Why is the “register by” date important?

• We need a guaranteed number of people to run many of our offerings. Sometimes we cancel a program, and then have people register late, only to find that the program is not going to happen. This is frustrating for all: instructors, students & staff.
• We provide a link to any online ZOOM class to registered attendees only. We want to make sure you have time to download and acclimate yourself to ZOOM.

REGISTER ONLINE for the quickest way to ensure your spot in class. Please help us out and do that by the deadline. (NOTE: There is a 3% service fee for all credit card purchases.)

Cancellation & Refund Policy

Enrollment in a Womanspace class must be canceled 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 minus the 3% 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.

Editor’s Note

These most unusual times call us to go deep inside to find what is most important. For us at Womanspace, that means supporting one another with love and staying physically, mentally and spiritually healthy. We will come through this time stronger and more focused thanks to: the creativity of our members, the passion of our volunteers, the generosity of our donors, the inventiveness of our instructors, the resilience and dedication of our staff and the overflowing kindness of the whole Womanspace community. Thank you all!

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

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

To join a Womanspace Zoom class, you must be registered for the specified class. You will then receive an e-mail with a link to join. Click on the link and you will be prompted to download and install the launcher.

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

ZOOM Training for Womanspace Instructors
Designed for Womanspace instructors who are now delivering classes on ZOOM. Successful zoom experiences require the mechanics of the technology to run smoothly enough to not interfere with the message.

In this interactive, hands-on training you will review the basic navigational tools.
- Use the chat function
- Optional ways of managing the audio
- Optional ways to encourage seamless participation
- Share your screen
- Record the session & save to YouTube, then share the link
- Establish ZOOM etiquette
- Basic troubleshooting for audio and video
- Create a meeting
- Invite attendees to the meeting with email or text
- Distinguish between Meeting ID number and URL.

Course: ZM19-21  Register by: 4/5
Instructor: Jean Kathryn Carlson
Day & Time: Monday, 3:00–4:00p
Date: April 6
Fee: Free

ZOOM Training 101 for Womanspace Community
Designed to get you up and running on ZOOM so that you can continue to enjoy the classes offered by Womanspace. Even if you aren’t comfortable with technology, this hands on training will get you familiar with the basics so you have a successful online experience. You will learn how to:
- Join a ZOOM meeting
- Get your audio and video coordinated with ZOOM
- Mute and unmute your audio and turn video off and on
- Participate by raising hands and using the Chat room
- Choose between gallery and speaker view
- Enter and exit full screen

Course: ZM19-22  Register by: 4/6
Instructor: Jean Kathryn Carlson
Day & Time: Wednesday, 12:30–1:30p
Date: April 8
Fee: Free

health & wellness

Opening the Upper Chakras
Prerequisite: Opening the Lower Chakras. The upper chakras (heart, throat, third eye and crown) help us connect with our inner higher spiritual self to live a life that is in alignment with who we truly are. Specific information about each chakra is covered: its color, location, health issues, purpose and how to open and balance it to live a loving, peaceful, more fulfilling life. This class will utilize the tools and build upon the insights learned in the Lower Chakra class.

Course: CH19-23  Register by: 3/15
Instructor: Beth Campisi
Day & Time: Tuesday, 6:00–8:30p
Dates: April 7, 14, 21, 28
Fees: Regular $75  Member $60

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

Course: CHC19-24  Register by: 4/9
Instructors: Beth Campisi & Kathy Moehling
Day & Time: Saturday, 10:00–11:30a
Date: April 11
Fee: Freewill Donation

Intuitive Wellness: Gut Health 101
Learn about the body’s micro biome and how it affects us in this 4-week workshop series. Gut microbiome refers to the billions of live bacteria, viruses & fungi in the human gut. Participants will learn about what it is and why it’s important to our overall health and wellness. Students will participate in wellness activities that will guide them to connect intuitively to their bodies and understand how that will help achieve and maintain wellness. There will be a self-evaluation at the beginning and end of the workshop. Each student will receive a journal that they will use to track their progress.

