To purchase in person, visit the Gualala Arts Center or register online at GualalaArt.org or call 800-838-3006 with Visa and MC

October 2010 October 30 - 31, 2010 **No Rules - Brushless Painting** Instructors: Jane Head and Jan Fogel Register by date has been extended The artists will demonstrate brushless painting techniques using common workshop tools or kitchen utensils.

Sunday, October 31 **Skull Making** Instructors: Bernadette Garcia Ambers and Phyllis Garcia Wade You don't have to be a child or even have children to enjoy this wonderful Mexican tradition.

# November 2010

November 6 & 7, 2010 **Making a Personal Shrine** Instructor: Carol Soth Create a personal shrine using a wide variety of media.

Week of November 6 - 13 **Reap As You Sew: Quilting Retreat** Instructors: Chris Boersma Smith & Suzan Friedland Explore the connections between spirituality and textile art or quilt making.

November 13, 2010 **Get Published: Independent Publishing** and Self Publishing Today Instructor: Lindsay Whiting With the help of today's technology there are

now more affordable ways than ever to publish your own book.

November 15-19, 2010 **Advanced Watercolor Portrait** Instructor: Myrna Wacknov This workshop is designed for those who are already familiar with the basics of portraiture.

If you have taken a really good workshop somewhere else and would like to have that instructor teach here, please contact Gerda Randolph at 785-2206. Information for workshop instructors is on our website, GualalaArts.org

Holiday Candy Candles Instructor: Barbara Tocher A wonderful opportunity to make your Christmas decorations and presents!



When the second state is t

Wednesday, 1:30-4:00 p.m., youth 12 to 17 only Youth 6-11 when accompanied by an adult free Instructor: Barbara Tocher (884-3720) and others

# Tai Chi

Instructor Justine Rosenthal Sundays and Tuesdays 11:30 -12:30 p.m. In this class, students will learn the Yang style, long form of Tai Chi Chuan, a series of 108 graceful and flowing movements which are both challenging and rewarding. The deep relaxation builds an inner strength and quiets the mind, giving students a sense of peace, which reduces stress.

### **Martial Arts**

Instructor: Lini Lieberman-Erich Mondays & Wednesdays, 6:00 - 7:30 p.m. Monthly Tuition: Mondays and Wednesdays Wednesdays Only

### Aerobics

with Debbie Langwell, 884-5021 Mondays, Wednesdays, Fridays and Saturdays

## **Exploring Drawing and Painting**

Instructor: Genny Wilson Tuesdays or Thursdays, 1:30-3:30p.m. Her Sea Ranch Studio \$25 members per session

Life Drawing Model is Provided, Share Fee Wednesdays, Call Mike Mee, 785-3999

