

Classes and Workshops at Convergence Winter Quarter 2010 REGISTER NOW



Please enjoy our diverse selection of class offerings. All registrations are taken by the teachers. Please call Convergence for questions, directions and more information about Convergence.

**Convergence
1801 N. Quaker Lane
Alexandria, VA 22302
www.convergenceccf.net
703-998-6260**

CLASSES

The Artist's Way: A Spiritual Path to Higher Creativity

Cost \$50 for 12 sessions (includes book)

The Artist's Way, by Julia Cameron is an outgrowth of her journey as artist and person of faith. Our Artist Way collectives are part support group for artists, part unblocking creative sources, part exploration of the links between faith and creative work. The Artist's Way is designed to help people "unblock" their creativity by listening to the Great Creator, themselves, and allowing room for healing the things that stand in our way.

Cost: \$50 for 12 sessions (includes book)

Dates: Mondays, January 18 -April 5 (12 sessions)

Time: 6:30 – 8:00 pm

Location: The Lab Lounge

Instructor: Lisa Hawkins

Registration: lhawkins@convergenceccf.net or 703-998-6260

The Vocation of the Artist

The Artist's Way: Next Steps

Cost \$50 for 12 sessions (includes book)

This is a book discussion group for those who would like to continue the practices of the Artist's Way in a supportive group. We will have a brief check in time at the beginning of each session and then move into a discussion of the book, *The Vocation of the Artist*. Is the artist called to their work and if so, what implications and resources are needed to fulfill that calling?

About the book:

The Vocation of the Artist examines the historical role of the artist and presents a particular perspective, grounded in the author's experience as a practicing artist and scholar, on the contemporary function of the artist as prophetic critic and visionary. Using specific interpretations of the words "vocation," "prophetic," and "visionary," Deborah Haynes draws attention to the need for artists to assess critically the relationship of the past and present to the future. Bringing together a wide range of historical and theoretical sources in cultural history, art history and theory, and religion, this book is addressed to those interested in the complex interdisciplinary dialogue of the visual arts, religion, and ethics.

Cost: \$50 for 12 sessions (includes book)

Dates: Thursdays, January 7 –March 25 (12 sessions)

Time: 12:15- 1:30 pm

Location: Martha's Studio

Instructor: Lisa Hawkins

Registration: lhawkins@convergenceccf.net or 703-998-6260

Interplay

\$160 for 8 sessions

Do you wish to bring more ease, energy, and authenticity to your life, your creative practice, and your communities? If so, then Interplay is for you! InterPlay is a practice and philosophy, rooted in the power of play, which helps us unlock the wisdom of the body. It balances solo and group activities and uses easy-to learn forms of movement, storytelling and voice that anyone can do. Come out and play!

Cost: \$160

Dates: January 21 – March 11, 2010

Time: Thursdays, 7:30 -9:00 pm

Location: The Lab

Instructor: Rick Kakaricka

Registration: rick@virtualconnections.net or 703-966-7138

Mindful Meditation for Enhanced Creativity

\$250 for 8 sessions

This 8 session group will introduce you to mindful meditation and visualization practice to enhance and revitalize your creative potential. No matter how your creativity manifests, meditation and visualization can help to super charge your creative life, by allowing you to let go of blocks and clarify your goals.

The group will make use of guided visualization to examine creative blocks. We will learn and practice mindful meditation to lend grace and excitement to our daily lives, thus allowing creativity to flow. Each session includes guided meditation, a period for individual reflection with journaling or sketching and closes with a period of sharing.

Cost: \$250

Dates: Jan. 9 – February 27, 2010

Time: Saturdays, 11:00 am – 12:30 pm

Location: The Lab Lounge

Instructor: Rusty Lynn and Caren Quinn

Registration: rustylynn@earthlink.net or 703-350-7174

Balancing the Energetic Body

\$110 for 4 weeks

Mary Ann is passionate about the connection between creativity and the sacred viewing the arts as a pathway to a deeper relationship with ourselves. She believes through developing this relationship we naturally intensify our connection with the Divine Mystery. Her classes focus on process rather than product making them accessible to all regardless of skill level.

Each class is an invitation to explore your unique interior as a way of opening to the depth of your being.

Mandala drawing, meditation and discussion will facilitate the student exploring the chakra energy centers. Each of these practices is said to bring the body into balance facilitating healing and a more positive way of being in the world.

