

# Clay

## Nurtures, Heals, Reveals



With a little practice and a little finesse, you can create beautiful pottery...and release stress.

From the time we were children, we were drawn to its tactile and alluring qualities. Clay is an excellent tool for discovery, expression, exploration and a venue for us to explore feelings, fears, thoughts and senses.

Kneading and working with clay helps release frustration and improves motor skills and sensory stimulation. Add the potter's wheel — a tool that requires focus, patience, decisiveness, delicacy and fearlessness — and the combination is healing.

### **Art as Healing**

Many teachers of pottery classes perceive working with clay as a powerful vehicle for healing, helping students with depression, stress, recovery of many kinds, hyperactivity, and creative self-expression.

In fact, some students are asked to work with clay with their eyes closed while an instructor guides them soothingly with their voice. They become connected to the clay — and their fingers, relaxed, focused and present. In fact, the tightening and releasing of individual muscles and visualizing the centering of an object, such as a ball of clay on a pottery wheel, is a wonderful chakra meditation where centering occurs during deep cleansing breaths.

### **Learning the Potter's Wheel**

You may choose to use a potter's wheel for relaxation and pleasure or creativity or both. Either way, it does take some practice. Some force is required to spin the wheel, and the clay must be thrown in the very center of the wheel to keep the clay from spinning off. With a little practice and a little finesse, you can create beautiful pottery...and release stress.

### **Finding a Class**

Check art supply retailers, art centers, museums, colleges, pottery and ceramic magazines and local potters in the your area for classes. Most pottery classes or workshops offer classes for beginners to advanced students. Always ask about what materials are supplied for the class (clay, glazes, kiln time, etc.), and which materials you may need to provide yourself.

### **Ceramics Classes**

*Featuring hand constructed pottery, and facilitated by artist Rich Lopez*

Mondays, beginning January 17, 2011, 2:30 to 4:40 p.m.

Support Services Room, Eisenhower Lucy Curci Cancer Center

\$40.00 for a four-class series; one-time \$20.00 fee for tools.

**For more information or to register, call 760-837-8966.**