

Arts Retreat Weekend: October 2-4, 2009

“Feed Your Senses • Nourish Your Soul”



DESCRIPTION

Experience a hands-on weekend of visual, culinary and healing arts in the Oak Park Arts District. The retreat is ideal for artists looking to jump start their creative process, friends seeking to reinforce their bond or couples craving a weekend getaway. Select from different arts and healing workshops, ranging from printmaking and collage to stress reduction and yoga. This event kicks off the 10-day ArtRageous! Oak Park arts celebration.

WORKSHOPS

Work with some of the area's most talented artists and healers to stir your creative juices. Our 3 and 6-hour classes are long enough to allow you time to immerse yourself in new artistic and wellness techniques, while brief enough to sample different activities. Strengthen existing relationships and meet new like-minded people. No experience is required.

There is a \$25 non-refundable registration fee, and class fees are \$65 per 3-hour session, plus applicable material costs. Purchase of multiple classes earns registrants \$5 food voucher for each class purchased. For example, buy 3 classes, and earn a \$15 food voucher to be used at District restaurants: Buzz Café, Trattoria 225, Eastgate Café or Briejo. Sessions begin on Friday afternoon (1:30-4:30), and there are two sessions each on Saturday and Sunday (9-noon and 1:30-4:30).

EVENTS

In addition to workshops, mingle with interesting people at our social events.

- **Street Party on Harrison (Friday, 6-10)** Join us at the official kick-off for both the Arts District Retreat and the entire ArtRageous Oak Park arts celebration. You'll hear live music, try

new wines, sample delicious food, and have the opportunity to participate in a silent auction featuring eclectic items from the artists, galleries and shops in the District. Mix and mingle with the diverse artists, gallery and shop owners in the District. Event entry is free; food/wine prices vary.

- **Pre-Order Lunch (Sat & Sun, 12-1:30)**

Thrill your taste buds and nourish your body with delicious lunches pre-ordered from our local District restaurants. You can also get lunch and dinner on your own at one of five restaurants on the street.

- ✓ Spa Lunch at Buzz Café - \$15 (+Tax and Gratuity)
 - Saturday: Organic Butternut Squash Lasagna (vegetarian) with a small side salad with Balsamic Vinaigrette and Homemade Organic Pumpkin Cookies and choice of drink (La Croix, San Pelligrino Limonata or Bottled Water)
 - Sunday: Locally grown, organic roasted Fall vegetable and goat cheese Panini with a cup of White Chicken Chili and Homemade organic Pumpkin Cookies and choice of drink (La Croix, San Pelligrino Limonata or Bottled Water)
- ✓ Pizza Lunch from Trattoria 225 - Individual Organic Wood Fired Pizza with Choice of 2 Toppings, Side Salad of Organic Mixed Greens, Small Scoop of Seasonal Gelato & Soft Drink Or Coffee - \$15 (+Tax & Gratuity)
- ✓ Box Lunch from Eastgate Café - Choice of Ham/Chicken/Turkey/Beef Sandwich with Chips, Cookies and a Drink - \$8.50 (+Tax & Gratuity)

- **Passport to the Arts (Saturday, 5-8)**

Discover the wide world of the District with your Arts Passport. Wander the entire district, getting tastings of both finger food and great art. Fill your passport with stamps from district businesses, and earn prizes. End your evening with live music in our restaurants (hours vary).

[Click to register today!](#)

FRIDAY, 1:30-4:30

Art for the Soul

Lisa Sorce Schmitz, MSW, LCSW, OM

Friday 1:30-4:30, 1x

(18+ - min 4, max 12) \$65

Come and be inspired as we invite our own creative impulses to guide us into deeper connection with the Soul's voice. The Studio Process of intention and witness created by artist and writer Pat B. Allen is the format for this class series. With this judgment-free, group art-making process, we will experiment with simple art materials and found objects to deepen self-expression, spiritual awareness and create spacious presence.

Location: Whispers from the Moon, 235 Harrison,

Crazy Creative Community Crochet

Pamela Penney

Friday 1:30-4:30, 1x

(13+ - min 3, max 10) \$65

In this workshop you will have the opportunity to learn the basics of crochet or expand your current skills by learning a few new stitches.

Single, double, bullions, hair-pin -- all this and more will be explored!