Cost: \$110

Dates: Thursdays, March 4 – 25, 2010

Time: 7:00 PM to 9:00 PM

Location: Martha's Studio

Instructor: Mary Ann Sikorski

Registration: interior_moves@yahoo.com

Self-Discovery through Tissue Paper Collage

\$120 for 4 sessions

This is an ideal class for those seeking an easy, inexpensive, "entry" point to creating art. In four sessions, students discover various tissue paper collage techniques to create beautiful pieces, with session building to the next – starting with Jungian Theory and the "bleeding" tissue technique. Cut paper collage follows — Eric Carle-style graphic tissue collage that includes creating custom tissue paper — and graduates to "grid-style" work that incorporates found objects for three-dimensional effects. By using rudimentary materials (including tissue paper, watercolor artist paper, glue, liquid medium and spray sealants), adult students will learn how to allow themselves to "play" while learning more about their creative selves in the process. A \$15 materials fee is due at the beginning of the first class. Class size is limited to 8 students.

Cost: \$120

Dates: March 9 – March 30, 2010

Time: Tuesdays, 7:00 -9:30 pm

Location: The Lab, Rehearsal Room

Instructor: Bryan Jernigan

Registration: bryan@nafisdc.org or 202-624-3611

Art History Lecture Series

\$15 per session or series pass \$75

Through one-hour, lecture-only sessions, those art buffs hesitant to take a hands-on art class will explore some of the most interesting movements in art history. Pick and choose sessions that interest you, or receive a discount (equal to one free session) by signing up for the entire series of six lectures. Arlington Artists Alliance President Bryan Jernigan will facilitate six sessions on the following topics:

The Rise and Fall of Dutch Painters (1600-1700): Before England and France dominated Europe, masters from the Low Countries of The Netherlands, Luxembourg and Belgium rose to power in art. See how painters like Rubens, Rembrandt and

Van Dyke made names for themselves; become inspired by the art schools of Antwerp, Amsterdam and Delft as Jernigan walks you through the Golden Age of Dutch Art.

Impressionism - Art and Modernity: In the last half of the 19th Century, the Anonymous Society of Painters, Sculptors and Printmakers — a loose group of artists including Claude Monet, Edgar Degas, and Camille Pissaro – launched a movement called Impressionism. In this session, we'll observe some of the best examples of Impressionism, unveil what role the famous French Salons had on these artists and how the movement has influenced the works of today's painters.

The WPA and Its Effect on American Art: During the Depression, the Federal Government's Works Progress Association injected life into the otherwise floundering American art scene, actually employing artists. In this session, we'll examine the work of Thomas Hart Benton, Grant Wood, Jackson Pollack and others who took part in the WPA arts program to understand what contributions this federal program artistically made to the United States.

Action! The American Action Painters: American art critic Harold Rosenberg coined the term, "Action Painting," and ushered in another art form called "Abstract Expressionism." In this session, we'll delve into the works of Franz Kline, Jackson Pollock and Willem de Kooning in an attempt to understand this modern style of painting. We'll examine the timeframe in which the movement appeared, figure out what gave rise to it and how it has been translated since its advent.

Pop Goes the Art! – Pop Art in the 1900s:

In direct response to Abstract Expressionism, Pop Art had its genesis in 1950s Britain, but its influence was quickly seen in the U.S. We'll explore the founding premise of Pop Art that asserts that an artist's use of the mass-produced visual commodities of popular culture is contiguous with the perspective of fine art. From Andy Warhol's soup cans to Roy Lichtenstein's comic strip art, you'll better understand the importance of the movement and how it came to be viewed as "fine art."

Girls, Bikes and Comics: The Inexplicable Draw of Lowbrow Art: Harkening from the other side of the U.S., lowbrow art screamed loudly beginning in 1970s Los Angeles. Drawing from the unlikely worlds of punk music, underground comics, and hot rod street culture, lowbrow strives to create important messages in easily accessible ways with the use of humor and sarcasm. From the swinging, jet-set lives portrayed in SHAG's work to the graphic, illustrative paintings of Chris Bishop, you'll discover one of the most unsung artistic movements of the 20th Century and see where it's headed in the new millennium.

Each of these one-hour lectures is offered for a single fee of \$15 per session; interested individuals can purchase a "series

pass" for \$75 (a \$15 discount). Sessions must include at least five attendees.

PLEASE NOTE: The registration deadline for each session is one week prior to the scheduled session.

