

# Art – Yoga – Healing Arts

At Meiklem Kiln Works/ Centerspace Wellness Studio

## January – April 2017

<b>Date</b>	<b>Class Name</b>	<b>Instructor</b>
7-Jan	Polymer Clay Skinner Blends Running in Circles	Kristie Foss
9-Jan	Djembe Drumming (weekly)	Matthew Dean
10-Jan	Beginners Yoga Part 1 (4 weeks)	Lyndsay Meiklem
11-Jan	Herbal Super Teas	Michele Maclure
12-Jan	Awakenings: Spiritual Inquiry and Meditation	Stacey Goforth
16-Jan	Yoga for Stress and Anxiety Relief	Michelle Vanase-Frawley
28-Jan	Zendala Large Renaissance Decoburst	Carol Dunn
4-Feb	Mini Block Printing from the Heart	Adrienne Pratt
8-Feb	Making Herbal Love Potions & Edible Treats	Michele Maclure
9-Feb	Awakenings: Spiritual Inquiry and Meditation	Stacey Goforth
11-Feb	Polymer Clay Ruffle Beads w/ Embossing Powder	Kristie Foss
11-Feb	Chair Yoga (4 weeks)	Martin Moebus
11-Feb	Partner Yoga	Lyndsay Meiklem and Kristin Quinn
13-Feb	Discover your Spiritual Nature (Free)	Stacey Goforth
15-Feb	Zentangle Found & Tangled	Carol Dunn
18-Feb	Group Intuitive Reading	Karen Bruscini
27-Feb	Discover your Spiritual Nature (5 weeks)	Stacey Goforth
8-Mar	Ciders & Syrups	Michele Maclure
9-Mar	Awakenings: Spiritual Inquiry and Meditation	Stacey Goforth
11-Mar	Polymer Clay Mica Powders & Silk Screens	Kristie Foss
18-Mar	Sun Salutations Workshop	Kristin Quinn
22-Mar	Holographic Sound Healing Concert	Randean Tetu
25-Mar	Mini Block Printing Springtime	Adrienne Pratt
29-Mar	Zendala Stained Glass	Carol Dunn
1-Apr	Polymer Clay Surface Embroidery	Kristie Foss
12-Apr	Herbal Oxymels	Michele Maclure
13-Apr	Awakenings: Spiritual Inquiry & Meditation	Stacey Goforth
30-Apr	Gongs and Bowls Healing Meditation	Priscilla Gale