

## WORKSHOPS

All workshops are held at Gualala Arts Center unless otherwise indicated.  
Register by calling the Arts Center Office at (707) 884-1138 weekdays 9 - 4.

### BREATHING FOR HEALTH AND AWARENESS

Instructor: Riley Lee.

Saturday, November 4 from 10 a.m. to noon

\$25 members; \$30 non-members. Min: 10 students. Register by October 21.

Contact is through Karl Young at 884-9586

Riley will lead participants through a sequence of simple breathing exercises to promote health, vitality, and well being. Learning correct breathing techniques will help one reduce stress levels, increase blood circulation, optimize oxygen intake, and develop conscious awareness.

### THEME TREE DECORATING WORKSHOPS

Instructor: Jan Harris. This workshop is free.

Five weeks on Mondays, with a Morning Session 10 – 12 and Afternoon Session 2 – 4 p.m.

Help decorate some of the fabulous trees to be auctioned at the Festival of Trees, and learn to create your own “theme” tree. Participants may choose sessions as desired. **Week #3:** Monday Oct. 30: Elegant & Regal Trees. AM Session: *Victorian Visions*: in three styles, Country, Romance, Elegance. PM Session: *Glitter & Glitz*: European Old World & Contemporary Chic. **Week #4:** Monday, Nov. 6: *Trees for Children*. AM Session: *Toyland Treasures*: Family fun, Trees for households with toddlers (or active pets!). PM Session: *Special Kids’ Themes*: Nutcracker Suite, Sports & Leisure, Southwest Celebration. **Week #5:** Monday, Nov. 13: *Fantasy Trees*: Special trees, settings or occasions. AM Session: *Winterland (The Wedding Tree)*, *Neptune*, *Celestial*, *Sugarplum*. PM Session: *Coastal Country*: create a theme tree from found items.

### TABLETOP TREES & ORNAMENTS

Instructor: Vicki Hodge. Workshop is free.

Wednesday, October 25 from 10 to 2 p.m.

& Wednesday, November 8 from 10 to 2 p.m.

Held at Vicki’s Craft Workshop next to The Secret Garden Bed & Breakfast just north of Gualala. Trees, craft tools, and supplies will be available, but students are encouraged to bring personal craft tools.

### HOLIDAY CARDS

Instructor: Vivian Green at 884-4127

Thursday, November 9 from 2 - 4 p.m.

\$20 members; \$25 non-members, plus a \$4 materials fee. Please bring a glue stick, pencil, and scissors to the class.

Vivian will give you a wealth of ideas to get you started on making your own holiday cards – the best you’ve ever done. Learn to make cards with pop-outs, intricate cuts and folds, or with the addition of origami designs that can be simple or spectacular.

### EXPLORING FELTING WITH FINE FIBERS

Instructor: Carin Engen 707 923-3467

carinengen@humboldt.net

Saturday & Sunday, January 13 & 14, 9 a.m. to 4

p.m. \$90 members; \$100 non-members

Materials may be brought to class or purchased for \$50. Class size: 8 - 12 students age 12 and up. Students should be aware that felting can be strenuous. Call for the materials list.

Wool fibers are covered with tiny scales, making them look like pinecones when viewed under the microscope. When one fiber’s scales rub against those of others, they pull the fibers together in irreversible tangles. When compacted under heat and moisture, the wool shrinks into felt – a strong, non-woven fabric.

You will play and explore making texture with natural fibers including wool, mohair, silk, and angora. You will learn to felt these fibers into a base of silk gauze to produce a sheer, draping fabric. Using hand-dyed wool and silk roving you can “paint” using the fundamentals of felt making. Learn how you can successfully put together a pleasing color design. Then you can embellish your fabric with yarn, thread, beads etc.



### BONSAI

Instructor: Bob Shimon 707 884-4126

shimon@mcn.org

Wednesdays, January 31, February. 7, 14, & 21

from 6 p.m. to 8 p.m. Class size: 8 – 12.

\$100 members; \$110 non-members. Materials fee:

\$25 to be paid to instructor. Tools needed:

garden pruning shears and scissors.

Many locals know Bob Shimon as the middle school teacher who retired two years ago after 34 years at Point Arena Elementary, but Bob is also a nationally-recognized bonsai enthusiast and expert. He will explain the ancient art of cultivating artificially dwarfed trees which emphasize character and the sense of age. You will learn how to cut the bases so that they can develop a proper root system in a special mixture. Then you will learn how to feed, groom, and wire the branches to develop the ideal qualities for bonsai. You will learn about the variety of trees suitable for miniaturization, although Bob specializes in redwood trees. These four workshops will give everyone an appreciation of the lifelong commitment needed for bonsai cultivation and the knowledge to start their own bonsai.