Dutch Painters January 9
Impressionism January 16
WPA January 23
Action Painters February 6
Pop Art February 13
Lowbrow Art February 20

Cost: \$15 per session or "series pass" for \$75
Dates: Jan 9, 16, 23; Feb 6, 13 & 20
Time: Sat 5:00 – 6:00 pm
Location: Martha's Studio
Instructor: Bryan Jernigan
Registration: bryan@nafisd.org or 202-624-3611
Web: www.myspace.com/bryanjernigan

Convergence Theatre Going Group **\$10 to join group plus tickets**

The Convergence theatre group is a new informal group formed for the purpose of attending shows in theatres in the Washington DC metro area. The goal of the group will be to see one show a month. There is a no membership fee to join to this group. Shows will be selected with an eye towards keeping costs as reasonable as possible. The only costs that members will incur are the costs directly related to tickets for those shows that a member decides to attend. Members are free to suggest productions to see. On an as needed basis carpools will be formed for purposes of transporting members to the various venues. The group will be headed by Cheryl Leibovitz who is very well versed on theatre offerings in the metropolitan area.

Cost: \$10 to join group plus Tickets
Facilitator: Cheryl Leibovitz
Registration: maxandmordi@yahoo.com

Second Saturday Writing Intensives **\$200 for 4 sessions or \$50 drop in**

Designed for emerging writers, these theme-based workshops are a place for inspiration and reflection. Small groups meet in a relaxed, supportive atmosphere to exchange insights through guided writing exercises and group discussion.

January 9th Respite & Regrouping
February 13th Nourishment
March 13th The Meaning of Place
April 10th Portraiture: Writing about Self and Others

Cost: \$200 for 4 sessions or \$50 drop in
Dates: Second Saturdays, January 9 – April 10

Time: 1:00 pm – 4:00 pm
Location: Martha's Studio
Instructor: Nina Sichel
Registration: nsichel@yahoo.com or 703-706-5869

Creative Collage **\$120 for 4 sessions**

This workshop is ideal for the artist seeking a creative leap in a new direction. In this 4-part class, students will design and assemble collages with emphasis on preparing your own unique papers, designing stamps, and using composition principles. Experiment with new materials and approaches to creating your art. Some papers, materials and tools will be provided; an \$8 supply fee is payable to the instructor at the first session. Contact instructor with any questions or for information to prepare for the workshop. Upon registration, instructor will send out a supply list and driving directions.

Cost: \$120 plus supply fee
Dates: Tuesdays, March 23, 30; April 6, 13
Time: 6:30-9:00 pm
Location: Martha's Studio
Instructor: Linda Maldonado
Registration: LindaMaldonado@aol.com or 703-528-5740

Let's Throw the Brush Away- Beginning **Abstract Painting, Acrylic on Canvas** **\$65 plus materials for 8 weeks**

For Adult Beginning Students. Have you always wanted to create a painting but were afraid to try? Have you tried other art classes and gotten frustrated? This class is for you! We will paint the canvas with a "craft" approach in structured steps, using non-traditional tools to manipulate the paint. After this class, you'll be able to paint a painting so fast you won't believe it!

Materials list can be emailed upon request, or printout given at first class, which is 100% lecture.

Option: Take the first class for \$25 to learn about basic composition, applicable to photography, arts & crafts, as well as fine art. Questions are welcome!

Cost: \$65 plus materials
Dates: Saturdays, January 30 – March 27, 2010
Time: 1:00 - 3:30 pm
Location: Lab, Rehearsal Room
Instructor: Paige Powell
Registration: artbypaige@earthlink.net or 703-671-4131

MLYNA BALLET Youth Program

\$48 per month

Mlyna Ballet is a designed youth ballet program for children ages 3 to 12 yrs of age. Classes include Kinderballet, Pre-Ballet, Ballet I and Ballet II. Lynne Stuart-Johnson, director of program, has been teaching in the community for over 30 yrs.

www.MLYNA.COM

Cost: \$48.00 per month

Dates: Monday - Thursday January 11 – June 11, 2010

Time: 3:30_P.M.(Wed - 2:30) to 5:30 P.M.

Location: The Lab, Rehearsal Room

Instructor: Lynne Stuart-Johnson

Registration: AWJ-LSJ@JUNO.COM

Yamuna Body Rolling

Drop-in \$17

Yamuna Body Rolling is a profound, yet simple approach that combines fitness, stretching, and self-massage rolled into one to create positive change in your body.

YBR® consists of a series of routines using 6- to 10-inch inflatable balls to increase blood flow, improve bone quality, develop core strength, reduce stress, increase body awareness, promote healing, stretch muscles and free restrictions in all parts of the body. It works the way a hands-on therapeutic massage therapist works—only using a ball.