Exploit crochet as a sculptural, colorful and creative outlet for your artistic expression. We will combine our individual efforts into a community blanket, which will be displayed and then auctioned off, with the proceeds going to Sarah's Inn, a local non-profit organization supporting battered women and their families. We will turn our handiwork into a helping hand! Materials are included, but if you have extra yarn to contribute, please bring it!

Location: Pamela Penney Textile Arts, 130 Harrison

Fused Glass Platters

Laura Henderson

Fri, 1:30-4:30, Sat, 1:30-4:30, Sun 1:30-4:30, 3x

(18+ - min 3, max 6) \$65 +\$35 material fee

Students will learn the basics of fused glass including color application, decorative elements and cutting glass. Each person will make a one-of-a-kind fused glass platter or large plate.

Location: Prodigy Glassworks, 207 Harrison

Creating a Personal Power Mask

Terry Mueller

Double session - Fri 1:30-4:30 & Sat 9-Noon

(18+ - min 4, max 8) \$130

On Friday, we will explore our connection with our own unique sense of personal power and infuse the creation of our masks with it. We will let the masks dry overnight and return on Saturday morning to adorn our masks with personal items, paint, jewels, feathers and/or anything else representative of our journey connecting with the powerful aspects of ourselves. All supplies included.

Location: Creative Changes, 140 Harrison



Hot Glass Paperweights

Matthew Kwilas & Alan Eaton

Friday, 1:30-4:30, 1x

(18+ - min 2, max 6) \$65 +\$20 material fee

Create unique paperweights using hot glass. Students will learn shop safety and an introduction to hot glass sculpting. Each student will make several paperweights experimenting with the use of optic molds, placement of bubbles and inclusions of murrini pieces.

Location: Prodigy Glassworks, 207 Harrison

Into-"it" Painting!

Jenny Tiner

Fri 1:30-4:30, Sat 1:30-4:30, Sun 9-Noon, 3x

(13+ - min 2, max 8) \$65 +\$5 material fee

We will explore the use of various art materials as a means to create, intuitively, a one-of-a-kind painting for you to take home. Oil pastels, acrylics, various marking and collage materials will be available. This class will help all participants expand upon creativity they already have or find the creative side they didn't know they had!

Location: Calypso Moon, 331B Harrison

Junk Drawer Jewelry

Lisa Nordstrom

Fri 1:30-4:30, Sat 1:30-4:30, Sun 1:30-4:30, 3x

(13+ - min 3, max 8) \$65 +\$10 material fee

Create a one-of-a-kind charm bracelet or necklace from junk drawer items (yours or someone

else's!). Bring to class some tiny treasures and small pieces of memorabilia you've been keeping but don't quite know what to do with (small keys, game pieces, small photos, tickets, expired gift and credit cards, colorful mint or candy tins, bits of broken costume jewelry, nuts, bolts, etc.). Learn how to turn your treasures into charms, including how to protect paper or fabric fragments, and practice several ways to attach your treasures to chain--or to each other.
Location: Art Gecko, 19 Harrison



Patches of Color Bracelet

Doris Weinbaum

Friday, 1:30 - 4:30

(13+ - min 4, max 9) \$65

Using a traditional macramé stitch with thin cord and glass cube beads, create a gorgeous bracelet that lays beautifully on the wrist. Class fee includes use of tools and all materials needed to make the bracelet.

Location: Bead in Hand, 145 Harrison

SATURDAY, 9:00-Noon

Containing Me:

Self-Portrait Memory Collage

Karen Light

Saturday 9-Noon, Sunday 9-Noon, 2x

(13+ - min 4, max 8) \$65

Participants will choose a memory or experience to inspire a piece of artwork, narrowing in on the emotion it evokes. They will then go through the steps of drawing a self-portrait expressing that emotion. The portraits will be cut out and collaged into a container along with other materials such as pictures from magazines, writings, fabric pieces, beads, string, etc.

Techniques for making parts of it 3-D, creating texture, and exploring the emotions of color will be demonstrated. ***Some collage materials will be provided, but participants are encouraged to consider a memory or experience they want to savor or investigate and bring corresponding personal items such as journal writings, photos, ticket stubs, etc. to collage into the work.***

Location: Studio Light, 27G Harrison

Handcrafted Fine Silver Pendants

Sherry Viktora

Double session - Sat, 9-Noon & 1:30-4:30

(18+ - min 4, max 9) \$130

You don't need a kiln or expensive tools to make your very own fine silver pendants and findings. Learn fun and easy ways to complete your beaded, fiber or leather necklace with a fine silver focal bead or pendant and findings using Precious Metal Clay, a few basic tools and a small butane torch. You will make at least 1 focal bead or small pendant plus a set of findings in class while learning the techniques to continue on your own. Class fee includes PMC, 3 small cubic zirconia crystals, written instructions, and use of torch and butane, plus a \$10 Bead in Hand credit toward other supplies.

