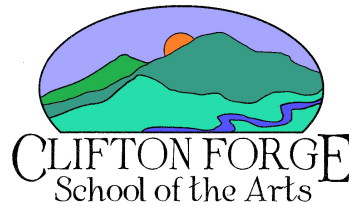


518 Church Street  
P O Box 406  
Clifton Forge, VA  
24422  
540-862-7275



The Clifton Forge School of the Arts is a 501(c)(3) non-profit organization. We offer instruction in the arts to all ages and abilities.

[www.cfsota.org](http://www.cfsota.org)

2018 Fall Semester

Email: [cfsota@lumos.net](mailto:cfsota@lumos.net)

*As we welcome autumn, the rhythm of everything around us changes and life can feel very busy. We offer this schedule of classes for children and adults as an opportunity to nurture creativity and mindful relaxation in the arts: drawing and painting, clay, hand-quilting, jewelry making, photography, creating with glass, woodworking, blacksmithing, knitting and crocheting, oshi-e, sculpture, music instruction, and yoga. Come create with us! Partial scholarships and customized courses are available. With the holidays approaching, we ask you to remember the perfect gift for children and adults – a Gift Certificate to the School of the Arts. Please refer to our registration policies described at the end of this schedule.*

## CLASSES FOR CHILDREN

### TODDLERS & PRESCHOOLERS:

#### **C-100: SIDE-BY-SIDE ART EXPLORATION**

INSTRUCTOR: MAR JIMENEZ

Wednesdays, September 12 & 26, October 10 & 24,  
November 14 & 28, December 12, 11:00 a.m. - noon

**TUITION: Free!!**

Fun and exploration for children aged 2-5 years with a parent or caregiver. Early childhood principles of color, shape, movement, and rhythm are emphasized through drawing, painting, collage, blocks and music. Join us for one session or all! Preregistration is requested via phone call or online so instructor is prepared with materials. *Clifton Forge offers some great programs for little ones on Wednesdays! We're the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays and our Public Library hosts a program at the same time on the 3<sup>rd</sup> Wednesday of every month.*

### CHILDREN AGE 6-12:

#### BLACKSMITHING:

##### **M-100: BLACKSMITHING FOR BEGINNERS**

INSTRUCTOR: GLEN BRYANT

**M-100a: Wed., Sept. 19 & 26, 6:00 – 9:00 p.m.**

**M-100b: Wed., Oct. 17 & 24, 9:00 a.m. – noon**

**M-100e: Saturday, Oct. 20, 9:00 a.m. – 5:00 p.m.**

**M-100c: Wed., Nov. 7 & 14, 6:00 – 9:00 p.m.**

**M-100d: Wed., Dec. 5 & 12, 6:00 – 9:00 p.m.**

**TUITION: \$140 for adults; \$110 for teens; \$150 for adult & child under age 13 working together**

Gain a strong foundation in the art of blacksmithing in

this two-session (except 10/20, which is all one day) class. Along with fire maintenance and hammer control, learn core techniques for hand-forging tapers, bending and twisting. Come prepared to have a lot of fun and leave with your own hand-forged ironwork. **Please bring safety glasses and heavy work gloves.**

##### **M-101: BLACKSMITHING: NEXT LEVEL**

INSTRUCTOR: GLEN BRYANT

**Custom course dates available. Call or email the School to schedule.**

**TUITION: \$140 for adults; \$110 for teens; \$150 for adult & child under age 13 working together**

#### CLAY

##### **C-110: HALLOWEEN DÉCOR**

INSTRUCTOR: AMIE DURRMAN

**C-110a: Tuesdays from 4:30 – 6:00 p.m., Aug. 21 & 28 and Sept. 4 & 18**

**C-110b: Wednesdays from 4:30 – 6:00 p.m., Sept. 26 and Oct. 3, 10 & 24**

**TUITION: \$60**

Enjoy four fun weeks of creating decorations that you can display for Halloween. Students will build a witches hat, pumpkin, and an owl candy bowl. After the work is fired the student's will spend the last class learning about and applying underglazes.

##### **C-107: FALL LEAVES AND OWLS**

INSTRUCTOR: AMIE DURRMAN

**C-107a: Fridays from 4:30 – 6:00 p.m.**

**Aug. 24 & 31 and Sept. 7 & 21**

**C-107b: Fridays from 4:30 – 6:00 p.m.**

**Sept. 28 and Oct. 5, 12 & 26**

**TUITION: \$60**

In this four-week class students will have the opportunity to investigate and create leaf forms with vibrant fall colors. Students will make a leaf bowl, leaf and owl ornaments, and a hanging owl. After the work is fired, the students will spend the last class learning about and applying underglazes.

**C-108: CRAZY ABOUT ANIMALS**

**INSTRUCTOR: AMIE DURRMAN**

**C-108a: Wednesdays, 4:30 – 6:00 p.m., Aug. 22 & 29 and Sept. 5 & 19**

**C-108b: Tuesdays, 4:30 – 6:00 p.m., Sept. 25 and Oct. 2, 9 & 23**

**TUITION: \$60**

In this four-week class, children will use traditional clay hand-building techniques, students will create an animal pinch pot, animal slab mask, and a coiled animal sculpture. After the work is fired, students will spend the last class learning about and applying underglazes.

**C-109: DECORATIONS AND HOLIDAY GIFTS**

**INSTRUCTOR: AMIE DURRMAN**

**Class is offered from 4:30 – 6:00 three days each week:**

**C-109a: Tuesdays, Nov. 6, 13 & 27**

**C-109b: Wednesdays, Nov. 7, 14 & 28**

**C-1-9c: Fridays, Nov. 2, 9 & 30**

**TUITION: \$50**

Make your creative gifts and decorations early so you're ready for the most wonderful time of the year! Students will be encouraged to let their imaginations soar over a three-week period of making clay ornaments with textures and angels. In the final class students will learn about and apply underglazes to their work.

**C-110: CHILDREN'S CLAY HAND-BUILDING**

**INSTRUCTOR: AMIE DURRMAN**

**Saturdays, 10-11:30 a.m., Dec. 1, 8 & 22**

**TUITION: \$50**

Have fun creating in clay and bring a friend or two for this three-week class! Together we will use our imaginations to create a pinch pot creature and a mask of your choice. At the final class students will apply underglazes to add vibrant colors to their work.

**C-111: CLAY HANDBUILDING FOR PRETEENS**

**INSTRUCTOR: AMIE DURRMAN**

**Saturdays, noon to 1:30 p.m., Dec. 1, 8 & 22**

**TUITION: \$50**

Students will explore various hand-building techniques while creating functional and abstract forms.

Demonstrations include slab construction, coil building, and pinching. Learn about surface decoration such as applied textures, underglaze, and glaze application. Recommended for children age 10 and older.

