

Summer Schedule May 1, 2022 – August 31, 2022

The Art and Spirituality Center is located at Mercy Hospital Downtown in the Marian Building (near the corner of A Street and Truxtun Avenue). Look for the “Welcome to Art for Healing” sign outside of our front door on Truxtun Avenue.

Art for Healing provides opportunities for art-making, writing, music and other creative experiences free of charge. We hope that each participant may become practiced in the skills of letting go, living in the moment, artful reflection and relaxation. All programs are led by experienced facilitators and are for persons 18 and older (unless otherwise noted) who are seeking a respite from stress or health concerns. You may register online at www.dignityhealth.org/central-california/services/art-and-spirituality-center/register-for-workshops, via email at MHB-ArtforHealing@DignityHealth.org, or by phone by calling our Art Registration line at 661-632-5747.

We currently offer both virtual and in-person workshops. Due to limited capacity, registration is required for **all** workshops to secure your seat unless otherwise stated. We ask that you register for our workshops **no more than one month in advance** and only register for workshops you are sure to attend. Many of our workshops reach maximum capacity and a waitlist is created for those who express interest once the workshop is full. If you cannot attend a scheduled workshop, please contact us as soon as possible so we may open your spot to those on the waitlist.

The schedule lists our programs by type and by date of the first program as follows:

- | | |
|--------------------------------|-----------|
| • Contemplative and Reflective | Page 2 |
| • Drawing and Painting | Pages 3-5 |
| • Music and Movement | Pages 6-8 |

Following our program schedule you will find:

- | | |
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| • Additional Information | Page 11 |
| • Monthly Program Calendars | Pages 12-15 |

Legend:  Virtual Workshop/Series  In-Person Workshop/Series

Contemplative and Reflective Programs

V Healing Breath: Registration required

Wednesdays: May 4th & 18th, June 15th & 29th, July 13th & 27th, August 10th & 24th

10:00 AM – 10:45 AM via Zoom



During this workshop you will learn and practice breathing techniques which will increase oxygenation in the body for greater overall health. These techniques are designed to calm and quiet your nervous system. Additional benefits include entering into a state of relaxation, release of stress and peace of mind. Join us on this intentional breathing journey that

will leave you feeling light, calm and grounded.

Facilitated by Gwen Mitchell

V Music & Meditation: No registration required

Every First Friday: May 6th, June 3rd, July 1st & August 5th

via YouTube video link



Did you know that meditation is a simple, fast way to reduce stress and bring inner peace? Join us and take a stress-reduction break by redirecting your thoughts and calming your mind. This video series features live, ambient music and relaxing sounds. Participants are encouraged to watch, listen and relax. These soothing sounds and visual aids will become available on the first Friday of each month. A

YouTube video link will be posted to our [Facebook](#) and [Instagram](#) pages and will be emailed to those on our email list.

Facilitated by Kyle Whitaker

Drawing and Painting Programs

Up Family Fridays: Art that Inspires Family Bonding: Registration required

Fridays: May 20th, June 3rd & 17th, July 1st & 15th & August 5th & 19th

6:00 PM – 8:30 PM @ the Art and Spirituality Center



Research shows that experiencing art with loved ones can be very beneficial for child development and family bonding. Experiencing art together as a family allows for some undivided attention between parents, grandparents, children, and other family members in a one-on-one holistic setting. In this workshop, be prepared to strengthen family relationships by spending dedicated time with

one another, listening to each other, respecting each other's opinion and having a wonderful art piece to show for it. Join us for this artistic intergenerational togetherness experience. **A materials donation of \$5.00 per session is appreciated, but not required.**

For your privacy, please place all donations into our donation box.

Facilitated by Brittney Rivera

May



June



July



August



V Refreshing Water: Registration required

Mondays: June 6th & 27th, July 18th, August 8th & 29th

6:00 PM – 7:00 PM via Zoom



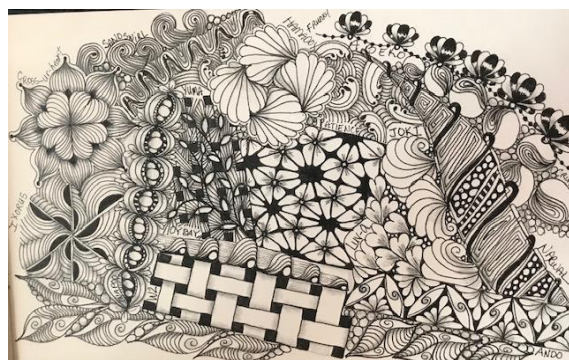
Facilitated by Norma Neil

“Refreshing Water” will explore ways to paint water that are fun and expressive while reminding us of the refreshing symbolism of life-sustaining water. A series of instructional YouTube videos and a supply list will be released a few days before each scheduled workshop. Workshops may be attended individually or as a series. All ages and skill levels are welcome.