Location: Bead in Hand, 145 Harrison

Journals, Sketchbooks & Artist's Books

Sallie Wolf

Saturday 9-noon, 1x

(13+ - min 2, max 8)

\$65 +\$10 material fee

Learn low-tech

bookbinding

techniques to make your own personalized journals, sketchbooks, or artist's books.

Location: Calypso Moon, 331B Harrison



Market to Table: A Culinary Class

Craig Charlton

Saturday, 8:30 AM-noon, 1x

(Age 16+ - min 6, max 12) \$65

Do you ever wonder what to do with all the amazing diversity of fresh fall produce? Join owner/chef Craig Charlton of Trattoria 225 on a trip to the Oak Park Farmers' Market and learn some shopping tips from an expert. Meet the local growers and learn more about where your food comes from. After shopping the Market, return to the restaurant for a hands-on cooking class with the farm fresh ingredients.

Location: Class will meet at Trattoria 225 at 8:30 AM for coffee. You'll need to provide your own transportation to and from the Market.



“Nuno” Felted & Dyed Scarf

Pamela Penney

Saturday 9-Noon, 1x

(18+ - min 3, max 9) - \$65 + \$10 material fee

This hands-on workshop will take you through the laying out, rolling, rubbing, and thumping stages of wet felting and leave you with a beautiful one-of-a-kind wool and silk scarf. No knitting or sewing is required. We use the natural attributes of wool and silk to felt the fibers together to create a sturdy fabric. When we've finished the felting stage, we will hand-dye the piece to make it truly a work of art...it will be so beautiful that you may prefer to hang it rather than wear it!

Location: Pamela Penney Textile Arts, 130 Harrison

Outside In, Inside Out

Lisa Sorce Schmitz, MSW, LCSW, OM & Ruth Landis, MA, OM, CBPT, CHT

Saturday 9-noon, 1x

(18+ - min 4, max 12) \$65 +\$5 material fee

This playful, insight-based session is based on a series of successful workshops called What's MY Style? Create your own fashion board and see your preferences. What are your choices for color, textures, and style? Observe your “taste” and consider what you approve of for others but may disown for yourself, and what you reject altogether. Reflect on the gifts of other “styles” and see what you might like to try on for yourself. Play with your outer appearance to reveal your inner aspirations.

Location: Whispers from the Moon, 235 Harrison

SATURDAY, 1:30-4:30

Connecting with Your Creative Spirit

Lisa Schmitz & Kate Wester

Saturday 1:30-4:30, 1x

(18+ - min 8, max 12) \$65 +\$5 material fee

Join us for this collaborative workshop mixing art, yoga and movement. Through the use of ancient yogic poses, simple movement exercises and intuitive art making, we will explore the transparency between the body, mind, heart and spirit. As we awaken the natural vitality of the body and release stress patterns, we effortlessly open to the place within us that allows deep impulses from the Soul to arise. Participants will leave with a renewed connection to their own sacredness as well as a piece of personal art that will offer guidance and inspiration in the days and weeks to follow.

Location: YogaTrek, 911 S. Lombard

Fused Glass Platters

Laura Henderson

Fri, 1:30-4:30, Sat, 1:30-4:30, Sun 1:30-4:30, 3x

(18+ - min 3, max 6) \$65 +\$35 material fee

Students will learn the basics of fused glass including color application, decorative elements and cutting glass. Each person will make a one-of-a-kind fused glass platter or large plate.

Location: Prodigy Glassworks, 207 Harrison

Honoring Your Dreams in Collage

Terry Mueller

Saturday, 1:30-4:30

(18+ - min 4, max 8) \$65

Take some time to explore and reconnect to the dreams in your heart. We will remember our most precious delights and 'treasure map' our hearts' desires as we create a personal collage using images, paint and other items. Your collage can then serve as a visual reminder to embrace your heart and dreams in your daily living. All supplies included.

Location: Creative Changes, 140 Harrison

Into-"it" Painting!