## **DRAWING, PAINTING & SCULPTURE**

**B-100: DRAWING LESSONS**

**INSTRUCTOR: JOSH THOMPSON**

**Sat. noon – 1:00 p.m. and 1:00 – 2:00 p.m., or by arrangement**

**TUITION: \$17 per hour, includes materials**

Learn about line, shape, light, and mass using pencil on paper and progressing gradually to other mediums (charcoal, ink, pastel).

**B-111: FALL 2-D ART FOR CHILDREN**

**INSTRUCTOR: AMIE DURRMAN**

**Saturdays, Sept. 1 & 8, 11:00 a.m. - 12:30 p.m.**

**TUITION: \$45**

Create a leaf composition and an owl portrait through printmaking, watercolor, and mixed media techniques. For children ages 6 and up.

**C-120: COPPER REPOUSSE (age 12 to adult)**

**INSTRUCTOR: JUDITH SIVONDA**

**Saturday, Nov. 3, 1:00 – 3:00 p.m.**

**TUITION: \$45 (includes materials)**

*Repoussé* dates well back in history, to time of the pharaohs of Egypt and is found in many cultures, from jewelry to masks to serving dishes. Often called embossing but embossing correctly refers to a machine stamped piece, not artist handmade pieces. In this one-day workshop participants learn to plan and create a low-relief metal wall tile. Patiently alternating *repoussé* or pushing and chasing of metal foil sheets stretches the metal to give dimension to your design. Some design ideas will also be provided if your personal muse is not with you.

## **FIBER ARTS**

**CN-103: LOLA'S GARDEN: TURNED-APPLIQUE HAND QUILTING (age 12 to adult)**

**INSTRUCTOR: BRENDA MARTIN**

**Saturday, Sept. 29, 10:00 a.m. – 4:00 p.m. (bring lunch)**

**TUITION: \$40, includes materials**

This class celebrates the heritage of hand quilting in the Alleghany Highlands. Learn to quilt by hand and make a beautiful applique wall-hanging (finished size 12"x24") of a flower garden with the School of the Arts' celebrity cat, Lola, wandering among the blooms. Perfect for someone with a little bit of hand-sewing experience.

### **C-112: EMBROIDERY WORKSHOP**

INSTRUCTOR: AMIE DURRMAN

**Saturday, Oct. 13, 10:00 a.m. – 1:00 p.m.**

**TUITION: \$25, includes materials**

Students will learn embroidery techniques and have the opportunity to choose their own imagery, which they will then apply to colored burlap. Ages 7+

### **CN-101: TURNED-APPLIQUE HAND**

**QUILTING (age 12 to adult)**

INSTRUCTOR: BRENDA MARTIN

**Saturday, Oct. 6, 10:00 a.m. – 4:00 p.m. (bring lunch)**

**TUITION: \$40, includes materials**

This class celebrates the heritage art of quilting by hand in the Alleghany Highlands. Learn hand-quilting and make a beautiful applique wall hanging (finished size 12" x 12") featuring Lola, the beloved kitty of the School of the Arts.

### **CN-104: MAKE A PUFF QUILT (age 12 to adult)**

INSTRUCTOR: BRENDA MARTIN

**Saturday, Nov. 10, 10:00 a.m. – 4:00 p.m. (bring lunch)**

**TUITION: \$40, includes some materials**

In this class students will use hand-sewing skills to make a small/baby quilt. Bring either scraps of fabric or two one-yard pieces of quilting fabric. We will supply the fiber to help you make a beautiful quilt puff.

## **GLASS & JEWELRY**

### **G-106: FUSED JEWELRY PENDANTS & PINS**

INSTRUCTOR: GEORGE AYARS

**G-106a: Tuesdays, noon – 2:30 p.m., Sept. 11 & 18**

**G-106b: Tuesdays, 10:00 a.m. – 12:30 p.m., Nov. 13 & 20**

**G-106c: Weekend Format: Friday, Nov. 30, 6:30 – 8:30 p.m. and Saturday, Dec. 1, 10:00 a.m. - noon**

**TUITION: \$50 (includes materials)**

Create unique, sparkling glass jewelry for yourself or for gifts, even if you've never cut glass before! It's easy, and fun, using dramatic, dazzling dichroic glass. All supplies are included, and tools are available in class. Demos include basic "small piece" cutting techniques, a brief intro to glass fusing, dichroic glass, and composition recommendations. Students will use scrap glass and cut simple shapes, then stack and glue 3-4 small pendants for fusing in the first session. In session two, students will assess the results of their first batch in group review of all fused pieces, including before and after photos. Discussion will include changes from the fusing process and surprise effects, both good and bad. With added

insight, students will then create a second batch of pendants. Finally, students will select and attach jewelry bails or pin backs, to complete their fused glass fashion masterpieces! For ages 10 and up (and a great activity for a child to do with an older sibling, parent, or grandparent!)

### **G-201: FUSED GLASS SUN CATCHERS AND NIGHT LIGHTS (age 10-adult)**

INSTRUCTOR: GEORGE AYARS

**Saturdays, 10:00 a.m. – 1:00 p.m.**

**G-201a: Saturday, Sept. 29**

**G-201b: Saturday, Oct. 13**

**G-201c: Saturday, Dec. 8**

**TUITION: \$35 (materials included)**

Make a colorful, charming fused glass sun catcher in this easy, three-hour introduction to the basics of glass fusing! No previous glass cutting experience is required for this brief introduction to fused glass. Students will compose a design, approximately 4 x 6", using small scraps of fusible glass, and fusible glass frit. Each piece is fired to over 1200 degrees, melting the glass into a finished sun catcher, ready to hang in a sunny window. Youths age 10 and up are welcome, if attending with a paying adult.

Students may choose to make **two fused glass night lights** instead of a sun catcher, for an additional fee of \$9.00, to cover the cost of two fixtures, bulbs and clips, which are available in class. The night lights panels are 2 ½ x 3" each. Finished projects can be picked up at the School office after firing is completed, or mailed for a small additional fee. For ages 10 and up (and a great activity for a child to do with an older sibling, parent, or grandparent!)

## **MUSIC:**

### **CD-200: PIANO LESSONS**

INSTRUCTOR: JOANNE HAYSLETT

Daytime lessons offered on Thursdays, **\$25/week**

### **CD-500: TRUMPET LESSONS**

INSTRUCTOR: ALVIS JACKSON

Daytime lessons on Fridays, **\$25/week**

### **CD-300: VIOLIN, VIOLA, AND CELLO LESSONS**

INSTRUCTORS: JAIME MCARDLE (violin & viola)

JULIA GOUDIMOVA (cello)

The School of the Arts is the Alleghany County home teaching center for the Allegheny Mountain String Project. An educational program of Garth Newel Music Center, the AMSP offers private lessons in violin, viola, and cello with scholarships available. AMSP students of appropriate playing level have free access to the youth orchestra program run by Gretta Sandberg. Spaces are

available for Fall 2018. For additional information, contact the Garth Newel Music Center at 540-839-5018 or email [Jaimemcardle@icloud.com](mailto:Jaimemcardle@icloud.com)

## **WOODWORKING:**

### **R-400: WOOD TURNING: CHOOSE YOUR PROJECT**

INSTRUCTOR: JOE WOOD

**R-400a: Tuesday, Oct. 9, 10:00 a.m. – 2:00 p.m.**

**R-400b: Tuesday, Nov. 6, 10:00 a.m. – 2:00 p.m.**

**TUITION: \$50 (plus a materials fee based on the project chosen paid to the instructor during class). Tuition covers either one adult or one adult with child under age 12 making one project.**

Join instructors to learn how to turn wood to make a baseball bat, wooden bowl, pen, ice cream scoop, or other small wood project. **This is a wonderful shared parent/child activity for children under age 12.** Create memories along with your special project! Customized dates available if the above don't work for you.

