

## 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.

### EXPLORING FELTING WITH FINE FIBERS

**Instructor:** Carin Engen, 707 923-3467, or [carinengen@humboldt.net](mailto: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.**

The class will explore making fabric 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. Then you can embellish your fabric with yarn, thread, beads, etc.

### BONSAI

**Instructor:** Bob Shimon, 707 884-4126, [shimon@mcn.org](mailto:shimon@mcn.org)

**Wednesdays, January 31, and February 7, 14, & 21 from 6 - 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.**

These four workshops will give everyone an appreciation of the lifelong commitment needed for bonsai cultivation and the knowledge to start their own bonsai. 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.

### THE SOUNDING BODY: BREATH MEDITATIONS AND VOCAL EXPRESSIONS

**Instructor:** Jamie McHugh, 415-255-1886, [Jamie.mchugh@sbcglobal.net](mailto:Jamie.mchugh@sbcglobal.net), or [www.somaticexpression.com](http://www.somaticexpression.com).

**Saturday, February 3, noon to 5:30 p.m.**

**Members: \$75; Non-members: \$85**

**Class size: 8 - 20 for age 18 and over.**

**Register by January 20.**

**Materials: Blanket or sitting cushion and snack.**

In this workshop, you will explore specific breath and vibratory sound practices to enliven your body and quiet your mind. This personal inquiry with breath and sound is designed to give you more choices for sensing, feeling, and expressing your inner



landscape, and easier access to deep states of stillness. No experience necessary.

The Sounding Body is one of my favorite workshops to share with a group of people. I have offered this workshop numerous times in the Bay Area, and in Ireland, Switzerland and Germany. The soundscapes created by groups are rich in textures and overtones, and the depths of experience that can be accessed in such a short time are always impressive to me. Given that we live in such breathless times, it is gratifying to spend some time together slowing down and "enjoying our breath."

### CREATIVITY FOR KLUTZES

**Instructor:** Libby Lehman, 713-688-7681, [threadplan@aol.com](mailto:threadplan@aol.com)

**Wednesday & Thursday, February 14 & 15, 10 a.m. to 4 p.m.**

**Register by January 15.**

**Member of GAC or PPQG: \$130; Member of GAC or PPQG: \$150; Non-member: \$175.**

**Class size: 14 - 20. Classes require a zigzag sewing machine and a knowledge of using it.**

Are you stuck in a creative rut? Learn how to turn it into a groove. After some simple and fun exercises, students will create a small quilt top using a variety of techniques.



Libby Lehman began making quilts 34 years ago when her mother, Catherine Anthony, signed them up for a basic class. Over the years she has evolved from a traditional handworker to one of the leaders in innovative machine stitching. Her art quilts have won many awards and appear in private, corporate, and museum collections, including VISA International, Fairfield Processing Corporation, and the Cogen Technologies.

She is the author of *Threadplay with Libby Lehman* (That Patchwork Place, 1997) and her quilts have appeared in many books and international publications.

Her quilt *Joy Ride* was chosen as one of the Best 100 American Quilts of the 20th Century. In addition to making quilts, most of her time is spent teaching, judging and lecturing in the US as well as internationally in Japan, Australia, the UK, Germany, Spain, New Zealand, and Switzerland. Libby lives in Houston, Texas, her native city, with her husband, Lester. To see examples of Libby's quilts, go to her website: [www.libbylehman.us/](http://www.libbylehman.us/)