V Zentangle®, Meditative Art through Patterned Drawing: Registration required

Wednesday: July 6th, 13th 20th & 27th

4:00 PM – 6:00 PM via Zoom



fun and simple designs to create an inspired work of art. Let's tangle together!
Facilitated by Terry Hall

Zentangle® is a meditative drawing process intended to quiet the mind while creating art. One of the many benefits of Zentangle® is that people of all ages, regardless of drawing experience, can engage in this mindful activity and achieve a satisfying sense of creative accomplishment. During each workshop we will take the Zentangle® art form, apply its eight steps and combine it with

IP Playing with Paint (two-part series): Registration required

Saturdays: August 6th & 13th

1:00 PM – 3:00 PM @ the Art and Spirituality Center



What would make painting more fun? Do you feel limited by your drawing skills? Do you want to feel more joy when you are painting? Sometimes we are so focused on the product that we forget to enjoy the process. Abstract art can be a way to step into a freer form of expression. Through a variety of mediums and methods, you will learn to adopt a spirit of play when you paint using non-traditional mark-making tools to create interesting effects. Join us as we

experience creative freedom while playing with paint! **A materials donation of \$5.00 per session is appreciated, but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Rose Lester

Music and Movement Programs

Up Threshold Choir: Reservations required for new/inquiring members via phone @ 661-632-5874
Every First and Third Friday: May 6th & 20th, June 3rd & 17th, July 1st & 15th, August 5th & 19th
9:30 AM – 11:30 AM @ the Art and Spirituality Center



We are part of an international network of a cappella choirs whose mission is to sing gentle songs for those at the threshold of life and for those in need of comfort. We offer the gift of singing to bring ease and calm. As singers, the songs we learn also nourish our own bodies and souls. We look forward to welcoming you to our practices. If you would like to communicate kindness with your voice, can carry a tune and are able to hold your part (or sincerely want to learn), please contact us at 661-632-5874. **Donations are appreciated,**

but not required. For your privacy, please place all donations into our donation box.

Hosted by Threshold Choir members

V Chair Yoga & Emotional Freedom Technique (EFT): Registration required
Tuesdays: May 3rd & 17th, June 14th & 28th, July 12th & 26th, August 9th & 23rd
10:00 AM – 10:45 AM via Zoom



Improve your physical and mental wellness with gentle movements and methodic tapping. Chair Yoga is a gentle practice that helps to strengthen muscles, increase balance and gain flexibility without causing strain. It also helps with body awareness, mindfulness, and relaxation while incorporating gratitude in daily life. Focusing on your movement, breathing, and how your body reacts to exercise creates a moving meditation that promotes relaxation, reduces stress, and

improves mental clarity. Chair yoga may help improve mood and confidence while relieving anxiety and depression. Emotional Freedom Technique (EFT, also known as tapping or psychological acupressure) is an alternative treatment for physical pain and emotional distress. This methodic tapping technique is believed to create a balance in your energy system, treat pain, and improve symptoms of PTSD, anxiety, and insomnia. Each workshop will include 30 minutes of chair yoga and 15 minutes of EFT. Join us as we move and tap our way to physical and emotional healing.

Facilitated by Gwen Mitchell

V Tai Chi Peace in A Virtual Place: Registration required by April 27th

Evening sessions on Tuesdays: May 3rd & 10th

5:30 PM – 6:45 PM via Zoom

Morning sessions on Mondays: May 9th & 16th

9:00 AM – 10:15 AM via Zoom



Join us as we mindfully celebrate the freedom of movement. Using the gentle yet powerful Chinese internal martial art of Tai Chi Chu'an, be prepared to relax, relate and release while gaining a heightened awareness of strength and a poised posture. Together, we will learn different aspects of creating a physical and mental foundation for an atmosphere of quiet balance and agility for the body and mind. Come prepared to enjoy the movements of Tai Chi

from the comfort of your chosen space. You are invited to wear loose-fitting tops and pants allowing all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended.