It equips people to tone, strengthen and realign their own bodies, as well as fix many common body problems. It allows you to work specific muscles in detail, to create suppleness in tight areas, and optimize range of motion.

Cost: Drop-in \$17

Series of 4 classes \$60 (valid for six consecutive weeks from date of purchase)

Series of 8 classes \$115 (valid for 12 consecutive weeks from date of purchase)

Dates: January 5 – April 27, 2010

Time: Tuesdays, 7:30-8:45 am

Location: The Lab, Rehearsal Room

Instructor: Sheri Bergen

Registration: sdbergen@gmail.com or 703-671-0679

Yoga

\$12 per class drop-in

Yoga at Convergence encourages restoration: repetition to warm joints and muscles, attention to alignment to prevent and/or heal injuries and focus on the moment. Relax, let go, and BREATHE. By the same nature, our class will continue to grow as a practice as individuals grow in their abilities. Our instructor Beth encourages questions. If something doesn't feel appropriate to a student, she wants to learn why or provide another position. She has learned to re-educate her body after both repetitive-use injuries and impact injuries. She enjoys sharing such knowledge with others. We often have a "muscle

of the month" to better learn about our own physical well-being. We are enjoying wonderful fellowship of new friends. Please know, cost can be reduced as needed. As Beth says, "I am no longer an accountant!"

Cost: \$12 per class

Dates: January 7 - March 25 Continuous drop-in

Time: Thursdays, 9:30 am – 10:30 am

Location: Sanctuary

Instructor: Beth Kramer

Registration: baabeth@verizon.net or 703-820-2187

ONE DAY WORKSHOPS

Flexible Voice: An Introduction to Voice. How to get to singing or speaking with your own voice

\$60 for 3 hour workshop

This class is for road-weary, occasional and even never before singers,. Also very good for people who want to improve their speaking voice, and especially multi-instrumentalists & songwriters. Everyone has a unique sound from the physical make-up of their vocal cords and resonance chambers. Learning vocal technique will help you claim your songs with your voice! Siobhan uses classical/modern technique as a foundation for vocal flexibility while helping you to maintain individual vocal personality. We'll work individually to explore and enhance your voice and you will develop a personal basic regimen to maintain skills you learn in the workshop. Siobhan is an encouraging teacher who will help you to bring out the best parts of your voice within each song you sing. Be prepared to work on multiple songs of your choosing. They do not have to be your own and a capella is just fine. We will cover: 1) vocal/breath warm-ups leading up to advanced workouts; 2) physiology of the voice, how to use each part, knowledge crucial to getting the most out of your instrument, including vocal health issues; 3) specific issues and exercises for songwriters / guitarists, such as posture with instrument, lack of breath, singing flexibly within your range, positioning and strengthening exercises to shake out the unsteady parts of your voice. Quinn also offers individual lessons.

Cost: \$60.00 for 3 hour workshop (maximum 15)

Dates: Feb 13

Time: 10:00 AM to 1:00 PM

Location: The Lab

Instructor: Siobhan Quinn

Registration: Siobhan@roundhousemusic.com

Intuitive Painting

\$125

Mary Ann is passionate about the connection between creativity and the sacred viewing the arts as a pathway to a deeper relationship with ourselves. She believes through developing this relationship we naturally intensify our connection with the Divine Mystery. Her classes focus on process rather than product making them accessible to all regardless of skill level. Each class is an invitation to explore your unique interior as a way of opening to the depth of your being.

Intuitive painting explores the present moment through the use of 20 vivid tempera paints. Students require no painting experience only the willingness to explore new possibilities. This process has been used for self-exploration and healing, to break through creative blocks, as a spiritual practice, as play and as means to discover your unique creative style. The class is an opportunity to create without boundaries and experience the magic of the interior voice.

Cost: \$125
Dates: Saturday, February 13th
Time: 10:00 AM – 4:30 PM
Location: Martha's Studio
Instructor: Mary Ann Sikorski
Registration: Interior.Moves@yahoo.com or 703-548-3490

SPARK Creativity Play Day **\$25**

Join SPARK founder Amy Souza and Convergence Shared artist Cheryl Leibovitz for writing and visual art exercises designed to stimulate your creativity. All are welcome, and no previous writing or art experience is necessary—our focus will be on process not product. Come play! Note: Materials will be included, but feel free to bring your favorite sketchbook, journal, or drawing/writing tools.