## **COURSES FOR TEENS AND ADULTS**

## **BLACKSMITHING:**

### **M-100: BLACKSMITHING FOR BEGINNERS**

INSTRUCTOR: GLEN BRYANT

**M-100a: Wed., Sept. 19 & 26, 6:00 – 9:00 p.m.**

**M-100b: Wed., Oct. 17 & 24, 9:00 a.m. – noon**

**M-100e: Saturday, Oct. 20, 9:00 a.m. – 5:00 p.m.**

**M-100c: Wed., Nov. 7 & 14, 6:00 – 9:00 p.m.**

**M-100d: Wed., Dec. 5 & 12, 6:00 – 9:00 p.m.**

**TUITION: \$140 for adults; \$110 for teens; \$150 for adult & child under age 13 working together**

Gain a strong foundation in the art of blacksmithing in this two-session (except 10/20, which is all one day) class. Along with fire maintenance and hammer control, learn core techniques for hand-forging tapers, bending and twisting. Come prepared to have a lot of fun and leave with your own hand-forged iron work. **Please bring safety glasses and heavy work gloves.**

### **M-101: BLACKSMITHING: NEXT LEVEL**

INSTRUCTOR: GLEN BRYANT

**Custom course dates available. Call or email the School to schedule.**

**TUITION: \$140 for adults; \$110 for teens; \$150 for adult & child under age 13 working together**

**IF YOU HAVE FOUR STUDENTS WHO ARE INTERESTED IN LEARNING BLACKSMITHING, WE CAN OFFER EITHER COURSE FOR YOUR GROUP.**

**PEOPLE OF ALL AGES AND GENDERS CAN EXCEL AT BLACKSMITHING. AN INTERMEDIATE LEVEL COURSE (PREREQUISITE IS COMPLETION OF M-100) TO MAKE A TOMAHAWK IS ALSO AVAILABLE.**

## **CLAY:**

### **T-104: BEGINNING CLAY HAND-BUILDING FOR TEENS AND ADULTS**

INSTRUCTOR: AMIE DURRMAN

**Wednesdays**

**T-104a: Sept 12, 19, 26, Oct 3, 10, 24 1:00 - 3:00 p.m.**

**T-104b: Oct 24, Nov 7, 14, 28, Dec 5 & 12, 6:00-8:00 p.m.**

**TUITION: \$140, plus \$25 per 25-lb. block of clay used**  
Hand-building technique demonstrations include slab construction, coil building, and pinching. Applied textures, underglaze, glaze application, and surface decoration techniques are also demonstrated. Explore these various hand building and surface techniques to create your own unique functional or abstract work.

### **T-105: INTERMEDIATE POTTERY: PITCHERS, VASES, AND WOOD-FIRING**

INSTRUCTOR: CYNDY LITTLETON

**Mondays and Thursdays, 6:15 – 8:15 p.m.**

**Sept. 24 through Oct. 18, plus Oct. 27 - 28.**

**TUITION: \$160, plus \$25 per 25-pound block of clay**

Students of clay will be using the potter's wheel to construct larger vessels such as pitchers, vases, and tureens. Focus will be placed on developing galleries, lids, spouts, and handles. Students will also be introduced to applying glaze using the spray method and using shinos for reduction firing. On October 18, students will assist in loading their pots into a wood-fired kiln. The class will culminate with a group wood firing on October 27-28.

## **DRAWING, PAINTING & SCULPTURE**

### **B-100: DRAWING LESSONS**

INSTRUCTOR: JOSH THOMPSON

Sat. noon-1:00 p.m. and 1:00-2:00 p.m. or by arrangement

**TUITION: \$17 per hour, includes materials**

Learn about line and shape, light and mass, using pencil on paper, progressing gradually to other mediums (charcoal, ink, pastel).

### **H-205: PAINT A BARN QUILT**

INSTRUCTOR: ANDREA CURRY

**Saturdays, 10:00 a.m. – 1:00 p.m.**

**H-205a: Sept. 1 & 8**

**H-205b: Oct. 13 & 20**

**H-205c: Oct. 27 & Nov. 3**

**TUITION: \$65 (includes all materials except paint.)**

Barn Quilts are a beautiful way to accessorize either the interior or exterior of your home. In this two-weekend class, artist Andrea Curry will show you how to make a 24" square barn quilt with colors that complement your décor. **Students must bring an apron or wear clothes suitable for painting, a hair dryer, and up to 6 colors of interior/exterior latex paint (BEHR sample sizes of interior/exterior Premium Plus Ultra or Marquee from Home Depot are strongly recommended).** Please contact the School of the Arts if you have any question about your paint needs. *The Alleghany Highlands Chamber of Commerce hopes to establish a Barn Quilt Trail in our region and we look forward to helping you become part of it!*

### **Q-102: WEEKEND STONE CARVING WORKSHOP**

INSTRUCTOR: JUDITH SIVONDA

**Columbus Day Weekend: Oct 5, 6 & 7.**

**10:00 a.m. to 4:00 p.m.**

**TUITION: \$250, plus stone of your choice, priced by the pound, average cost is \$15.**

Alabaster mimics marble in appearance and luster but is easy to carve. In this studio workshop participants will carve a simplified animal form: think fish, fox, dog, bird, and bear. You may bring drawings and photos or choose from resource file. Judith will help you to reduce the animal to its essential elements and transfer it to a stone. You will learn to carve and finish using traditional hand tools - primarily rasps, rifflers and sandpapers bringing your sculpture to a smooth, highly polished finish. The school supplies all tools and the necessary safety equipment. Each student should bring a pair of leather work gloves that fits well and wear comfortable shoes. A long lunch break is provided for discussion, reflection and rest. You may pack your lunch or eat at one of Clifton Forge's nearby restaurants. The workshop meets at the CFSOTA sculpture studio at the rear of our glass and pottery studios building at 510 Church St. This is a course suitable for age 14 to adult. Call the School of the Arts for information about nearby lodging.