Jenny Tiner

Fri 1:30-4:30, Sat 1:30-4:30, Sun 9-Noon, 3x
(13+ - min 2, max 8) \$65 +\$5 material fee
We will explore the use of various art materials as a means to create, intuitively, a one-of-a-kind painting for you to take home. Oil pastels, acrylics, various marking and collage materials will be available. This class will help all participants expand upon creativity they already have or find the creative side they didn't know they had!

Location: Calypso Moon, 331B Harrison



Junk Drawer Jewelry

Lisa Nordstrom

Fri 1:30-4:30, Sat 1:30-4:30, Sun 1:30-4:30, 3x
(13+ - min 3, max 8) \$65 +\$10 material fee
Create a one-of-kind charm bracelet or necklace from junk drawer items (yours or someone else's!). Bring to class some tiny treasures and small pieces of memorabilia you've been keeping but don't quite know what to do with (small keys, game pieces, small photos, tickets, expired gift and credit cards, colorful mint or candy tins, bits of broken costume jewelry, nuts, bolts, etc.). Learn how to turn your treasures into charms, including how to protect paper or fabric fragments, and practice several ways to attach your treasures to chain--or to each other.

Location: Art Gecko, 19 Harrison

Meditation & Monoprinting

Janet Schill & Sara Stevenson

Saturday, 1:30-4:30, 1x
(13+ - min 4, max 8) \$65 +\$5 material fee
Breathing helps relax us and feeds our body. We will start our printing class with a 15-minute meditation on the heart chakra. We will follow

with a hands-on workshop in watercolor monoprinting. Students will paint with watercolor on a Plexiglas plate while listening to gentle music. We will use our printing press to print the plates on various papers. Lastly we will finish with a review of our prints while drinking green tea. It's an exercise in art and mediation! If you have watercolors or brushes, please bring them.
Location: Expressions Graphics, 29 Harrison

Wet-Felted Purse

Pamela Penney

Saturday 1:30-4:30, 1x
(13+, under 18 must be with an adult - min 3, max 9) \$65 +\$10 material fee
We will take you through the steps of creatively laying out and designing a small purse with wool roving and decorative fibers over a resist shape. Then by "getting physical," we will take you through the wet felting stages to make a strong and lovely purse. No knitting or sewing is necessary. The wool's inherent properties cause it to lock together into a sturdy fabric. Wear comfortable clothing and shoes! Take the Embellish It! class on Sunday afternoon to add even more pizzazz to your bag!

Location: Pamela Penney Textile Arts, 130 Harrison

Yoga Retreat

Anna Leonard, CYT

Saturday 1:30-4:30, 1x
(18+ - min 4, max 12) \$65
This deeply restorative mini yoga retreat aims to gently stretch the entire body in a manner that releases muscular tension and opens energy pathways using supportive and non-weight bearing postures. Guided imagery will be used to balance the mind followed by a sublime savasana (resting pose) with sacred sound to nourish the spirit.
Location: INTUIT Dance, 237 Harrison



Experience Process Painting

Terry Mueller

Double session - Sun 9-Noon & 1:30-4:30

(18+ - min 4, max 8) \$130

Express yourself and learn how to move past blocks that limit your creativity! We use painting as a way to connect with our creative source and open our intuition. We embrace freedom from judgment as we indulge our senses with deep, rich color, becoming fascinated with each brush stroke, each image that emerges. We come alive through the creative process as we follow our hearts and intuition, painting all the colors of our lives. Experience creativity in all its fullness is the focus; paintings are never analyzed or critiqued. All supplies included. Bring a lunch; we have a lovely garden/patio for our break. Location: Creative Changes, 140 Harrison

Nature as Inspiration for Creative Expression

Lisa Sorce Schmitz, MSW, LCSW, OM & Ruth Landis, MA, OM, CBPT, CHT

Double session - Sun 9-Noon & 1:30-4:30

(18+ - min 4, max 12) \$130 +\$5 material fee

In this workshop, you will participate in art making inspired by Nature: the smell of the air after a rainstorm, the soft texture of a lamb's ear plant, the color and patterns of a butterfly's wings, the taste of a tomato off the vine, and the sound of the wind through the leaves of a tree. Make art that is impermanent through group process, and art that is ours to keep.

Through the five senses explore the five elements: Water, Air, Earth, Wood, and Fire. Consider what these elements have to offer in self-knowledge, and how this dance can support you in your daily life, creative process and moment-to-moment choices.

