



**LA MANO
POTTERY**



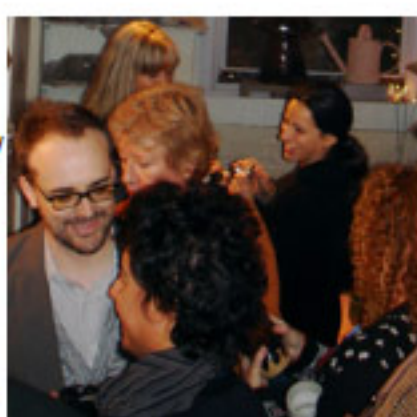
OCTOBER/NOVEMBER 2008

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Welcome to La Mano Pottery

Many thanks to all who made our recent Oktoberfest a smashing success! The studio was visited by over 200 people on Friday, October 17th. Everyone who purchased a mug was invited to join us in the garden for beer and soft drinks. Many La Mano artists - including students, teachers, studio potters - prepared unique drinking vessels for the evening's events.



Late Fall 2008 Class Schedule

Do you know anyone who might be interested in taking pottery classes? Please feel free to forward this newsletter on to friends or family members who might want to join our hand building or wheel classes. Here's a summary of the schedule starting soon.

Wheel Classes

Learn to use the potter's wheel to create bowls, mugs, teapots and more.

Mon. 11/10-12/15 (6 weeks) 6pm-8pm @ \$225

Tues AM Wheel Class has open enrollment so that students can start an 8 week session any Tuesday morning 10:30 am-12:30 pm.

Tues. 11/4-12/23 (8 weeks) 7pm-9pm @ \$300

Wed. 11/5-12/17 (6 weeks) 7pm-9 pm @ \$225
(no class 11/26)

Thurs. 11/6-12/18 (6 weeks) 7pm-9pm @ \$225
(no class 11/27)

Sat. 11/1-12/20 (8 weeks) 10:30am-12:30 pm @ \$300

Handbuilding Classes

Create unique ceramic pieces using traditional techniques, including pinching, coils and slabs.

Tues. 11/11-12/16 (6 weeks) 7pm-9pm @ \$225

Thurs 11/6-12/11 (6 weeks) 7pm-9pm @ \$225
(no class 11/26)

Sat. 11/8-12/13 (6 weeks) 12pm-2pm @ \$225

FREE Throwing Clinic Friday evening, November 14th



Peggy Clarke will be holding a throwing clinic on November 14th from 6:30 until 9 pm. This is open to all current students and studio potters, but pre-registration is required. Watch demonstrations and/or receive assistance on specific

problem areas to improve your throwing skills and enhance your enjoyment behind the wheel. Sign up for the clinic at the desk in the studio or Call Kathi, our studio manager, to register. Space is limited.

TIPS: Safety & Health in the Pottery Studio

Have you ever felt a twinge of stiffness or pain after working in the studio? Well, here are some practical suggestions for staying healthy --- particularly protecting your back --- while you work with clay. These have been compiled by Peggy Clarke who is a yoga and pottery instructor, as well as one of La Mano's owners.

Wedging

Soften knee joints

Use the weight of the full body, not just the arms

A gentle soft rhythm is easier on the spine than forceful, harsh movements

If the clay ball is too hard or too large, change it



Lifting

Always bend your knees

Lift with strength of full body, not just arms and shoulders

No movement without breath

Work smarter, not harder

(take several trips, use carts to wheel glaze buckets, get help with large projects)

When loading kiln, use steps to adjust positioning & get help loading large pieces

At the Wheel

Position body close to wheel with arms braced on legs, legs braced on wheel

Lengthen the spine by drawing the shoulders back and down

Resist rounding the shoulders & avoid folding the body at the waist

Center large balls of clay in pieces &/or slowly

Allow the breath to set & steady the pace of movement

Elevate the non-dominant foot to match angle & height of foot on pedal

Set speed of wheel and remove foot from pedal so both feet are firmly planted on floor

Stand, walk around, stretch at regular intervals

Always

Take regular breaks, stretching the spine in opposite directions

Note where tension hides & consciously attempt to relax all surrounding areas

Establish a personalized stretching routine for before & after studio work & during breaks

If pain develops, rest

Change to another project or activity if stiffness develops or you become tired

Cultivate an even, long breath pattern & accompany all movement with relaxed breathing

Assess your posture while standing & sitting, working toward maintaining a long spine & lengthened neck

When sitting or standing, avoid bending at the waist & resist rounding the shoulders & upper back

Maintain a regular & varied exercise schedule that includes active & passive stretches of all joint areas & muscle groups

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ANNUAL HOLIDAY PARTY

MUGS, MUGS, MUGS

OPEN STUDIO TIME

[Join Our Mailing List!](#)

Hold the Date...



La Mano's annual Holiday Party and Pottery Sale will be held on Friday, December 12, 2008 from 6pm until 9pm. Please mark your calendars and be sure to join us for a little holiday cheer and the opportunity to view and purchase one-of-a-kind ceramic treasures!

MUGS...



There are still plenty of mugs and cups for sale in La Mano's gallery. Feel free to drop by and have a look whenever the studio is open.

Our hours are:

Tuesday - Friday:

12 until 9

Saturday and Sunday:

12 until 6

OPEN STUDIO



La Mano offers plenty of time for our students to practice between classes.

There is always someone on duty during open studio time to answer basic questions, so take advantage of this benefit of being part of La Mano.

Open studio hours are:

Tuesday - Thursday:

12 - 6:30

Friday: 12 - 9

Saturday - Sundays:

12 - 6

Please note: the studio will be closing on October 31st at 6pm.

Happy Halloween!

Oktoberfest fun...



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