



Class Enrollment

PLEASE PRINT

Your name _____

Phone _____ Email _____

All classes and workshops are Tuesday evenings in the BEC, 2nd floor, except as noted. Class descriptions are on back.

Class

_____ **A Taste of Watercolor** May 1 and 8, 7-10 pm \$45

Please pay by check, payable to: Emmanuel Church. Memo line: ASC [and class name]
To pay by credit card, register online at www.artsandspirit.org.

Class Descriptions

Introduction to Creative Meditation Oct. 3, 7-9pm \$10

In this course, we will explore the use of meditation as a technique to access deep, inner creativity. The class will consist of a period of guided meditation followed by time devoted to expressing the thoughts and ideas that arise during the meditative process. Some students will prefer to write or journal after meditation; others will prefer artistic expression in the form of drawing with pen, pencils, colored pencils, charcoal, etc. Upon completion of the class, students will have gained an understanding of how to tap into the quiet contemplation of the inner self to discover new levels of creative inspiration.

Ages: Late teens – adults Instructor: Erin Leigh

Telling Your Story So People Will Want to Listen Mondays, Oct. 9 – Nov. 13, 7-10pm \$225

Everyone has a story, a good story, maybe even a great story. Unfortunately, not everyone knows how to tell their stories so others will want to listen. During our workshop storytellers rehearse telling their stories to one another. With the help of feedback from fellow participants and the director, the storytellers edit and polish their stories, while gaining confidence in their ability to hold their audience's attention. Upon completing the workshop, storytellers share their story in a Showcase. They will tell their story on stage in the Emmanuel Church Parish Hall before an invited audience of their family and friends. This hospitable environment provides the perfect atmosphere for recounting the stories the participants just "have to tell".

Ages: Late teens, adults Instructor: Gayle Turner

Listening Practice: Creating a Daily Affirmation Deck

Oct. 17, 7-9pm, repeats Nov. 7, 7 – 9pm \$52.50, includes \$25 materials fee

Using your skills of listening through mindfulness, we will discern words of wisdom and put them into a deck of "Daily Inspiration Cards". Students will begin to build their deck and create art cards ready to receive words as we receive them. Each is a work of art and can employ a variety of techniques. This workshop is offered twice, Oct. 17 and Nov. 7.

Ages: Teens, adults Instructor: Suzanne Vinson

Spirit Tango: Principles for Life Oct. 17 – Nov. 7, 8-9pm Parish Hall \$40

Students will learn basic Argentine tango techniques: steps, pivots, ochos, molinetes, and cruzadas. Instruction will be grounded in the following life principles: Relational Connection, Focused Awareness, Creative Expression, and Physical Control. During each class, students will engage in exercises that support dance movement and practice tango techniques, while relating these to life principles.

Materials: Footwear that is danceable – dance shoes, leather-soled shoes, or socks

Ages: Adults – no partner required Instructor: Michael Noyes