### **C-120: COPPER REPOUSSE (age 12 to adult)**

INSTRUCTOR: JUDITH SIVONDA

**Saturday, Nov. 3, 1:00 – 3:00 p.m.**

**TUITION: \$45 (includes materials)**

*Repoussé* dates well back in history, to time of the pharaohs of Egypt and is found in many cultures, from jewelry to masks to serving dishes. Often called embossing but embossing correctly refers to a machine stamped piece, not artist handmade pieces. In this one-day workshop participants learn to plan and create a low-relief metal wall tile. Patiently alternating *repoussé* or pushing and chasing of metal foil sheets stretches the metal to give dimension to your design. Some design ideas will also be provided if your personal muse is not with you.

### **FIBER ARTS:**

#### **N-200: KNITTING LESSONS FOR BEGINNERS**

#### **N-300: CROCHET LESSONS FOR BEGINNERS**

INSTRUCTOR: JULIE BENNETT

**Wednesdays, 10:00 a.m. – noon, or by arrangement**

**TUITION: \$20 per one-hour lesson, \$50 for three one-hour lessons.**

You've always wanted to learn how to knit or crochet, admit it. Make beautiful scarves, shawls, mittens, anything you can imagine, as a gift for someone special or for yourself. Knitting and crocheting are relaxing, mindful, and communal activities which have rewarding end results. Please call the School to select your choice of date and lesson time. Our instructor also excels at helping students with incomplete projects or confusing patterns.

#### **CN-103: LOLA'S GARDEN: TURNED-APPLIQUE HAND QUILTING (age 12 to adult)**

INSTRUCTOR: BRENDA MARTIN

**Saturday, Sept. 29, 10:00 a.m. – 4:00 p.m. (bring lunch)**

**TUITION: \$40, includes materials**

This class celebrates the heritage of hand quilting in the Alleghany Highlands. Learn to quilt by hand and make a beautiful applique wall-hanging (finished size 12"x24") of a flower garden with the School of the Arts' celebrity cat, Lola, wandering among the blooms. Perfect for someone with a little bit of hand-sewing experience.

#### **CN-101: TURNED-APPLIQUE HAND QUILTING (age 12 to adult)**

INSTRUCTOR: BRENDA MARTIN

**Saturday, Oct. 6, 10:00 a.m. – 4:00 p.m.**

**TUITION: \$40, includes materials**

This class celebrates the heritage art of quilting by hand in the Alleghany Highlands. Learn hand-quilting and make a beautiful applique wall hanging (finished size 12" x 12") featuring Lola, the beloved kitty of the School of the Arts.

**CN-104: MAKE A PUFF QUILT (age 12 to adult)**

INSTRUCTOR: BRENDA MARTIN

**Saturday, Nov. 10, 10:00 a.m. – 4:00 p.m. (bring lunch)**

**TUITION: \$40, includes some materials**

In this class students will use hand-sewing skills to make a small quilt. Bring either scraps of fabric or two one-yard pieces of quilting fabric. We will supply the fiber to help you make a beautiful quilt puff.

**CONTEMPORARY OSHI-E**

The School of the Arts is thrilled to bring a new fiber art to the Alleghany Highlands. The art of oshi-e is for creatives and makers (ages 13+) who love to play with fabric! Contemporary Oshi-e (pronounced 'oh-she-aye') is based upon an ancient fabric art from Japan. Besides being hung on a wall, oshi-e can be used in scrapbooking, card-making, jewelry, ornaments, and so much more! No art or sewing skills are required. All students will go home with one completed piece. Our Instructor, WENDY CHRISTINE DUKE, has been making oshi-e for over four decades, having learned the technique while living in northern Japan. Her work has been commissioned for more than 50 residential and corporate settings and has won awards regionally, nationally and internationally. These classes are part of her research on a book she is writing as an Introduction to Contemporary Oshi-e. A display of her work and details of the process is on display at the School of the Arts.

**F-400: BASIC OSHI-E**

INSTRUCTOR: WENDY CHRISTINE DUKE

**Thursday, October 18, 10:00 a.m. – 1:30 p.m.**

**TUITION: \$45 (includes tools and materials)**

You will learn the basics of oshi-e while assembling a quilt-like image using fabric, cardboard, padding, and glue with only simple tools that most every crafter has used. Students are asked to bring a three-ring binder for handouts and notes and a bag lunch.

**F-401: ADVANCED OSHI-E**

INSTRUCTOR: WENDY CHRISTINE DUKE

**Thursday, October 25, 10:00 a.m. – 3:30 p.m.**

**TUITION: \$55 (includes tools and materials)**

For those who want to continue learning and creating more complex oshi-e pieces, while expanding the skills

acquired in the introductory class. You can take this class more than once!

**GLASS:**

**G-101: BEGINNING STAINED GLASS**

INSTRUCTOR: GEORGE AYARS

**G-101a: Thursdays, 6:30 – 9:00 p.m.,**

**Sept. 27, Oct. 4, 11, 18 & 25**

**G-101b: Tuesdays, 6:30 – 9:00 p.m.**

**Nov. 13, 20, 27, Dec 4 & 11**

**TUITION: \$90 (plus a \$45 materials fee due to the instructor at the first class session.)**

An intriguing introduction to the art of making stained glass, using the basic copper foil technique. Topics include glass cutting; foil and solder techniques; selection of colors, glass and patterns; and rules for design & pattern making. Students will select a panel pattern from a set of designs provided by the instructor, to create a beautiful finished piece up to 10x15". The school will provide tools for use in class.

**G-102: WEEKEND BEGINNING STAINED GLASS**

INSTRUCTOR: GEORGE AYARS

**G-102a: Friday, Sept. 14, 6:00 – 9:00 p.m.**

**Saturday, Sept. 15, 9:00 a.m. – 5 p.m.**

**Sunday, Sept. 16, 1:30 p.m. – 5 p.m.**

**G-102b: Friday, Oct. 19, 6:00 – 9:00 p.m.**

**Saturday, Oct. 20, 9:00 a.m. – 5:00 p.m.**

**Sunday, Oct. 21, 1:30 – 5:00 p.m.**

**TUITION: \$90 (plus a materials fee of approximately \$45 due to the instructor at the first class session.)**

**No time for a five-week course?** Learn the tools and technique of basic glass cutting and copper foil construction in a condensed version of our five-week course. Students will select a panel pattern from a set of designs provided by the instructor. All will be 20 pieces or so and about a square foot in size. **No previous glass cutting experience is required.** Students are encouraged to bring a camera to record the progress as their first glass piece takes shape! Add to the fun of this experience – take the class with a friend or in a small group!

**G-203: COZY QUILTS IN FUSED GLASS**

INSTRUCTOR: GEORGE AYARS

**Saturday, October 27, 10:00 a.m. – 4:00 p.m.**

**TUITION: \$60 (plus a \$20 materials fee due to the instructor in class)**

Homey, classic quilt designs – who doesn't love 'em? Inviting, comforting – antique in essence, but somehow timeless and modern. No previous glass experience required. Students will learn basic glass cutting, with added tips for speed-cutting strips, squares, triangles and

diamond shapes so popular in traditional quilt designs. Make one of several classic patterns, such as Basket of Scraps, Oh Susannah, Eight-Point Star, etc.

