

VERMONT ARTS EXCHANGE
SAGE STREET MILL, NORTH BENNINGTON
WINTER SESSION 2012 Community Art Classes

FLOW YOGA Artist/Instructor: Tracey Forest. Mondays Feb. 13-April 2. 6:30-8pm, \$85/8 wks, \$15/class drop in. On site childcare available \$8/class (out of diapers).

Class includes an opening meditation; a complete, flowing yoga session with sun salutations, standing poses, heart-opening through back-bending, inversions, forward bends and savasana (a deep, long final relaxation). Instructor Tracey Forest is a CYT at the 200-hour level in Prana Vinyasa Yoga, having studied with visionary teacher Shiva Rea. Prana Flow is a full spectrum approach to embodying the flow of yoga. With six years of teaching experience, Tracey teaches at The Yoga Place, Breathing Room Yoga, the Ross Barn in Manchester and Spirit Hollow. She is also co-founding Director of Spirit Hollow, a non-profit nature retreat dedicated to the transformation of consciousness in Shaftsbury.

OIL PAINTING Artist/Instructor: Stella Ehrich. Tuesdays Feb. 14-April 3. 6:30-8:30pm, \$215/8 wks.

This class will use still life objects to explore the many different aspects of painting with oils. Students will be encouraged to bring their own choice of objects to paint, objects that have personal meaning to them. We will discuss composition and lighting, as well as technical aspects of painting such as making the preliminary drawing, the palette, mixing color and developing the painting. The class is appropriate for both beginners and advanced students. Teaching will be mainly one-on-one and with all students working at their own pace. A supply list will be provided upon registration.

CERAMICS Artist/Instructor: Arline Mayer. Wednesdays Feb. 15-April 4. 6:30-8:30 pm, \$200 includes material and firing/8 wks. Learn the art of making pottery while explore clay sculpture. This class will start with demonstrations of wheel throwing, hand building techniques and slab roller. Experience the wide range clay has or focus on a project you have in mind, functional or non-functional. All levels will benefit from this class whether a beginner, casual novice, or more advanced student.

HAND DRUMMING Artist/Instructor: Otha Day. Thursdays Feb. 16-April 5. 6:30-8pm, \$110/8 weeks, \$15/class drop in. Come to experience the joy of community rhythmic exploration and music making in a playful and easy class setting. Using African hand drums and percussion instruments students will learn traditional rhythmic songs from various cultures of the world. Additionally participants will learn how to support others both in ensembles and in rhythmic fun. Day is a Drum Circle Facilitator and a Berkshire-based team-building and communications facilitator. He organizes and teaches drum circles and classes to colleges, schools, business, community and private presenters throughout the northeast. Enrollment is open to all ages!

MAIL REGISTRATION FORM AND PAYMENT TO

VAE P.O. Box 725 North Bennington, VT 05257

Call VAE to register at 802.442.5549, fax 802.681.4475, or go to www.vtartsxchange.org

**See website for withdrawal policies and additional information

Name _____

Address _____

Phone # _____ E-mail _____

Flow Yoga, Mondays Feb. 13-April 2. 6:30-8:30pm, \$85

Oil Painting, Tuesdays Feb.14-April 3. 6:30-8:30pm, \$215.

Ceramics, Wednesdays Feb. 15-April 4 6:30-8:30 pm, \$200 includes materials and firing.

Hand Drumming, Wednesdays Feb. 16-April 5 6:30-8:30pm, \$110.

TOTAL PAYMENT DUE \$ _____

PAYMENT METHOD Check (check # _____) CC

CREDIT CARD INFO Name as appears on card _____

Account # _____ Expiration date _____