Location: Whispers from the Moon, 235 Harrison

SUNDAY, 9:00-Noon

Containing Me:

Self-Portrait Memory Collage

Karen Light

Sat 9-Noon, Sun 9-Noon, 2x

(13+ - min 4, max 8) \$65

Participants will choose a memory or experience to inspire a piece of artwork, narrowing in on the



emotion it evokes. They will then go through the steps of drawing a self-portrait expressing that emotion. The portraits will be cut out and collaged into a container along with other materials such as pictures from magazines, writings, fabric pieces, beads, string, etc. Techniques for making parts of it 3-D, creating texture, and exploring the emotions of color will be demonstrated. ***Some collage materials will be provided, but participants are encouraged to consider a memory or experience they want to savor or investigate and bring corresponding personal items such as journal writings, photos, ticket stubs, etc. to collage into the work.*** Location: Studio Light, 27G Harrison

Dance & Journaling Class for Women...Bring Your Daughter!

Diane VanDerhei & Sallie Wolf

Sunday 9-noon, 1x

(13+ - min 6, max 20) \$65 +\$5 material fee

Students will explore the elements of dance through group warm-ups, improvisation, dance technique and choreography. For the project, we will bind a 16-page journal, decorate the covers with collage, and explore ways to write, draw, and reflect on the dance workshop just completed.

Location: INTUIT Dance, 237 Harrison

Energy Flow

Mary Jane Neumann L.Ac, Kate Wester, Xie Ling Welch & Karen Faith

Sunday 9:00 AM - noon, 1x
(18+ - min 6, max 12) \$65

Join us for this collaborative workshop, blending ancient wellness practices with contemporary energy and warmth. Enjoy the community experience combining gentle qi gong, vibrational healing, yoga and a stress-reducing acupuncture treatment with flower essences and energy cleansing. Participants should come in comfortable dress for the revitalizing perk of Yin Yoga, Qi Gong, a few well-placed acupuncture needles and the other-worldly hum of huge crystal singing bowls.

Location: YogaTrek, 911 S. Lombard

Into-"it" Painting!

Jenny Tiner

Fri 1:30-4:30, Sat 1:30-4:30, Sun 9-Noon
(13+ - min 2, max 8) \$65 +\$5 material fee

We will explore the use of various art materials as a means to create, intuitively, a one-of-a-kind painting for you to take home. Oil pastels, acrylics, various marking and collage materials will be available. This class will help all participants expand upon creativity they already have or find the creative side they didn't know they had!

Location: Calypso Moon, 331B Harrison

Sweat Girl Workshop

Martie Sanders & Pamela Webster

Sunday 9-Noon, 1x
(18+ - min 3, max 10) \$65

Everyone has a story. Come explore the way to take your story from thought to spoken word. Martie Sanders and Pamela Webster of the SWEAT GIRLS, a spoken word performance art company, will help you find your particular story and speak it out loud. Using techniques they have honed over the past sixteen year, you will write and share with others in a supportive, fun atmosphere using what we like to call the Stand and Tell technique.

Location: Pamela Penney Textile Arts, 130 Harrison

SUNDAY, 1:30-4:30

Connect with Your Inner Belly Dancer

Samantha Brenneman

Sunday 1:30-4:30, 1x
(13+ - min 6, max 12) \$65

This class is for women who need a boost in their body acceptance, who need a little pickup in their self-esteem and self-respect, who could use a little more woman-centered joy; in short, for all of us. The first part of the class will be dedicated to history and theory of bellydance as it has developed in America; the second part, to teaching some steps and isolations that are distinctly non-Western, and incidentally quite good for a woman's wellbeing. We will finish with sequencing and cooperative improv in this style.

Location: INTUIT Dance, 237 Harrison



Crystal Eyes Ball & Chain Bracelet

Susan Jackson

Sunday, 1:30 - 4:30, 1x

(18+ - min 4, max 9) \$65 + material - prices will vary depending on student selection - estimate another \$10 for materials

Learn to make round beads from Swarovski crystals, seed beads, needle and thread! Add wire connectors to chain and you have a beautiful bracelet. Class fee includes a \$20 Bead in Hand credit toward material costs.

Location: Bead in Hand, 145 Harrison

Draw & Paint in Watercolor:

A Beginner's Workshop

Sallie Wolf

Sunday 1:30-4:30, 1x

(13+ - min 2, max 8) \$65 +\$10 material fee

Basic skills of drawing and painting in watercolor will be taught.

