

Save the Dates!

Plan ahead to join us for White Barn activities the first week in July and be sure to pre-register.

Registrations close 24 hours before each class or earlier if the class limit is reached.

(More details on each event on pages 3 and 4.)



SUNDAY, JUNE 28th

7pm—9pm

Season Opening

Learn About Upcoming
Classes, Brief Meditation
and Inspiring Ceremony

No Cost But Donations Appreciated
No Class Size Limit



WEDNESDAY, JULY 1st

7pm—8:30pm

Holistic “Sampler” Class for Reducing Stress, Anxiety, Worry and Fear

\$35 (Includes Gift Box)
Class Limit: 12



FRIDAY, JULY 3rd

7pm—8:45pm

Learning About and Working with the Medicine Wheel

No Cost But Donations
Appreciated Class Limit: 12



SATURDAY, JULY 4th

10am—12noon

Creative Spirit Arts & Crafts Staining Concrete Statuary

\$25 (Plus concrete item)
Class Limit: 15



SUNDAY, JULY 5th

7pm—9pm

Spirit Arrow Ceremony Releasing Burdens and Trauma from our Past

\$25
Class Limit: 12

**This year we will be offering
outdoor classes and experiences
only
during the month of July.**

COVID19 physical distancing
space respected.

**Pre-Registration Required.
No drop-ins.**

Must be at least 18 years
old to participate.

**More info on the
following pages.**

Seasonal Concrete Fundraiser

Height 18"



Great Father's Day Gift Ideas!

Golf Tee
Bird Baths
\$79



2-Pc
Lighthouse
\$108

Open This Weekend

Sat. 10-5; Sun. 11-5

Weekdays by Appointment

(330) 281-1387

Piglet
Welcome
Sign
\$44



Wolf Howling
on a Stump
\$112



Sandstone-
Look 2-Pc.
Bird Bath
\$117



- All Kinds of Bird Baths • Planters
- Memorial Statues for Dogs and Cats
- Lighthouses • Many Angels • Animals
- Pieces Big and Small • Water Themes
- Spirit Animals — Buffalo, Wolf, Bear, Raven, and more • Dragons • Fairies
- Carousel Horse • VW Bugs • Trucks
- Welcome Signs • Calm Stones
- And so much more!

Seasonal Weekend Fundraiser

Extended through the end of August

Our concrete statuary fundraiser is helping to offset the business shut-down during the COVID19 pandemic when we could not hold activities and event.

Thank you to all who have supported our cause through the purchase of concrete statuary!

Garden Bench Set
Rock Pattern
\$160



Season Opening and First Week of July Classes



SUNDAY, JUNE 28th 7pm—9pm

No Class Size Limit

Season Opening

Learn About Upcoming Classes, Brief Meditation and Inspiring Ceremony

No Cost But Donations Appreciated

The Season Opening is a great opportunity to hear details of the upcoming classes and workshops offered in July. Visit the facility, check out the tipi, see the Medicine Wheel, and gather safely outdoors around a sacred fire. What makes a fire sacred? This is a great way to find out. Not sure what a Vision Quest is all about? Curious about what you will learn in the Medicine Wheel class? What should you expect at the drumming experience? Not sure if you have what it takes to sit through a meditation class? We answer all these questions (and any others you come up with) and explain in greater detail what to expect at the different classes, workshops and experiences on the schedule. Also, we'll share a brief calming and peaceful few minutes of meditation to focus on gratitude and also share a brief seed-sowing ceremony to honor new beginnings and bring positivity into our lives this summer.



WEDNESDAY, JULY 1st 7pm—8:30pm

Class Limit: 12

Holistic "Sampler" Class

for Reducing Stress, Anxiety, Worry and Fear

\$35 (Includes Gift Box)

There are a multitude of holistic practices that are easy to learn and effective to use that can help ease the burdens of chronic depression, underlying stress, constant anxiety, debilitating fears and worry, and the overwhelming heaviness of negative thinking. In this Sampler Class, every 5 minutes or so we learn a new technique or practice, which results in a great set of tools that you can choose to put into practice at home, work or school. Sampler Classes are great because you learn such a variety of things and something you learn is sure to resonate with you. This class includes a really nice gift box of items to take home with you and educational materials.



FRIDAY, JULY 3rd 7pm—8:45pm

Class Limit: 12

Learning About and Working with The Medicine Wheel

No Cost But Donations Appreciated

This class teaches you the meaning of the Medicine Wheel and how to work with it, as well as provides you with time at the end of class for some personal quiet meditation or reflection. Many cultures respect the Sacred Hoop, the Circle of Life, and the sacred spiritual teachings that accompany a Medicine Wheel. This Wheel is a respectful combination of several cultures. The Medicine Wheel teaches, provides insight, supports healing of body, mind and spirit, helps us find inner peace, guides us as we search for our path and purpose, and provides the wisdom we need to journey through life. Each section of the wheel represents a direction, a color, an animal teaching, a time of day, a stage of life, plant medicine, life lessons, and more.



SATURDAY, JULY 4th 10am—12noon Class Limit: 15
“Creative Spirit” Arts & Crafts Series
Staining Concrete Statuary
\$25 (Plus concrete item)

Sometimes we just need to give our minds a break and enjoy the thing that is sitting right in front of us. Being mindful in our present moment can be very healing. In this Creative Spirit class, we allow ourselves to be creative with no self-judgement and we take pleasure in the creative process. At White Barn we feel that creativity, self-expression, calmness of mind, peace of spirit, can be found through art. Class instructor, Annette Bragg, has several art degrees from the University of Akron, a strong work history and art background having owned an advertising agency, and is a firm believer in art therapy. This class is fun, relaxing, creative, and will allow yourself to enjoy staining and painting safely in the wonderful outdoor setting at White Barn. You can purchase a concrete item of your choice when you arrive, with a great assortment of pieces to choose from. Many prices average from about \$18 to \$65—something to fit every budget.



SUNDAY, JULY 5th 7pm—9pm Class Limit: 1
Spirit Arrow Ceremony
Releasing Burdens and Trauma from our Past
\$25

Don't ever let the word “ceremony” in the title of any classes or experiences at White Barn discourage you from attending. Ceremonies are common in our culture to celebrate milestones—weddings, baptisms, graduations, funerals, and many other important life events. The Spirit Arrow Ceremony is designed to help us release burdens that we tend to carry, like a big heavy blanket wrapped around our shoulders, that keeps us from being our best selves or living our best life. Burdens we may have difficulty releasing are unforgiveness, abuse, hurt, jealousy, bitterness, resentment and fear. Often we become “stuck” in a story and haven't figured out how to move past it. The Spirit Arrow Ceremony is a very powerful blend of teaching, quiet reflection, changing our perspective on how we view things, and is partly based in sacred indigenous ceremony and teachings. Many people who have found this class to be life-changing in good and positive ways are people dealing with PTSD, addictions, loss, grief and sadness, trauma, abuse, and fear. While it helps each individual to release burdens from the past, it also helps us become aware of our sense of community, and our path and purpose.

To Register for July Classes and Workshops visit us at
www.whitebarnhealingarts.org

Questions? Call 330-281-1387

Bring a Friend. Share the Experience!