

THE ART OF LIVING

Art of Body and Soul

TEACHER: TIM BODENSTEIN

Basic Hatha Yoga

Parlor

Thursdays, 1 hour gentle sessions

3:30p and 7:15p Chair Yoga

6:00p Mat Yoga

\$12 / session....purchase 4 sessions for \$10 each

Come find the benefits of chair yoga and floor mat yoga: better balance, increased strength, better breathing, reduced pain, increased flexibility, improved circulation, stress relief, cardiovascular benefits, better body alignment.

Art of Faith

TEACHER: REV. GLENDA SKINNER-NOBLE

Making Mosaics: A Glimpse of Scripture in the Church Wesley Hall North

Saturday, February 25

9a-4p

Cost \$75

(fee includes and all tile and grout supplies)

Mosaic art is easy to start and learn. Learn some of the history of mosaics in the faith, create your own mosaic from start to finish all in 1 day!

Art of Story

TEACHER: REV. MARY LUE EASTMOND

Quick and Easy Quilting

Room A-3

6 Mondays: Jan 30, Feb 6, 13, 20, 27, Mar 5

6:30-8:30pm

Cost \$25

Making a quilt is to tell something of our story, it tells something of the world in which we live, something that is important to us.

Art of Melody

TEACHER: RENÉE BOONE

Voice Lessons

Piano Lessons

Adapted Lessons for children with special needs

Lessons are scheduled by coordinating with the instructor

Art of Cooking

TEACHER: STEVE SPITZ

Spring Cooking Class

Fellowship Center Kitchen

TBA

Steve will return to share with us some timely and delicious cooking ideas. Watch for information!

Mind ∞ Body ∞ Spirit *A Learning Retreat*

March 31, Saturday

8:30a - 4:00p Parlor

\$25 *(lunch included)*

The Art of Prayer

The Art of Yoga

The Art of Meditation

Blending the Arts

optional 7am yoga practice

A retreat providing a learning environment while experiencing spiritual disciplines acknowledging the interdependency of the mind, the body and the spirit.

Visit us at :

www.okcgrace.org/gracearts

'Like' us at :

www.facebook.com/gracearts

Email us at :

gracearts@okcgrace.org

*Grace United Methodist Church is a
Safe Sanctuary church.*

All instructors have passed background checks.



Rev. Ed Light, Pastor

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Grace
Arts



Spring

2012

Workshop (group) costs:

are determined by number of sessions and price of supplies.

Weekly individual Music & Art lessons costs:

are \$30 / 30 minutes or \$45 / 45 minutes

Contact instructor to schedule