Location: Calypso Moon, 331B Harrison

Embellish It!

Pamela Penney

Sunday 1:30-4:30, 1x

(13+ - min 3, max 10) \$65 +\$10 material fee

What is It? Anything you'd like it to be! Bring in your old jeans or that tired sweater, or bring the purse you felted in a previous class. We will show you unique embroidery techniques, beading, needle-felting and other fun ways to really add that something special to your artistic creation. Don't have anything to embellish? Don't worry! We can supply materials to play and practice these fun skills. Why be ordinary when you can Embellish It!

Location: Pamela Penney Textile Arts, 130 Harrison

Fused Glass Platters

Laura Henderson

Fri, 1:30-4:30, Sat, 1:30-4:30, Sun 1:30-4:30, 3x

(18+ - min 3, max 6) \$65 +\$35 material fee

Students will learn the basics of fused glass including color application, decorative elements and cutting glass. Each person will make a one-of-a-kind fused glass platter or large plate.

Location: Prodigy Glassworks, 207 Harrison

Infection Protection:

Strengthening the Immune System

Mary Jane Neumann, LAc, & Laryl Fett

Sunday 1:30-4:30, 1x

(18+ - min 4, max 8) \$65

Dr Charles Mayo, founder of the world-renowned Mayo Clinic, once said, "We are afraid of germs because we are ignorant of them. Germs are outside; what we should be afraid of is lowered resistance from within." Participants in "Infection Protection" will explore various methods of boosting their immune systems using Traditional Chinese Medicine and Energy Healing. Mary Jane and Laryl have created a timely, fun, experiential class that will include herbal tasting, a mini auricular acupuncture treatment, a sound therapy experience and a packet of information to take home.

Location: Ginkgo Acupuncture, 147 Harrison

Junk Drawer Jewelry

Lisa Nordstrom

Fri 1:30-4:30, Sat 1:30-4:30, Sun 1:30-4:30, 3x

(13+ - min 3, max 8) \$65 +\$10 material fee

Create a one-of-kind charm bracelet or necklace from junk drawer items (yours or someone else's!). Bring to class some tiny treasures and small pieces of memorabilia you've been keeping but don't quite know what to do with (small keys, game pieces, small photos, tickets, expired gift and credit cards, colorful mint or candy tins, bits of broken costume jewelry, nuts, bolts, etc.) Learn how to turn your treasures into charms, including how to protect paper or fabric fragments, and practice several ways to attach your treasures to chain--or to each other.

Location: Art Gecko, 19 Harrison



Samantha Brenneman

Samantha is a certified Level One dancer in the Fat Chance Bellydance format of American Tribal Style, who has been teaching for five years. She is the artistic director of Smoke Tribal Bellydance and of Gulbahar, a student troupe out of Triton College.

Craig Charlton

Craig is the owner and executive chef of Trattoria 225, a full service restaurant and bar featuring rustic Italian dining. The restaurant offers wood-fired pizza, fresh salads, house-made pastas and a variety of artisan gelato. Craig strongly believes in supporting local producers and using organic products whenever possible.

Alan Eaton

Alan has been working with blown glass for several years he is an instructor an artist at Prodigy Glassworks.

Karen Faith

An orchestral violist from age 15, Karen Faith diverted a career in music in 2002 to pursue an expansive performance practice at the School of the Art Institute of Chicago, where she earned her BFA. Combining art practice and spiritual practice, Karen plays masterfully tuned crystal singing bowls in meditative settings to awaken the chakras, soothe the mind and balance the body.

Laryl Fett

Laryl, founder of "The Peregrine Process", is a Wellness Educator, Actualization Coach and Energy Healer who has worked in the field of Complimentary Medicine for more than 30 years. Laryl sees clients at Ginkgo Acupuncture.

Laura Henderson

Laura has been working with glass for 6 years. She is currently teaching classes at Prodigy Glassworks, Harrison Street's glassblowing studio.

Susan Jackson

Susan co-owns a business, Hummingbeads, with her sister. They create original beadwork designs using crystals and glass seed beads and have taught both nationally and internationally. Their beadwork has been published in numerous beadwork books and magazines.

Matthew Kwilas

Matt has been working with blown glass for over ten years. He is the owner operator of Prodigy Glassworks on Harrison Street.