Cost: \$10 per person
Dates: Saturday, January 23, 2010
Time: 10:00 am – 1:00 pm
Location: Martha's Studio
Instructor: Amy Souza and Cheryl Leibovitz
Registration: spark_project@yahoo.com or 703-998-5457

Celebrating the New Year Workshop **Bookmaking for adults and children**

AMULET BOOKS WITH SUSHMITA: Celebrate your wishes and promises for the new year and store them in a amulet book you make with your own hands. Listen to the story of the Buddhist prayer wheel I got from Ladakh, a mountainous region in India, which inspired this little book. Then learn to make the book and fill it with promises and wishes for yourself. And you can wear it, hide it away under your pillow, or put it out there in a frame for all to read.

Ages: Adults and Children ages 4 and up

Cost: \$25 (includes materials)
Dates: Saturday, January 16, 2010
Time: 1:00 – 3:00 pm
Location: EWI Suite
Instructor: Sushmita Mazumdar
Registration: sushmaz@comcast.net

Precious Junk Valentines

PRECIOUS JUNK VALENTINES WITH SUSHMITA: Celebrate precious junk that belongs to the person you want to make a valentine for. A broken watch, once-favorite earrings, or an old doll's dress can once again be treasured in a new form! Just bring it in and we will supply the stuff and ideas you need to bring it alive.

Ages: Adults only

Cost: \$25 (includes materials)
Dates: Sunday, February 7, 2010
Time: 1:30 – 3:30 pm
Location: EWI Suite
Instructor: Sushmita Mazumdar
Registration: sushmaz@comcast.net

Henna Body Art & Designs Workshop Part I

Learn the technique, history and uses of this beautiful ancient art form. This class discusses the basics of Henna body art. The making of henna paste and henna cones will be taught. A henna cone and design handouts will also be given to practice at home. There is a \$5 material cost payable to the instructor at the beginning of the session.

Cost: \$30 per workshop plus supply fee
Dates: Saturday, February 27, 2010
Time: 11:00 am – 2:00 pm
Location: EWI Suite
Instructor: Sharmila Karamchandani
Registration: sdkhush@hotmail.com

Henna Body Art and Designs Workshop, Part II

This is an advanced class for people who know the basics of henna body art and can make their own henna paste and cones. This class concentrates more on building the henna designs that are particular to India, and the application process. A henna cone will be given to practice in class and at home. Handouts include advanced design patterns, and ways to build henna designs from scratch. There is a \$5 material cost payable to the instructor at the beginning of the session.

Cost: \$30 per workshop plus supply fee
Dates: Saturday, March 6, 2010
Time: 11:00 am – 2:00 pm
Location: EWI Suite

Instructor: Sharmila Karamchandani

Registration: sdkhush@hotmail.com

Henna Body Art & Designs Workshop Part III

This class discusses techniques from different cultures that practice henna body art and discusses the logic of those techniques. This class helps you to create a variety of designs and take inspiration from various cultures. This session helps you to develop your own style that sets you apart from anyone who is serious about doing henna body art as a profession. In this session we will explore the possibility of applying Henna designs on different surfaces to create unique products. A henna cone will be given with handouts to practice at home. Handouts include designs from different cultures and is a good reference for practice. There is a \$5 material cost payable to the instructor at the beginning of the session.

Cost: \$30 per workshop plus supply fee

Dates: Saturday, March 13, 2010

Time: 11:00 am – 2:00 pm

Location: EWI Suite

Instructor: Sharmila Karamchandani

Registration: sdkhush@hotmail.com

All three parts are recommended for people who are serious to start Henna Body Art as a business.

Chai with Sushmita: Celebrating Women's History Month Workshop

CHAI WITH SUSHMITA: Celebrate some old-fashioned ideas very relevant in today's world, like listening to other people's stories and learning from their experiences. The artist will read excerpts from her book *Teatime ~ Story of a Girl's Courage*, based on stories she has heard from a friend's grandmother who was a new bride during the India-Pakistan partition. Each participant gets to transform printed pages of Sushmita's book into their very own by making the cover (materials provided), and sewing it all together with instruction.

Over chai and the snack featured in this book, participants will share some of their own stories and relax a little. After all, teatime is about friends and conversation.

Ages: Adults and Children ages 8 and up

Cost: \$25

Dates: Saturday, March 20, 2010

Time: 1:00 – 3:00 pm

Location: EWI Suite

Instructor: Sushmita Mazumdar

Registration: sushmaz@comcast.net