wk; no 6/13)

HB23P-42 | **July 11-Aug 15** (6 wk)

HB23P-43 | **Aug 22-Sep 26** (6 wk)

Register by 2 days before

\$165 (Members \$150)

Lynette Porter | 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-41 | **May 1-29** (5 wk)

HB23B-42 | **June 5-July 3** (5 wk)

HB23B-43 | **July 10-Aug 14** (5 wk; no 7/31)

HB23B-44 | **Aug 21-Sep 18** (5 wk)

Register by 2 days before

\$165 (Members \$150)

Independent Study | ND Clay Studio

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

CW23-41 | **May 6-27** (4 wk)

CW23-42 | **June 10-July 1** (4 wk)

CW23-43 | **July 15-Aug 5** (4 wk)

Register 2 days before each session

\$165 (Members \$150)

Connie Pratt/Kathy Rasmus/Linda Ewalt

ND Clay Studio



* 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-41 | **July 2-Aug 6** (6 wk)

WT23P-42 | **Aug 13- Sep 17** (6 wk)

Register by 2 days before

\$165 (Members \$150)

Lynette Porter | ND Clay Studio

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

WT23J-41 | **May 30-July 11** (6 wk; no 7/4)

WT23J-42 | **July 18-Aug 22** (6 wk)

WT23M-41 | **Aug 29-Oct 3** (6 wk)

Register by 2 days before

\$165 (Members \$150)

Jennie Johnson Sic/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-41 | **May 13-June 24** (6 wk; no 5/27)

IN23N-42 | **July 1-Aug 5** (6 wk)

IN23N-43 | **Aug 12-Sep 23** (6 wk; no 9/2)

\$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-41 | **June 1-22** (4 wk)

IN23J-42 | **June 29-July 27** (4 wk; no 7/6)

IN23J-43 | **Aug 3-24** (4 wk)

Register by 2 days before

\$165 (Members \$150)

Jennie Johnson Sic | ND Clay Studio

Start planning now for
Womanspace's
Star Student
and Teacher Show
August 16-October 6
For Womanspace teachers and students who have taken or taught
classes between September 2023 and August 2024.

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

Pottery Sampler

Ages 16+. This short two session class is designed for you to experience the process of throwing clay. It is strictly an introduction to the pottery process to see if you like doing it. Experience wedging, throwing the clay onto the wheel, and pulling up a form. The last session you will be able to glaze your item with a choice of colors. You will go home with a small token of your experience. After this experience and throwing gets into your system, you can sign-up for more classes to make your clay treasures. **Fee includes all supplies.**

Fridays | 6:00-8:00p

SCW23-41 | **May 17, 31** (2 wk)

Register by 5/15

\$45 (Members \$35)

Lynette Porter | ND Clay Studio

Ceramic Earrings

Ages 16+. No clay or jewelry-making experience needed. Join us in playfully exploring ceramic jewelry possibilities! Learn how to create unique handmade clay earrings and pendants with porcelain clay. Using mostly handbuilding techniques, participants will create pieces from start to finish and leave class with a few pieces each depending on their working style. Anya will cover aspects of design and glazing. **Fee includes all supplies.**

Saturdays | 1:00-3:00p

SCW23-42 | **June 29, July 13** (2 wk)

Register by 6/27

\$65 (Members \$50)

Anya Nelson | ND Clay Studio

Under Glaze & Dyed Slip

Ages 16+. Learn how to decorate pottery in a fun new way. One of the techniques you will use to add a new look to your piece is stencils. You will also have an opportunity to add color and other textures to your piece by using underglaze and/or colorful slip. **Bring at least one piece of trimmed, embellished leather dry greenware. Leave all or some blank space on your pieces for the added decoration.**

Saturday | 1:00-3:00p

SCW23-43 | **July 27**

Register by 7/18

\$45 (Members \$35)

Anya Nelson | ND Clay Studio

Bread Bowl Pottery

Ages 16+. [Prerequisite: ability to throw and center 3 lbs. of clay. Basic wheel throwing skills mastered and creating basic forms is required to take this class.] The bowl you make in this class will give you one beautiful, well-baked loaf of bread with plenty of room for rising. You will make the bowl in the first class, and glaze it in the second class. This bowl can be used in other ways in your household. If you need assistance with a larger amount of clay or centering the clay, the instructor will give assistance as needed for a successful bread baking bowl.

Saturday | 1:00-3:00p

SCW23-44 | **Aug 3, 17** (2 wk)

Register by 8/1

\$50 (Members \$40)

Jennie Johnson Sic | 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.**

Saturday | 1:00-3:00p

SCW23-45 | **Aug 10** | Reg. by 8/8

\$45 (Members \$35)

Anya Nelson | ND Clay Studio



Studio Art Club: Exploring Creativity & Self-Expression

Join our monthly Studio Art Club for kids, ages 6+. Each session of our Studio Art Club gives students a unique opportunity to delve into the world of creativity and self-expression through various art projects. **Fee includes all supplies.**

May 25 – Birth Flowers: This session will include a diagram of our floral calendar, and kids will be encouraged to study and create a painting inspired by it. You will bring home a personal piece of art, whether it's your own flower, a bouquet of your families, or someone special to you. Combining the love of creating with a personal intention and identity, cultivates a love of the arts and connects the bridge for representing your style in the world.

June 15 – Self Portraits: Delve into the challenge of combining your personal art style with the reflection in the mirror. Children will be guided through the process of creating a portrait, but given all the freedom and supplies to reflect their own inspirations. Tackling a representation of yourself instills a sense of pride and identity, challenge and motivation, and essential art skills.