Facilitated by Debra Dunn-Yonke

TP A Taste of Tai Chi: Registration required

Evening sessions on Tuesdays: July 5th & 12th

5:30 PM – 6:45 PM @ the Art and Spirituality Center

Morning sessions on Thursdays: July 7th & 14th

9:00 AM – 10:15 AM @ the Art and Spirituality Center



Tai Chi is the Chinese internal martial art that invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. Whether seated or standing, concentration on circular and sequential movement invites all participants to engage mental focus and obtain an overall sense

of well-being. Many participants will experience the benefits of improved circulation, balance, and increased mental and physical agility with continued practice. We invite you to wear loose-fitting clothing that will allow all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended. Join us as we enjoy gentle movement and receive a healthy dose of "Happy Qi!" Workshops may be or attended individually or as a series. **A materials donation of \$5.00 per session is appreciated, but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Debra Dunn-Yonke

📍 Tai Chi for Busy People (four-part series): Registration required

Mondays: August 1st, 8th, 15th & 22nd

9:00 AM – 10:15 AM at the Art and Spirituality Center



How can we juggle our busy lives with calm focus and discerning clarity? How can we move with intention toward positive progress and a better understanding of how our intentions can change an atmosphere or conversation? The moving meditation of Tai Chi for Busy People helps us move through our workday with purpose and provides functional

ways to find peace as we manage multiple projects. Designed for beginners and experienced practitioners, we will explore Tai Chi focusing on internal and external functions and the rewards of moving in balance. Come prepared to have fun, find your flow, and focus while finding the calm and rejuvenating balance of body and mind. We will practice both seated and standing movements. You are invited to wear loose-fitting tops and pants allowing all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended. **A materials donation of \$5.00 per session is appreciated, but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Debra Dunn-Yonke

Meet Our Facilitators



Debra Dunn-Yonke is a Senior Trainer for Dr. Paul Lam Tai Chi for Health Institute and is an active facilitator at Dr. Lam's annual Tai Chi for Health week-long conference. She is passionate about ensuring Tai Chi is safe, fun to learn, accessible and available to anyone, anywhere. She is certified in Tai Chi for Arthritis, Tai Chi for Beginners, Tai Chi for Diabetes, Tai Chi for Energy and Rehabilitation and Tai Chi for Heart Conditions. She has continuously studied various Tai Chi styles since 2000. Since 2013, she has been sharing her passion for Tai Chi with our community at various locations in Bakersfield. She joined the Art and Spirituality Center in 2016 where she currently facilitates multiple Tai Chi workshops and is an active member of the Creative Council.



Terry Hall was introduced to Zentangle® in 2011 and immediately fell in love with it. In 2017 she became a certified Zentangle® instructor and joined the Art and Spirituality Center in 2019. She states that Zentangle® has helped her through many different and sometimes difficult phases in her life. She is passionate about sharing the positive and healing benefits of this art form with others. Zentangle® is intended to teach you to focus, relax, relieve stress, become more confident in your creative skills, find gratitude and provide a bit of quiet time. She encourages anyone interested in this meditative art form to allow yourself the time to begin this journey. It will benefit not only your creative journey, but also your life journey. Destination: meditation.



Rose Lester is a Licensed Marriage and Family Therapist in private practice and has been part of the Art and Spirituality Center team since its inception in 2010. Throughout the past 10 years, she has facilitated numerous creative workshops in-person and virtually, and is an active member of the Creative Council. She is fluent in a number of creative modalities, including both visual arts and writing. She is a certified SoulCollage® facilitator and is certified in the Creative Journal Expressive Arts method. She has also taught a variety of workshops in the community at large for over 20 years. She believes in the power of creative expression to support healing processes physically, emotionally and spiritually.



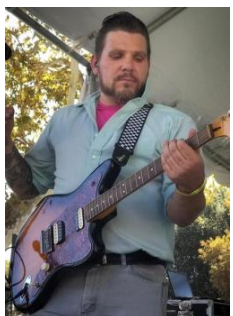
Gwen Mitchell is a certified Yoga and Breath Work instructor and a talented artist with a passion for painting and sketching. She joined the Art and Spirituality Center in 2018 and enjoys her work in the Art for Healing programs. She began her time at the Center as an Open Studio Host volunteer where she shared her knowledge of mindful breathing techniques and yoga with the participants. Shortly after, she began facilitating a Healing Breath workshop. During her time with the Center, her love of sketching and painting led her to add an Acrylic Painting workshop to her repertoire. She is also an active member of the Creative Council and the Mercy Auxiliary volunteer program.