Students assemble an 8" square panel which is then fused to over 1200 degrees, melting the glass into a finished sun catcher, ready to hang in your window. Finished projects can be picked up at the School office after firing is completed, or mailed for a small additional fee. Class includes a short break (bring a bag lunch).

### **G-200: MOLTEN MAGIC: THE ART OF FUSING GLASS**

**INSTRUCTOR: GEORGE AYARS**

**Tuesdays, 6:30 – 8:30 p.m., Sept. 25, Oct. 2, 9, 16, & 23**

**TUITION: \$90 (plus a materials fee of \$50 due to the instructor at the first class session.)**

Learn the basics of the art, and science, of glass fusing in this introductory five-week fusing class! Explore the exciting transition of glass from hard, brittle pieces to a mystical, moldable state, where glass flows like molten lava, pieces join, and art is formed under intense heat. Students will create a free-form fused panel and a dimensional project of their choice - either a plate, bowl, or a free-standing piece. Learn the techniques used to create many kinds of fused glass projects, including glass compatibility, ramping schedules, flash venting, and more. Some previous glass cutting experience is recommended, but not required; we will cover the basics of cutting glass in class.

### **G-106: FUSED JEWELRY PENDANTS & PINS**

**INSTRUCTOR: GEORGE AYARS**

**G-106a: Tuesdays, noon – 2:30 p.m., Sept. 11 & 18**

**G-106b: Tuesdays, 10:00 a.m. – 12:30 p.m., Nov. 13 & 20**

**G-106c: Weekend Format: Friday, Nov. 30, 6:30 – 8:30 p.m. and Saturday, Dec. 1, 10:00 a.m. - noon**

**TUITION: \$50 (includes materials)**

Create unique, sparkling glass jewelry for yourself or for gifts, even if you've never cut glass before! It's easy, and fun, using dramatic, dazzling dichroic glass. All supplies are included, and tools are available in class. Demos include basic "small piece" cutting techniques, a brief intro to glass fusing, dichroic glass, and composition recommendations. Students will use scrap glass and cut simple shapes, then stack and glue 3-4 small pendants for fusing in the first session. In session two, students will assess the results of their first batch in group review of all fused pieces, including before and after photos. Discussion will include changes from the fusing process and surprise effects, both good and bad. With added insight, students will then create a second batch of pendants. Finally, students will select and attach jewelry

bails or pin backs, to complete their fused glass fashion masterpieces! For ages 10 and up (and a great activity for a child to do with an older sibling, parent, or grandparent!)

### **G-201: FUSED GLASS SUN CATCHERS AND NIGHT LIGHTS (age 10-adult)**

**INSTRUCTOR: GEORGE AYARS**

**Saturdays, 10:00 a.m. – 1:00 p.m.**

**G-201a: Saturday, Sept. 29**

**G-201b: Saturday, Oct. 13**

**G-201c: Saturday, Dec. 8**

**TUITION: \$35 (materials included)**

Make a colorful, charming fused glass sun catcher in this easy, three-hour introduction to the basics of glass fusing! No previous glass cutting experience is required for this brief introduction to fused glass. Students will compose a design, approximately 4 x 6", using small scraps of fusible glass, and fusible glass frit. Each piece is fired to over 1200 degrees, melting the glass into a finished sun catcher, ready to hang in a sunny window. Youths age 10 and up are welcome, if attending with a paying adult.

Students may choose to make **two fused glass night lights** instead of a sun catcher, for an additional fee of \$9.00, to cover the cost of two fixtures, bulbs and clips, which are available in class. The night lights panels are 2 ½ x 3" each. Finished projects can be picked up at the School office after firing is completed, or mailed for a small additional fee.

### **G-105: TRADITIONAL STAINED GLASS**

**INSTRUCTOR: GEORGE AYARS**

**Tuesdays, 10:00 a.m. – 12:30 p.m., Sept. 25, Oct. 2, 9, 16 & 23**

**TUITION: \$85 (plus a \$50 materials fee due to the instructor at the first class session)**

Lead came (lead channel) construction is ideal for traditional or geometric panels, bevel panels, and large architectural construction, but it can be challenging to learn, because it is so different from copper foil work. Using simplified techniques, artist and instructor George Ayars will guide you through the process, teaching you how to create beautiful lead came work, in this five-week class. Topics include helpful tips for cutting glass **specifically** for lead came projects; making & using piece patterns; assembly, cementing, and cleanup techniques. Students will choose a pattern from a group selected by the instructor for this class. Some previous glass cutting and soldering experience is recommended, but not required. All tools are provided, or you may bring your own glass tools to class.

### **G-220: FUSED GLASS II: SPECIAL MATERIALS, SPECIAL EFFECTS**

INSTRUCTOR: GEORGE AYARS

**Thursdays, noon – 2:30 p.m., Oct 4, 11, 18, 25, Nov 1**

**TUITION: \$90 (plus materials fee of \$30, paid to instructor at first session)**

**For graduates of our Molten Magic fusing class.**

Create more exciting fused pieces, using more advanced techniques for materials introduced in the Molten Magic class, including frits, stringers, and dichroic glass. New techniques will also be introduced; wireinclusions, and stencils. **Learn to coax more special effects out of these remarkable fusing materials!** Students will complete one or two complex projects, depending on individual skill levels and projects chosen.

### **G-700: OPEN STUDIO SESSIONS**

INSTRUCTOR: GEORGE AYARS

**Thursday, Sept. 13, noon – 2:30 p.m.**

**Tuesday, Sept. 18, 6:30 – 9:00 p.m.**

**Saturday, Sept. 22, 10:00 a.m. – 12:30 p.m.**

**Thursday, Sept. 27, noon – 2:30 p.m.**

**Friday, Oct. 12, noon – 2:30 p.m.**

**Tuesday, Oct. 30, 6:30 – 9:00 p.m.**

**Friday, Nov. 2, 6:30 – 9:00 p.m.**

**Tuesday, Nov. 27, 10:00 a.m. – 12:30 p.m.**

**Tuesday, Dec. 4, 10:00 a.m. – 12:30 p.m.**

**Tuesday, Dec. 18, 6:30 – 9:00 p.m.**

**TUITION: \$15 per session**

Get back into glass, complete an old project or knock out a new one, in these unstructured sessions with instructor George Ayars. Includes the use of equipment and technical advice in a comfortable group setting.

Open to all grads of our previous glass classes, whether stained or fused glass. Each session is 2 ½ hours; take as many or as few as you like.