July 20 – Art Roulette: This session consists of a fun, challenging, art game! Everyone begins with a canvas and a medium. Every couple minutes (will be decided after head count) we will pass the media to the seat next to us, the end result will bring us a community piece that holds an abundance of styles and passions. Each artist will take home the canvas they began with. This game provokes creativity as we build off of our peers, feel inspired by them, and add your mark. You'll gain the experience working with multiple mediums and facing the challenge of an open ended intention.

August 17 – Color Experiment: Close your eyes and choose three colors (colored pencils). Bring them to your paper and start drawing! This will be a still life session, with a twist on it. Studying a centerpiece, we'll have a random arrangement of colors, to draw what we see in front of us. This exercises our artistic eye while presenting a game-like challenge and understanding of color theories.

Saturdays | 1:00-3:00p

JM23-41 | **May 25** | Reg. by 5/23

JM23-42 | **June 15** | Reg. by 6/13

JM23-43 | **July 20** | Reg. by 7/20

JM23-44 | **Aug 17** | Reg. by 8/16

\$35 (Family Member \$25)

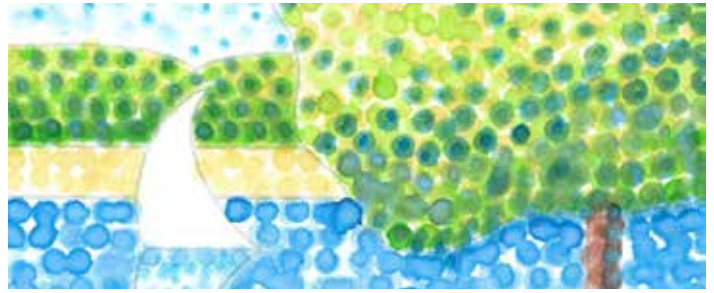
Peighton Fei | ND Upper Studio

YOUNG ARTISTS' SUMMER SHOW AGES 6-12

Sunday, August 18, 4:00-6:00p, New Dimensions Studio

Support our Young Artists! Join us for a one-time gallery showing of artwork from students in our Studio Art Club, as well as local children's art, to encourage artistic dreams, introduce sales, connect and make friends, and learn about Womanspace programs for artists and students of life of any age. Snacks and refreshments will be provided as the children experience their first showing.





Intro to Watercolor Painting

Ages 9-12. Has your child shown an interest in learning to paint? We will discuss the different papers, brushes, paints and then do some basic techniques as well as basic color mixing. We will then create a 2-color painting. **Fee includes all supplies.**

Tues. & Wed. | 10:00a-12:00p
JM23C-41 | **June 18 & 19** (2 days)
Register by 6/16
\$60 (Family Member \$50)
Rita Carpenter | Anjali Pavilion

Monet to Seurat: Moving from Impressionism to Pointillism

Ages 9-12. Do your children like art? Would they like to learn more about two famous artists from the 1800's such as Claude Monet and Georges Seurat? Monet was an Impressionist artist, while Seurat was a Post-Impressionism artist. Your children will study two paintings by each artist. The paintings each encapsulate the same idea, yet use very different techniques. We will study Monet's work and how it explores light and color. The Seurat technique in Pointillism is an art form that uses dots to create a painting. Together we will have fun creating several pieces of art. **Fee includes all supplies.**

Mon.-Thur. | 9:00a-12:00p
JM23C-42 | **June 24-27** (4 days)
Register by 6/22
\$165 (Family Member \$150)
Rita Carpenter | Anjali Pavilion

DONATE TO WOMANSPACE THROUGH YOUR IRA



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, INC. 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; birthday of the month social
- 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.

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Melinda Hagerman
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Funeral Director



Diana Clausen
Funeral Director



Delinda Grindle, LCSW
Director of
Soulprints Aftercare



Kris Kassmier
Advanced
Planning Consultant

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.



The Gardens & Grounds need YOU!

If you like to spend time outside “playing in the dirt,” we would LOVE your help! See page 14 for details.

ROCKFORD UNIVERSITY
1847

- IN-DEMAND MAJORS
- CAREER FOCUSED
- PERSONALIZED EXPERIENCE
- AFFORDABLE INVESTMENT



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your guide

May–August 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

- May 1 Wednesdays' Conversational Spanish Group pg. 8
- May 11 **BloomFest Spring Artisan Show** pg. 2
- May 14 Fused Glass: Ocean Wave pg. 22
- May 17 Yin Yoga + Sound Bath pg. 14
- May 21 Ballet for Beginners pg. 11
- May 25 Saturday Kids' Studio Art Club pg. 26
- May 30 Reiki Self-Care pg. 16
- June 1 Beginning Quilting: Applique Basics pg. 21
iPhone Photography pg. 21
- June 18 Belly Dancing with the Family pg. 11
- June 21 Special Summer Solstice Events pg. 12
Rockford Art Guild Show pg. 17
- June 29 Ceramic Earrings pg. 25
- July 12 Gongtopia pg. 14
- July 16 Jazz/Tap Dance Combo pg. 11
- July 27 Staging a Still Life pg. 20
- Aug 3 Bread Bowl Pottery pg. 25
- Aug 16 Womanspace's Star Student & Teacher Art Show pg. 17
- Aug 18 Youth Art Show pg. 26
- Aug 25 Herbs for Women's Health pg. 16

So many new and interesting programs throughout...just open & look!