Norma Neil joined the Art and Spirituality Center in 2015 and has facilitated a variety of workshops including Explorations in Water Media, Personal Coaching in Painting Skills, Sending Your Love and Refreshing Water. She is a retired art and elementary school teacher. She works in watercolors and pastels and shows her work at the Bakersfield Art Association's Art Center Gallery. Aside from painting and teaching art classes, she is a world traveler. She seeks the essence of nature in her paintings and always tries to combine art with her travels. She continues to explore her craft by teaching workshops and attending those led by others.



Brittney Rivera began her journey with the Art and Spirituality Center in 2014 as an Open Studio Host volunteer. She currently serves as the Art Cart Specialist and Family Fridays workshop facilitator. She has always enjoyed art, which led her to minor in Studio Art at California State University Bakersfield while earning her Bachelor's degree in Psychology. In addition to the Art Cart and facilitating workshops, you can often find her participating in Art for Healing workshops, attending Creative Council meetings, or helping out with other events at the Center. She loves all artistic mediums and encourages everyone to find a creative outlet that they are passionate about.



Kyle Whitaker joined the Art and Spirituality Center in 2019. He has facilitated a variety of musical and creative workshops including Guitar Basics, Ukulele Basics, Music & Meditation and Creative Improvisation. Additionally, he serves as a Music Specialist in Mercy Hospital's Acoustic Remedies program. He has substantial experience as a musician including performing, managing, promoting and composing. He also facilitates private guitar and ukulele lessons. He recently added musical theatre to his repertoire with lead roles in Stars Theatre productions of "Mama Mia" and "Annie Get Your Gun." He is currently a student in the Jazz Studies and Commercial Music programs at Bakersfield College. He is passionate about sharing the healing power of music and guiding others as they progress in their musical journey.

Have our programs been helpful to you?

As we firmly believe that creative expression can help one heal, we invite you to share your stories of how our programs have helped you. These stories may inspire and encourage others, as well as demonstrate to our donors the value of our Art for Healing programs. Please email your story of healing and wholeness to the Art and Spirituality Center Supervisor, Sara Moore via email to Sara.Moore2@DignityHealth.org.

We want your feedback!

We welcome your suggestions for future workshops and activities as well as feedback on how we may improve upon what we do. Please contact the Art and Spirituality Center Supervisor, Sara Moore via email at Sara.Moore2@DignityHealth.org or by phone at 661-632-5357 to share your suggestions and feedback.

Join our volunteer team!

If you would like to volunteer to support our Art for Healing programs or offer art-making activities to our hospital patients, please contact the Art and Spirituality Center Supervisor, Sara Moore via email at Sara.Moore2@DignityHealth.org or by phone at 661-632-5357 to inquire.

Every gift makes a difference.

Please consider making a donation to support our Art for Healing programs. Your gift will help us enhance our programs and continue to provide a variety of workshops at no cost to our participants. You may donate one of three ways. Donate online by visiting the Friends of Mercy Foundation website at: <https://supportfriendsofmercy.org/ways-to-give/donate-online> Select "Community Outreach" as your designation and specify "Art and Spirituality Center" in the comments section. Donate in person by utilizing the donation box located inside the Center. Donate by mail by sending your check payable to "Mercy Hospital" with "Art and Spirituality Center" in the memo to:

Dignity Health Mercy and Memorial Hospitals
Art and Spirituality Center/Marian Building
2215 Truxtun Avenue
Bakersfield, CA 93301

#LikeAndFollow













The Art and Spirituality Center is now on [Facebook](#) and [Instagram](#). Here we will post program updates, share information about our upcoming workshops, introduce you to our facilitators and more. We invite you to like and follow our pages. You may also visit our website at www.DignityHealth.org/Bakersfield/ArtForHealing. We love to see our participant's creations! Please share them on our social media pages or email them to us at MHB-ArtforHealing@DignityHealth.org.

One last thing . . .