Course: HLT19-27  Register by: 4/6
Instructor: Christi Russell
Day & Time: Wednesday, 6:00–7:30p
Dates: April 8, 15, 22, 29
Fees: Regular $65  Member $55

Unresolved Pain or Trauma? CranioSacral Therapy May Be Helpful
Come learn about CranioSacral Therapy (CST), a very gentle hands-on therapy that helps relieve pain and tension in the central nervous system and thus the whole body. This holistic therapy works with the whole body and its natural healing processes so you get to the root of the issue, instead of masking symptoms. CranioSacral Therapy helps release both physical and emotional stress and trauma from the body. You will learn the basic principles of CST, how to find a provider, and how many people are living healthier lives due to its benefits!

Course: HLT19-25  Register by: 4/27
Instructor: Sandra Williams
Day & Time: Wednesday, 12:00–1:00p
Date: April 29
Fees: Regular $15  Member $10

Register online for any of these classes at:
http://www.womanspace-rockford.org/online
**self-discovery**

**Tapping From Fear to Love**

As we navigate these unprecedented times on this dear planet we need to use all the energy tools available to us to support our bodies in staying strong and our emotions balanced. EFT/Tapping is a tool to help ease stress and calm the fears so that we can open up to the power of love. When we give the fear and anger a voice, in tapping we can more easily clear the negative charge and create space for the body to relax and the mind to see new possibilities. Jean Kathryn has been offering tapping on the ZOOM platform for several years, and it is the next best thing to being in person. No experience necessary. Come with curiosity and an open heart.

**Course:** WK19-26  Register by: 4/5
**Instructor:** Jean Kathryn Carlson
**Day & Time:** Tuesday, 6:00–8:00p
**Date:** April 7
**Fees:** Regular $15  Member $10

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**Cakes for the Queen of Heaven**

This woman-honoring adult RE curriculum was developed by Rev. Shirley Ranck. It examines pre-Judeo-Christian cultures answering questions like “What would it be like to grow up in a world where the divine was imagined to be female?” More than Goddess 101, this workshop series examines important elements of women’s lives today: personal, interpersonal and societal and how our culture has been influenced by Judeo-Christian values. Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship.

**Course:** CQ19-21  Register by: 4/9
**Instructors:** Debby Gaines & Annette McLean
**Day & Time:** Monday, 6:00–8:00p
**Dates:** April 13, 20, 27, May 4, 11
**Fees:** Regular $75  Member $60

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**Dream Circle: Time to Wake Up to Your Dreams**

Do you ever wake up and wonder about that strange dream you just had? What could it possibly mean? Now is your opportunity to develop a relationship with your dreams and access the wisdom they come to share. When you commit to a series of dream circles, you give your unconscious a message saying, “I’m ready to listen to my dreams and hear what they have to say.” Together we will unpack the dreams with curiosity and discover their meanings. No previous experience necessary.

**Course:** WK19-27  Register by: 4/12
**Instructor:** Jean Kathryn Carlson
**Day & Time:** Tuesday, 6:00–8:00p
**Dates:** April 14, 21, 28, May 5
**Fees:** Regular $40  Member $30

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**art class**

**Art Lecture: Kathe Kollwitz**

Kathe Kollwitz (1867–1945) was a German expressionist artist who worked in sculpture, painting and printmaking in an art world dominated by men. Her compassionate art vision centered on women and the working class. She was concerned with the effects of poverty, grief, war and suffering of all kinds on people. She created about 50 self-portraits. Her woodcuts are especially famous. As with most expressionists, her personal story is important to understand her art.

**Course:** AL19-24  Register by: 4/8
**Instructor:** Sister Mary Boyd, SSSF
**Day & Time:** Thursday, 12:00–1:30p
**Date:** April 9
**Fees:** Regular $15  Member $10

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**Masha Young, Life Coaching**

When you are true to yourself, life opens doors and opportunities present themselves. Are you ready to take the next step and see what unfolds? We cannot expect others to see the brightness of our inner light and feel its warmth if we do not see it first ourselves. When we lack self-esteem, it makes our lives smaller, we take fewer chances, and “play it safe” or look to others to provide us with guidance.

