

# SPRING & SUMMER, 2006 - Courses, Workshops & Seminars

**SU 06-01 Printmaking Without a Press** **One – 2 1/2 hr. session** **Jill Kerwick**

Monotypes, and transferred printing ink technique will be demonstrated by printmaker Jill Kerwick. Participants will then make a print using "easy kut" (new linoleum type) process. So, bring along a sketch or photo - we'll transfer the image, cut the block (it cuts like butta!), roll it up with ink and . . . we print!  
 COST: \$40 (\$30 members) 2 1/2 HR. SESSION – Saturday July 8th; 10:00 - 12:30.

TAKE BOTH FOR \$60  
 (\$40 members!)

**SU 06-02 Composing the Image I** **One – 2 1/2 hr. session** **To Be Announced**

Just like a person writing a novel or an opera the way the elements are manipulated, or "Composed" into an interesting arrangement is what can make or break an otherwise technically perfect work. This workshop will explore how to change your works from good to "dynamic" through its composition. COST: \$35 (\$25 members). ONE - 2 1/2 HR. SESSIONS – Saturday, June 17; 10:00 – 12:30 PM.

**SU 06-03 Composing the Image II** **One – 2 1/2 hr. session** **To Be Announced**

(SU 06-03 is a pre-requisite for this workshop) This workshop is a continuation of "Composing the Image I" and will further explore how to change your works from good to "dynamic" through its composition. COST: \$35 (\$25 members). ONE - 2 1/2 HR. SESSIONS; Saturday, June 24; 10:00 – 12:30 PM .

**SU 06-04 WHAT WAS MODERNISM, and what came after?** **Three –2-hr. seminars** **Doug Ferrari**

If we are in a "post-modern" culture, is modern art something from the past? What was Modernity and how is it different from Post Modernity? This seminar will explore through lecture and discussion the basic tenets that WAS the embodiment "Modern" man and his art. Then we will explore and discuss what they mean by postmodernism? Pluralism? Multiculturalism? Post-structuralism? We will investigate why this shift in art and thought occurred and how it reflects our world today.  
 COST: \$60 (\$45 members). THREE - 2 HR. SESSIONS – Mondays, July 10 -24 ; 6:30 - 8:30 PM

TAKE BOTH FOR \$90  
 (\$75 members!)

**SU 06-05 Metal Cutting** **One - 2 hr. session** **Doug Ferrari**

Before you join metal pieces, you have to get them to the size you want. This will be a one day, hands-on workshop to give participants the basic ability to cut steel with saws and the oxy-acetylene torch. COST: \$35 per section (\$30 members) - ONE 2 HR. SESSION;  
 SECTION A: Saturday, May 6th; 10AM -12 noon; SECTION B: Monday, July 31; 6PM - 8PM

**SU 06-06 Very Basic Welding** **Two – 2 hr. sessions** **Doug Ferrari**

(NOTE: SU 06-06 is a pre-requisite!) So, now you have these cut pieces of metal that Elmer's and glue sticks just won't stick them together. This two session workshop will demonstrate basic gas welding and grinding. COST: \$70 per section (\$60 members) -TWO – 2 hr sessions (per section). SECTION A: Saturday, May 13th and 20th; 10AM -12 noon. SECTION B: Monday, August 7th and 14th; 6 - 8PM.

NEW!

## YOGA STUDIES AT SICA!

NEW!

Linda Rescigno created these courses for SICA - especially for artists and anyone else who wants to open up creatively!

TAKE ALL FIVE YOGA CLASSES FOR ONLY \$65 (\$55 for members)

**SU 06-07: Intro class** **One - 1 1/2 hr. session** **L. Rescigno**

This class explores various physical postures of yoga, breathing, meditation, and relaxation. COST: \$15 (\$12 members) ONE – 1 1/2 HR. SESSION : Monday, May 1; 7pm- 8:30pm

**SU 06-08: yoga asana, drawing, and writing** **One - 1 1/2 hr. session AA** **L. Rescigno**

This class focuses on moving in a pleasurable way--where you are free to improvise and adapt poses to fit your own body and allow your inner channels to open. Meditation, drawing and writing segments occur during the class to retrieve the inner wisdom of the body. COST: \$15 (\$12 members) ONE – 1 1/2 HR. SESSION;  
 SECTION A - Monday, May 8; 7pm- 8:30pm SECTION B - Tuesday, July25; 9:30 - 11am.

**SU 06-09: the seven chakras** **One - 1 1/2 hr. session** **L. Rescigno**

Chakras are the energy centers considered part of the yogic anatomy. This class covers physical asanas relating to each particular center, coinciding name, bija mantra, color, and emphasis. COST: \$15 (\$12 members) ONE – 1 1/2 HR. SESSION;  
 SECTION A - Monday, May 15; 7pm- 8:30pm SECTION B - Tuesday, August 1; 9:30 - 11am.

**SU 06-10: patanjali's yoga sutra** **One - 1 1/2 hr. session** **L. Rescigno**

The yoga sutra is the first and most important book ever written about yoga. It was composed by Indian master patanjali about 17 centuries ago, in Sanskrit. The sutra is accepted as the ultimate source by all modern schools of yoga. We will discuss a few key sutras and also the concepts of sthira and sukham and how these concepts relate to our bodies and our lives. COST: \$15 (\$12 members) ONE – 1 1/2 HR. SESSION;  
 SECTION A - Monday, May 22; 7pm- 8:30pm SECTION B - Tuesday, August 8; 9:30 - 11am.

**SU 06-11: breath centered yoga** **One - 1 1/2 hr. session** **L. Rescigno**

Learn and experience a personalized approach to yoga through an exploration of breath, movement, focus, strength, flexibility, and relaxation. This practice coordinates movement and breath in many classic asanas and vinyasa sequences in a fun and creative environment.  
 COST: \$15 (\$12 members) ONE – 1 1/2 HR. SESSION; SECTION A - Monday, May 29; 7pm- 8:30pm. SECTION B - Tuesday, Aug. 15; 9:30 - 11am