Ruth Landis, MA, OM, CBPT, CHT

Ruth is a Body-Psychotherapist utilizing body/mind techniques, the Enneagram, creativity, energy-work, nature based ceremony and spirituality. She is in private therapeutic practice, designs and facilitates workshops and training sessions, consults on presentation and communication skills and coaches for corporate clients and performing artists.

Anna Leonard, CYT

Anna has been teaching yoga in the community for ten years. She is dedicated to enhancing body/mind/spirit drawing from a variety of yoga styles and practices.

Karen Light

Karen is a visual artist, creative writer, educator, and activist. She has taught art in various capacities for 11 years and enjoys developing projects that teach participants more about themselves and the world through engaging, creative art-making.

Terry Mueller

Although Terry has a background in healing arts, she has always been an artist at heart, and has maintained Process Painting as a personal practice since 2000. Terry began studying with Michele Cassou, creator of the Point Zero/ Process Painting method, in 2001 and began teaching in 2003. She also teaches the Artist's Way and is a certified Nutrition and Wellness Coach, specializing in Body/Mind Integration.

Mary Jane Neumann L.Ac

Mary Jane is an Illinois Licensed Acupuncturist. She practices an integrative approach to acupuncture, utilizing Traditional Chinese Medicine, Japanese acupuncture and Acupuncture Physical Medicine. She owns Ginkgo Acupuncture in the Oak Park Arts District.

Lisa Nordstrom

Lisa is known for her collage, assemblage and construction pieces created primarily with vintage, recycled, reclaimed, re-purposed and unexpected materials. She is the owner of Art Gecko in the Arts District.

Pamela Penney

Pam has been creative with fabric and fiber professionally for nearly two decades. She is passionate about sharing the materials and teaching the techniques to both children and adults and loves to see the creative spark!

Martie Sanders

Martie is a founding Sweat Girl performer who also serves as the company's marketing director. She has a broad portfolio of Chicago, regional stage, and film credits. She's also developed interdisciplinary arts programs for children.

Janet Schill

Janet has an MFA from Northern Illinois University and has been part of Expressions Graphics since 1991. She has taught printmaking and exhibited internationally as a fine artist.

Lisa Sorce Schmitz, MSW, LCSW, OM

Lisa is a clinical social worker, artist, and spiritual teacher incorporating a variety of modalities including body-centered techniques, indigenous ceremony, and creative expression. She is director of Whispers from the Moon, a haven for personal healing through the power of creativity and self exploration, working with individuals, couples and groups.

Sara Stevenson

Sara loves qigong and meditation, and leading people in both. A practitioner of qigong for over 14 years, Sara has guided people in several forms of qigong and meditation in various local park district venues.

Jenny Tiner

Jenny is a painter specializing in acrylics, oil pastels, and mixed media, her evocative pieces are inspired by emotion, intuition and music, she is a student at The School of The Art Institute of Chicago focusing on the meaning of color and object choices in her work. She taught for years in Texas and now teaches at Lillstreet, Calypso

Moon and showcases her work at various festivals and galleries throughout the year.

Diane Vanderhei

Diane is the director of INTUIT Dance and is a dancer, choreographer and dance teacher. She holds a B.F.A. in dance and dance education from the University of Wisconsin-Milwaukee.

Sherry Viktora

Sherry specializes in creating nature-inspired art from Precious Metal Clay, glass and copper. Her artwork has been nationally published, and is currently displayed in several area art galleries.

Pamela Webster

Pamela is a founding member of Sweat Girls. Her "non sweat" credits include a Jeff Award for Artie in Eleemosynary at Interplay, a Jeff Citation for her performance in Noises Off at Pegasus Players, and a Jeff Nomination for best supporting actress for Interplay's Les Liaisons Dangereuses. She currently teaches in the After School Arts Program in Oak Park.

Doris Weinbaum

Doris is the owner of Bead in Hand and has been beading and teaching beadwork for over 15 years. She has been inspired by customers and other beadwork teachers, and she enjoys sharing her love of beads with others.

Xie Ling Welch

Xie Ling has been a practicing massage therapist in Oak Park, Illinois for the last seven years. Her practice combines technical training in massage therapy with an Asian approach to health care.

Kate Wester

Kate is a certified yoga instructor who has been practicing since 1990. She is also an artist and a long-time student of dance.

Sallie Wolf

Sallie is a full-time artist and published writer. All her art and writing ideas originate in her journals and sketchbooks. She has been painting in watercolor since she was 4 years old. She claims that she can teach anyone to draw and that what they will learn is that drawing isn't what they think it is.