Please share this program schedule with others. Spreading the word to others is a gift to them, especially if they are in need of emotional, spiritual or physical healing. Contact us via email at MHB-ArtForHealing@DignityHealth.org or by phone at 661-632-5357 if you would like to request additional hard copies of this schedule.

Thank you!



















May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3  Chair Yoga & EFT 10:00-10:45 AM  Tai Chi Peace PM 5:30-6:45 PM	4  Healing Breath 10:00-10:45 AM	5	6  Threshold Choir 9:30-11:30 AM  Music & Meditation YouTube Video	7
8	9  Tai Chi Peace AM 9:00-10:15 AM	10  Tai Chi Peace PM 5:30-6:45 PM	11	12	13	14
15	16  Tai Chi Peace AM 9:00-10:15 AM	17  Chair Yoga & EFT 10:00-10:45 AM	18  Healing Breath 10:00-10:45 AM	19	20  Threshold Choir 9:30-11:30 AM  Family Fridays 6:00-8:30 PM	21
22	23	24	25	26	27	28
29	30 CLOSED: Memorial Day	31				

June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 <div> <div>Threshold Choir</div> <div>9:30-11:30 AM</div> </div> <div> <div>Family Fridays</div> <div>6:00-8:30 PM</div> </div> <div> <div>Music & Meditation</div> <div>YouTube Video</div> </div>	4
5	6 <div> <div>Refreshing Water</div> <div>6:00-7:00 PM</div> </div>	7	8	9	10	11
12	13	14 <div> <div>Chair Yoga & EFT</div> <div>10:00-10:45 AM</div> </div>	15 <div> <div>Healing Breath</div> <div>10:00-10:45 AM</div> </div>	16	17 <div> <div>Threshold Choir</div> <div>9:30-11:30 AM</div> </div> <div> <div>Family Fridays</div> <div>6:00-8:30 PM</div> </div>	18
19	20	21	22	23	24	25
26	27 <div> <div>Refreshing Water</div> <div>6:00-7:00 PM</div> </div>	28 <div> <div>Chair Yoga & EFT</div> <div>10:00-10:45 AM</div> </div>	29 <div> <div>Healing Breath</div> <div>10:00-10:45 AM</div> </div>	30		

July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  Threshold Choir 9:30-11:30 AM  Family Fridays 6:00-8:30 PM  Music & Meditation YouTube Video	2
3	4 CLOSED: Independence Day	5  Taste of Tai Chi PM 5:30-6:45 PM	6  Zentangle® 4:00-6:00 PM	7  Taste of Tai Chi AM 9:00-10:15 AM	8	9
10	11	12  Chair Yoga & EFT 10:00-10:45 AM  Taste of Tai Chi PM 5:30-6:45 PM	13  Healing Breath 10:00-10:45 AM  Zentangle® 4:00-6:00 PM	14  Taste of Tai Chi AM 9:00-10:15 AM	15  Threshold Choir 9:30-11:30 AM  Family Fridays 6:00-8:30 PM	16
17	18  Refreshing Water 6:00-7:00 PM	19	20  Zentangle® 4:00-6:00 PM	21	22	23
24 <div>31</div>	25	26  Chair Yoga & EFT 10:00-10:45 AM	27  Healing Breath 10:00-10:45 AM  Zentangle® 4:00-6:00 PM	28	29	30



August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Tai Chi for Busy People Series 9:00-10:15 AM	2	3	4	5 Threshold Choir 9:30-11:30 AM Family Fridays 6:00-8:30 PM Music & Meditation YouTube Video	6 Playing with Paint 1:00-3:00 PM
7	8 Tai Chi for Busy People Series 9:00-10:15 AM Refreshing Water 6:00-7:00 PM	9 Chair Yoga & EFT 10:00-10:45 AM	10 Healing Breath 10:00-10:45 AM	11	12	13 Playing with Paint 1:00-3:00 PM
14	15 Tai Chi for Busy People Series 9:00-10:15 AM	16	17	18	19 Threshold Choir 9:30-11:30 AM Family Fridays 6:00-8:30 PM	20
21	22 Tai Chi for Busy People Series 9:00-10:15 AM	23 Chair Yoga & EFT 10:00-10:45 AM	24 Healing Breath 10:00-10:45 AM	25	26	27
28	29 Refreshing Water 6:00-7:00 PM	30	31			