



DISCOVERY HALL

426 Second Street-Troy

...a place of discovery for the body, mind, hands, and spirit!

APRIL 2008 PROGRAM CALENDAR

PYSANKY (UKRAINIAN EGG DYING)

Sunday April 6. 1-4:00 pm

Instructor: Jessica Reichard

Pysanky is the art of creating Ukrainian Easter Eggs using wax and layers of dye. In this 3-hour class you will learn the techniques of this fascinating and beautiful art. Dyed eggs make lovely, heirlooms for your home or to give as special gifts. Jessica has been practicing the art of egg dying since childhood and enjoys teaching the art to others. No artistic experience is required just some creativity and patience. \$25.00/class plus materials fee.

YOUR POWERFUL MIND: Training and Use

Thursday April 24. 7:30-8:30 pm

Instructor: Ron Glasser

This class contains the knowledge and techniques you need to make full use of the great power of your mind. \$20.00 / class. **FIRST CLASS IS FREE.**

AWARENESS CONTINUITY

Thursday April 24. 8:30-9:30 pm

Instructor: Ron Glasser

The greater power we have that leads to all others and the practice ability that is the greatest accomplishment of your powerful mind. \$20.00 / class. **FIRST CLASS IS FREE.**

LEARN ABOUT CLAY

Saturdays 10 am-12 OR Sundays. 11 am-1:00 pm

Instructor: Angela Kanaan

Students will learn hand building techniques for functional pottery from start to finish. The class will include the use of various clays, finishing and firing. \$150.00 for 4 classes including all supplies.

PLAY WITH CLAY AND STUFF for Kids!

Saturdays OR Sundays Call to schedule time.

Instructor: Angela Kanaan

This is a hand-on four week mixed media experience for kids 5 years old and up. \$125.00 for 4 weeks including all materials.

WHEEL THROWN POTTERY-Private Classes

Saturdays 12-2 pm OR Sunday 1-3:00 pm

Instructor: Angela Kanaan

This is a 4- week series of personalized individual 2 hour classes with the instructor. The classes will cover everything from clay selection and preparation, wheel throwing techniques, finishes and kiln firing. \$175.00 for all 4 weeks including materials and supplies.

MEDITATION AND RELAXATION

Call to schedule individual sessions with the instructor

Instructor: Ron Glasser

Mr. Glasser has just published "Quieting Your Mind" the first in a series of books on your mind. This book is based on the classes where the essentials of thought techniques and practices book include direct thought, physical relaxation, types of quieting for particular purposes and waking practices to prepare you for quieting. Quieting is used for both mental and physical stress relief and balance. A complete, no nonsense course that works. \$20.00 / session.

MARTIAL ARTS

Every Tuesday 7:30-9:30 pm

Instructor: Ron Glasser

These classes include instruction in the Jeet Kune Do style developed by Bruce Lee, Kendo Sword and Bo Staff. Mr. Glasser has been a Martial Arts instructor for over 30 years. \$20.00 / class.

**DISCOVERY HALL IS SEEKING INSTRUCTORS IN ALL AREAS OF
TALENT AND INTEREST. CALL 272-4766**

**PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.
Call 272-4766 for more information or to register.**