We only receive what we believe we deserve. If you are struggling with low self-worth, you are likely continuously putting others first and feeling unsatisfied in your relationships and even your career. Learn how to understand and believe in yourself and how to present yourself in a way that allows others to see your best qualities. Grow your self-confidence and self-love and watch your life unfold.

- Build tools that help you understand yourself and what you can offer the world
- Learn how to connect with your true authenticity
- Grow and cultivate your best qualities instead of focusing on changing the qualities you don’t like.

**Topics:**

- Personal Improvement
- Spiritual Development
- Confidence
- Relationships
- Self-Esteem
- Career Decisions
- Assertiveness
- Intuition
- Mindfulness

**Life Coach:** Masha Erofeeva-Young
**Location:** Online/ZOOM or by phone
**Day & Time:** Mondays, 8:00–8:40a, 8:50–9:30a, 9:40–10:20a, 10:30–11:10a
**Dates:** April – by appointment only
**Fees:** $40 for one 40 min. session

Please select your appointment time during registration. You will be notified via confirmation email.

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Register online for any of these classes at: [http://www.womanspace-rockford.org/online](http://www.womanspace-rockford.org/online)
emotional wellness

Hatha Vinyasa/Restorative Yoga

All levels. Hatha yoga is a slow-paced gentle asana practice introducing basic yoga poses and establishing a strong foundation in the practice of yoga. Hatha yoga balances the “Ha”—sun/stimulating energy with the “Tha”—moon/calming energy. Restorative yoga helps promote deep relaxation of the body and mind. Postures provide similar benefits to classic Hatha yoga postures and are usually done in a supported manner to minimize strain and maximize opening. Suggested equipment: comfortable attire, yoga mat, yoga block, strap, blanket/pillow.

Course: YG19-24  Register by: two days before each class
Instructor: Keri Knutson
Day & Time: Thursday, 9:30–10:45a
Dates: April 2, 9, 16, 23, 30
Fees: Regular $65  Member $50  Single class $15

Adaptive Yoga for People with Chronic Conditions

All levels. A particularly effective practice that can have therapeutic benefits for those recovering from, or living with injury, illness, or disease. This specialty yoga class blends chair yoga, restorative yoga (supported postures), gentle yoga, Pranayama (breath work), individualized attention through gentle hands-on adjustments and assists, and guided meditation techniques combined in such a way that it is an excellent choice for those who need something gentle, yet effective. Potential students must be evaluated on an individual basis prior to joining this group. Suggested equipment: comfortable attire, chair, yoga mat, yoga block, strap, blanket/pillow.

Instructor: Keri Knutson
Course: YT19F-24  Register by: two days before each class
Day & Time: Friday, 10:00–11:00a
Dates: April 3, 10, 17, 24
Fees: Regular $25  Member $60/$20 single class

Course: YT19T-24  Register by: 4/6 or two days before
Day & Time: Tuesday, 11:00a–12:00p
Dates: April 7, 14, 21, 28
Fees: Regular $25  Member $60/$20 single class

Full Moon Sound Healing

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

Course: MD19H-23  Register by: 4/5
Instructor: Eve Harker
Location: Online/Facebook
Day & Time: Tuesday, 6:00–7:30p
Date: April 7
Fees: Regular $15  Member $10

Meditation: A Wellness Practice

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

Course: MD19T-24  Register by: one day before each class
Instructor: Dr. Shiraz Tata
Day & Time: Tuesday, 9:00–10:00a
Dates: April 7, 14, 21, 28
Fees: Regular $30  Member $20  Single class $15

Full Body Meditation

Meditation is the practice and process of paying attention and focusing your awareness. In this class, you will focus your awareness on your body by mindfulness explorations of breathing, grounding, filling with nurturing and nourishing resources, and listening to your body’s wisdom. The practice will be familiar each week and your body’s wisdom will change and grow just as you evolve from day to day. This meditation is done in a seated position with your feet on the floor. Suggested equipment: comfortable chair, blanket.