## **JEWELRY:**

### **G-106: FUSED JEWELRY PENDANTS & PINS**

INSTRUCTOR: GEORGE AYARS

**G-106a: Tuesdays, noon – 2:30 p.m., Sept. 11 & 18**

**G-106b: Tuesdays, 10:00 a.m. – 12:30 p.m., Nov. 13 & 20**

**G-106c: Weekend Format: Friday, Nov. 30, 6:30 – 8:30 p.m. and Saturday, Dec. 1, 10:00 a.m. - noon**

**TUITION: \$50 (includes materials)**

Create unique, sparkling glass jewelry for yourself or for gifts, even if you've never cut glass before! It's easy, and fun, using dramatic, dazzling dichroic glass. All supplies are included, and tools are available in class. Demos include basic "small piece" cutting techniques, a brief intro to glass fusing, dichroic glass, and composition recommendations. Students will use scrap glass and cut simple shapes, then stack and glue 3-4 small pendants for fusing in the first session. In session two, students will

assess the results of their first batch in group review of all fused pieces, including before and after photos. Discussion will include changes from the fusing process and surprise effects, both good and bad. With added insight, students will then create a second batch of pendants. Finally, students will select and attach jewelry bails or pin backs, to complete their fused glass fashion masterpieces! For ages 10 and up (and a great activity for a child to do with an older sibling, parent, or grandparent!)

### **J-105: BEGINNER JEWELRY MAKING USING PRECIOUS METAL CLAY**

INSTRUCTOR: MAR JIMENEZ

**Saturdays, 10:00 a.m. – 4:00 p.m.**

**J-105a: Sept. 22**

**J-105b: Oct. 6**

**J-105c: Nov. 10**

**J-105d: Dec. 1**

**TUITION: \$150 (includes 16 grams of Precious Metal Clay, enough to complete 1-2 projects, depending on project chosen, and use of a Precious Metals Tool Kit.)**

Discover Precious Metal Clay, which is a fine silver-infused compound clay that allows the student to mold, stamp, sculpt, and create their own silver jewelry designs. When using precious metal clay, the student is left with a pure .999 silver creation that can be tumbled, burnished, or you can add patina to get creative and beautiful effects. Familiarity with these materials can lead the student to silversmithing. Additional Precious Metal Clay and tool kits will be available for purchase.

### **J-106: INTERMEDIATE JEWELRY MAKING USING PRECIOUS METAL CLAY**

INSTRUCTOR: MAR JIMENEZ

**Saturdays, 10:00 a.m. – 4:00 p.m.**

**J-106a: Sept. 29**

**J-106b: Oct. 27**

**J-106c: Dec. 8**

**TUITION: \$150 (includes 16 grams of Precious Metal Clay, enough to complete 1-2 projects, depending on project chosen.)**

Learn more complex designs using Precious Metal Clay, a fine silver-infused compound clay. Make pendants with a stone or other creative pieces - as you mold, stamp & sculpt to create your own pure .999% silver jewelry designs which can be tumbled, burnished, or use various patinas for beautiful effects. Additional Precious Metal Clay will be available for purchase. **Prerequisite: Completion of J-105 BEGINNER JEWELRY MAKING USING PRECIOUS METAL CLAY or equivalent Precious Metal Clay experience/ instruction.**



## **MUSIC:**

### **CD-200: PIANO LESSONS**

INSTRUCTOR: JOANNE HAYSLETT

Daytime lessons offered on Thursdays, \$25/week

### **CD-500: TRUMPET LESSONS**

INSTRUCTOR: ALVIS JACKSON

Daytime lessons on Fridays, \$25/week

### **CD-300: VIOLIN, VIOLA, AND CELLO LESSONS**

INSTRUCTORS: JAIME MCARDLE (violin & viola) and JULIA GOUDIMOVA (cello)

The School of the Arts is the Allegheny County home teaching center for the Allegheny Mountain String Project. An educational program of Garth Newel Music Center, the AMSP offers private lessons in violin, viola, and cello with scholarships available. AMSP students of appropriate playing level have free access to the youth orchestra program run by Gretta Sandberg. Spaces are available for Fall 2018. For additional information, contact the Garth Newel Music Center at 540-839-5018 or email [Jaimemcardle@icloud.com](mailto:Jaimemcardle@icloud.com)

## **PHOTOGRAPHY:**

**\*\*\*Photography classes taught by Chuck Almarez will be held at the Fire and Light Gallery, 509 E. Ridgeway Street, Clifton Forge.**

### **A-100: UNDERSTANDING YOUR DIGITAL CAMERA**

INSTRUCTOR: CHUCK ALMAREZ

Wednesdays, 6:00 – 9:00 p.m., Sept. 5 & 12 (2 weeks)

TUITION: \$60

The purpose of this course is to familiarize students with the basic functions of the digital camera and to provide an understanding of digital photographic form past to present. The course will include a brief history of the photographic process and how it developed from a scientific oddity to a cultural milestone; an explanation of the components of a camera: shutter, aperture, lens, etc., and how each affect the final image. By the end of the course the student should have a better understanding of how their camera works, how different effects can be obtained in similar circumstances, and understand the options for sharing their images.

### **A-116: IPHONE PHOTO MAGIC**

INSTRUCTOR: CHUCK ALMAREZ

Wednesdays, 6:00 – 9:00 p.m., Sept. 19 & 26 (2 weeks)

TUITION: \$60

“The best camera to have is the one you’ve got with you!” And for most of us that camera will be the one on your cell phone. But first you’ve got to understand what your phone can really do... and then how to make it do

more! In this course, you’ll learn the 7 best tips and tricks to get to your phone’s camera, how to focus and adjust exposure when the camera doesn’t know what you’re trying to get, and how to lock your exposure and focus for fast-moving subjects. You’ll also learn other “modes” your camera phone provides: Video, SloMo, MultiShot, Live, Time Lapse, Square, Panorama. Want to make your camera phone act like a DSLR? There are several apps we’ll discover that let you control ALL the typical DSLR camera exposure controls (shutter speed, aperture, ISO) and also how to show motion while keeping the background still. You can capture the motion in a waterfall or stream, or even your friend on a skateboard. How about shooting a scene with dark shadows and bright highlights? Those high dynamic range scenes require a special technique that allows your camera to expose for shadows, midtones, and highlights and then blend the exposures into a final image that brings back detail in the highlights and shadows. There’s an App for that! Close-up macro shots are easy with a camera phone, once you know how to focus on exactly what you want. And Panoramas are always popular, but wouldn’t it be great to get a Pano without the distortion that results from the camera’s built-in Pano mode? You’ll learn plenty of tips and tricks, but mostly you’ll learn some fundamental techniques that will improve your camera phone photography and any other photography you might do. The class is designed around the iPhone 7, however much of what you’ll learn pertains to Android cameras as well. Just bring your phone (and your wired earbuds if you have an iPhone) and yourself, and get ready to take your phone photography to the next level.

### **A-109: INTRODUCTION TO ADOBE LIGHTROOM**

INSTRUCTOR: CHUCK ALMAREZ

Wednesdays, 6:00 – 9:00 p.m.