Course: MD19W-24  Register by: 4/5
Instructor: Sandra Williams
Day & Time: Tuesday, 6:00–7:00p
Date: April 7
Fees: Regular $15  Member $10

Yoga Nidra

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

Course: YN19-22  Register by: 4/16 or two days before
Instructor: Keri Knutson
Day & Time: Saturday, 10:00–11:30a
Date: April 18
Fees: Regular $25  Member $20

Register online for any of these classes at: http://www.womanspace-rockford.org/online
rhythmic beats

Cardio Drumming

No drumming experience needed. All levels welcome! Cardio Drumming combines movement with the beat and rhythm of drums (exercise ball) for a fun, high energy workout. Reduce stress, improve your mood and get fit while having fun with Cardio Drumming! Suggested equipment: exercise ball (limited supply available for purchase $15), a bucket/tub/laundry basket/box (to set ball on), and drum sticks/wooden spoons/sticks.

Course: DR19C-22    Register by: 3/24
Instructor: Beth Campisi
Day & Time: Thursday, 6:00–7:00p
Dates: April 9, 16, 23, 30
Fees: $10 each class

UdanceUtopia

Our bodies were made to move and flow! When we dance, our bodies realign, adjust and become fluid with the rhythm of life. UdanceUtopia is a moving meditative practice that invokes, awakens and revitalizes our being through free-flowing movement and spontaneous expression of the physical body. All of us carry the memory of dance in our blood and bones. All we need to do is start moving! Suggested equipment: comfortable attire, mat or blanket.

Course: DN19C-24    Register by: 4/22
Instructor: Beth Campisi
Day & Time: Friday, 6:00–7:00p
Date: April 24
Fees: Regular $15  Member $10

Drumming Workshop

Helen will share with everyone the great joy of traditional hand drumming from Guinea, West Africa. Come be a part of this joyful group where we come together as a small village and enjoy the uplifting beauty of the traditional hand drumming ensemble. Learn basic rhythms on dunun drums and the djembe accompaniment parts. Also learn the origins of each rhythm, receive expert instruction on all instruments in the traditional djembe orchestra, and deepen your understanding of music, dance, and song in West African life. Helen is able to work simultaneously with students of all levels. Suggested equipment: dunan or djembe drums.

Course: DR19B-24    Register by: 4/23
Instructor: Helen Bond
Day & Time: Sunday, 1:00–3:00p
Date: April 26
Fees: $45 can afford it  $35 middle of road  $25 tight budget

Register online for any of these classes at: http://www.womanspace-rockford.org/online

discussion groups

Bookwoman: Educated – A Memoir by Tara Westover

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara’s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she’d traveled too far, if there was still a way home.

Course: BW19-24    Register by: 4/6
Day & Time: Wednesday, 9:30–11:00a
Date: April 8
Fee: Freewill Offering

Supper & Film: The Laundromat (2019)

When her idyllic vacation takes an unthinkable turn, Ellen Martin (Meryl Streep) begins investigating a fake insurance policy, only to find herself down a rabbit hole of questionable dealings that can be linked to a Panama City law firm and its vested interest in helping the world’s wealthiest citizens amass larger fortunes. Founding partners Jürgen Mossack (Gary Oldman) and Ramón Fonseca (Antonio Banderas) are experts in the seductive ways shell companies and offshore accounts help the rich and powerful prosper. They are about to show us that Ellen’s predicament only hints at the tax evasion, bribery and other illicit absurdities that the super wealthy indulge in to support the world’s corrupt financial system. – Netflix

Required equipment: desktop or laptop computer, Google Chrome, Netflix Party app (downloaded from Google web store). Visit netflixparty.com for easy installation instructions.

Course: SF19-24    Register by: 4/25
Location: Online/Netflix Party
Day & Time: Monday, 6:00–9:00p
Dates: April 27
Fees: Freewill Offering

Glitzy Garage Sale

44th Annual Glitzy Garage Sale

CANCELLED or postponed

Due to the pandemic, we have cancelled this year’s sale. When we finally emerge into our “new normal,” we will let you know about a possible date later in 2020.

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