Oct. 3, 10, 17 & 24 (4 weeks)

TUITION: \$85

Lightroom is a workflow productivity tool that allows photographers to organize, edit, and output all from a single user interface. Lightroom has proven itself to be a significant time-saving tool for active photographers. This workshop is intended to demonstrate the how and why of Lightroom: how it works and why you should or shouldn’t use it. It will provide a broad overview of the Lightroom workflow and will demonstrate how it can be used to input images, how to correct general image problems like exposure or color, and how to output images to the web, to print, or as a slide show. Lightroom is useful for making broad, non-destructive changes to a single file or to multiple files at the same time. If necessary, files can then be opened in Photoshop or Elements for more specific changes, like making selections, adding text, or creating composite images.

## **A-115: AN IN-DEPTH LOOK AT LAYERS, MASKS, & MODES IN PHOTOSHOP**

INSTRUCTOR: CHUCK ALMAREZ

**Wednesdays, 6:00 – 9:00 p.m., Nov. 7 & 14 (2 weeks)**

**TUITION: \$60**

This is an intermediate course in using Photoshop and/or Photoshop Elements. This class will provide a comprehensive look at using and managing the most useful and misunderstood tools used in image editing with Photoshop. Students should have a basic understanding of Photoshop or Photoshop Elements and will benefit most from bringing their own laptop computer to the class.

## **A-120: LIGHT PAINTING THE STILL-LIFE IMAGE**

INSTRUCTOR: CHUCK ALMAREZ

**Wednesdays, 6:00 – 9:00 p.m., Dec. 5 & 12 (2 weeks)**

**TUITION: \$60**

Photographers often stop shooting when the sun goes down or grab a flash to capture an image, but there's a lot more photography to explore at night or in a darkened environment by using moonlight, starlight, or even by adding your own light. Join us as we explore the world of night photography and light painting techniques to develop images that are unique and sometimes otherworldly. The images we'll capture can't be seen with the eye or processed with your brain until after they are captured in the camera. The results will amaze you and open your world to an entirely new dimension in photography.

Equipment needed:

-A digital camera with shutter speed control. All but the least expensive point & shoot cameras have this option. And now you'll learn how to use it!

-A tripod or camera stand. Because the exposures will be of long duration, for most shots the camera should be stable. But we'll also explore camera movement in capturing images that will stretch your imagination.

-Lights and subjects will be provided, but even a cell phone light will work.

-A workbook will also be provided.

Please log onto [www.cfsota.org](http://www.cfsota.org) for more details about this class.

## **WOODWORKING:**

### **R-400: WOOD TURNING: CHOOSE YOUR PROJECT**

INSTRUCTOR: JOE WOOD

**R-400a: Tuesday, Oct. 9, 10:00 a.m. – 2:00 p.m.**

**R-400b: Tuesday, Nov. 6, 10:00 a.m. – 2:00 p.m.**

**TUITION: \$50 (plus a materials fee based on the**

**project chosen paid to the instructor during class).**

**Tuition covers either one adult or one adult with child under age 12 making one project.**

Join instructors to learn how to turn wood to make a baseball bat, wooden bowl, pen, ice cream scoop, or other small wood project. This is a wonderful shared parent/child activity for children under age 12. Create memories along with your special project! Customized dates available if the above don't work for you.

### **R-200: BUILD A PINE BENCH**

INSTRUCTOR: TROY COTTRELL

**Saturday, Oct. 20, 10:00 a.m. to 4:00 p.m.**

**TUITION: \$60 (plus a \$25 materials fee paid to the instructor)**

Learn to make a simple bench of yellow pine using a table saw, jig saw, router, and sander. Approximate size: 18"x48" wide. So sturdy, it will last a lifetime. Bring a bag lunch.

### **R-303: WOODEN LEAF ORNAMENTS**

INSTRUCTOR: TROY COTTRELL

**Saturdays, 10:00 a.m. – 2:00 p.m.**

**R-303a: Nov. 3**

**R-303b: Nov. 10**

**TUITION: \$30, plus \$15 materials fee paid to the instructor**

Bring the beauty of natural wood ornaments to your home for the holidays or year-round. You will learn how to combine decorative woods to create distinctive leaf shapes (oak, ginko, maple, etc.) Your finished product will be finished to provide years of enjoyment. Makes a lovely handmade gift!

### **R-301: MAKE A SET OF TWO CUTTING BOARDS**

INSTRUCTOR: TROY COTTRELL

**Saturdays, December 1 & 8, 10:00 a.m. – 2:00 p.m.**

**TUITION: \$55 (plus a \$15 materials fee due to the instructor at the start of class)**

Select at least two types of wood for cutting into strips and arranging in a suitable alternate pattern. Apply bonding agent. Clamp with wood strips. Repeat to make the second cutting board. Let boards dry for one week. Return to the second class to finish and seal your cutting boards...perfect holiday gifts!

CLASS SIZE: Limited to four students

### **R-401: OPEN WOODSHOP FOR EXPERIENCED WOODWORKERS**

INSTRUCTOR: JOE WOOD

**R-401a: Monday, December 10, 6:00 – 9:00 p.m.**

**R-401b: Tues., December 11, 10:00 a.m. – 1:00 p.m.**

**TUITION: \$17 per hour, minimum of two hours.**

If you have previously taken a woodworking class at the

School of the Arts, we invite you to work with our instructors on a project of your choice. Customized dates available if the above don't work for you.

## **YOGA and HEALING ARTS:**

We are pleased to offer two levels of yoga instruction to meet the needs of our students. **Chair Yoga** is perfect for students who are new to yoga, may have some concerns about balance, or for whom getting up and down from a floor yoga mat would present challenges. **Mindful Yoga Flow** is a mat class suitable for both new and experienced students of yoga. Please contact us for more information.

### **E-400: CHAIR YOGA**

INSTRUCTOR: PAM MARSHALL

**Thursdays, 11:00 a.m. to noon**

**E-400b: Sept. 20 & 27, Oct. 4, 11, 18, & 25**

**E-400c: Nov. 1, 8, 15, & 29 and Dec. 6 & 13**

**TUITION: \$20 for 4-week session, \$30 for 6-week session, (or \$6 each class as drop-in)**

Chair yoga is a discipline accessible to virtually everyone, regardless of age or physical limitations, and a great introductory yoga form. Perfect for those who may have concerns about balance, or for whom getting up and down from the floor would present challenges. Chair yoga integrates asanas (poses) and core movements and stretching, at a mellower pace, giving you time to go deep or to play with the edges of your ability. Poses may be done from a seated or standing position, with a chair always available for a foundation of stability. Yoga poses are modified to make chair yoga an authentic practice. The practice opens with a brief meditation and warm-up. In the hatha branch of yoga, we practice a series of modified Sun Salutations to heat the body and then take a more free form nature, encouraging exploration and challenges before cooling the body. The class closes with a 10-minute savasana and a guided deep relaxation.

### **E-401: MINDFUL YOGA FLOW**

INSTRUCTOR: JOAN VANNORS DALL

**Thursdays, 5:30 – 7:00 p.m.**

**E-401b: Sept. 20, 27, Oct. 4, 11, 18 & 25**

**E-401c: Nov. 1, 8, 15, 29 and Dec. 6 & 13**

**TUITION: \$45 for 5-week session, \$55 for 6-week session, (or \$12 each class as drop-in)**

This is a mixed yoga practice, with both yang flow and yin holds. After a brief meditation period, we practice a half-hour vinyasa practice, targeting muscle strength and flexibility and moving from one pose to another with careful verbal cues. The rest of the flow is in the yin tradition: poses are held for longer periods of time, targeting the deeper connective tissues. Rooted in the breath, the sequence of standing, seated, and reclining

poses builds strength, increases flexibility, improves balance and bone/joint integrity, and quiets the mind. The practice closes with savasana and yoga nidra: a guided, reclining deep relaxation. This practice is accessible to all levels of fitness. However, if you have never done yoga before, we ask that you arrange a time with the instructor for a no-cost, individual session to introduce you to basic yoga terms and poses. Students who are new to yoga who are challenged with balance issues may be recommended to begin with Chair Yoga.

### **E-409: EXPLORING THE 7 CHAKRA SYSTEM**

INSTRUCTOR: GREG BURNS

**Fridays, 4:00 – 6:00 p.m.**

**E-409a: Sept. 28**

**E-409b: Nov. 9**

**TUITION: \$40**

In this class we will explore the Vedic understandings of the 7 Chakra system. Chakras are known as energy centers in the body. During this class we will discuss the understandings of each Chakra, learn to assess the Chakras, do some group chanting that correlates with each Chakra, and we will conclude the class by experiencing a Guided Chakra Meditation using Tibetan Singing Bowls. No prior experience necessary. The intention of this class is to provide some basic understandings as well as offer some direct experiences.

### **E-410: TUESDAY SOUND IMMERSION**

INSTRUCTOR: GREG BURNS

**Tuesdays, 4:30 – 6:00 p.m.**

**Sept. 11 & 25; Oct. 9 & 16; Nov. 13 & 27; Dec. 11**

**TUITION: \$105 for 7-session class (or \$20 each class as drop-in)**

On the 2nd and 4th Tuesdays of each month, come join Greg Burns of Metta Vibrations for a Sound Immersion experience. Using Tibetan Singing Bowls, Gong, Chimes, and more, participants will be invited to simply relax and allow the harmonious sounds and vibrations to gently pull them into meditative states. This experience is known to help calm the mind and nervous system, help relieve tension and stress from the body, and promote good sleep, among other benefits. Ending the day with meditation provides the opportunity to relax with clarity and focus. No prior experience necessary. Perfect for beginners as well as experienced meditators.

### **E-411: MEDITATION BASICS**

INSTRUCTOR: GREG BURNS

**Saturdays, 10:30 a.m. – noon**

**E-411a: Sept. 22**

**E-411b: Oct. 20**

**TUITION: \$20**

This class is meant to introduce students to the world of meditation. Meditation has become quite a buzzword in our culture, and for good reason. For this class, we will discuss what meditation is and the many different ways we can find a meditation practice. This class will also include several direct experiences geared to help achieve meditative states, including breath techniques, chanting, guided meditation, and a brief sound bath. No prior experience necessary. Open to ages 16 and above.

### **E-406: EVENING SOUND IMMERSION**

INSTRUCTOR: GREG BURNS

**Saturday, Oct. 20, 7:00 – 8:30 p.m.**

**TUITION: \$25**

*Do you know that our soul is comprised of harmony?*

*Leonardo DaVinci*

Over time all cultures have used sound (music) as a way to achieve states of wellness and joy. Sound can also be used to help us enter into meditative states, which we are learning has tremendous benefit for our well-being. For these classes, participants are invited to relax deeply and simply allow the sounds and vibrations of Tibetan Singing Bowls, Gong, and more to just wash over and through them, hence why it is called a sound bath. Using yoga mats, pillows, and blankets, attendees will be invited to lie down and get comfortable. After beginning the session with some gentle guided relaxation, Greg will move right into the sounds. For about an hour (or a little more), the space will be filled with the harmonic vibrations. After some gentle grounding, time to reflect and ask questions will be offered before concluding the session. Please wear loose, comfortable clothing and limit caffeine and food intake prior to the class. Payment reserves you a mat and one blanket for the session. Pillows will be available. You may bring your own mat, pillows, or blankets (but no air mattresses, thank you).

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## **THE ART STORE @ Clifton**

### **Forge School of the Arts**

is the only high-quality art store in the region carrying a wide range of supplies for professional and student artists. Please stop by during the School's hours of operation or call proprietor Judith Sivonda at (540) 968-3639 to discuss your individual art supply needs. Gift certificates available for the budding artists in your life.

**“Owned by artists and the advice is free.”**

## **OTHER HAPPENINGS AT THE CLIFTON FORGE SCHOOL OF THE ARTS**

**BLUEGRASS JAM SESSION held on the 3rd FRIDAY of EVERY MONTH @ 7:00 p.m.: September 21, October 19, November 16, December 21. Now in its 8<sup>th</sup> year...a dedicated group! Musicians and listeners who enjoy Bluegrass Music are most welcome!**

Begin your holiday shopping at the 7<sup>TH</sup> annual **KRISKINDLMARKT**, German-style holiday Fair on **November 16 & 17!!** Held in the historic MILL of the Clifton Forge School of the Arts. All items handmade by skilled artisans, holiday music, German food and beverages, raffles, silent auction, Father Christmas...lots of fun. **Open 2-7 Friday and 10-5 Saturday.** Please dress warmly and come prepared for a feast for all of the senses. **KRISKINDLMARKT** looks and smells like a European Christmas village. Last year we welcomed over 1,500 guests! Our **KRISKINDLMARKT** has grown into a “can’t miss” event in the Alleghany Highlands!

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## **EASY CLASS REGISTRATION**

**IN PERSON: come visit us at 518 Church Street in scenic, busy, friendly Clifton Forge, Virginia.**

**BY PHONE: call us at (540) 862-7275**

**ONLINE: at [www.cfsota.org](http://www.cfsota.org)**

**REGISTRATION POLICY: All class fees must be paid in full 48 hours prior to scheduled date of class, so if you are interested in a class, make sure you register early!** Fees are fully refunded if notice is given to the School 48 hours in advance of the start of the first meeting of a class. (Call 540-862-7275.) The School of the Arts follows the cancellation decisions of the Alleghany County Public Schools for inclement weather. The School of the Arts will take every reasonable measure to contact each student in the event of a delay, suspension, or cancellation for any other reason. Classes will be rescheduled or fees will be refunded. The office of the Clifton Forge School of the Arts is open Tuesday through Friday, 10 a.m. to 4 p.m., Saturday 10 a.m. to 2 p.m., and outside of these hours when classes are scheduled.

*Give the gift of art to someone special in your life through a Gift Certificate to the School of the Arts.*