LA MANO POTTERY



JUNE 2010

Greetings!

has resigned from her key position here at La Mano. We are so grateful to Kathi for all the amazing work she did for us over the last 3 years.

When Kathi first started with us, her goal was to use her skills to

organized. She did just that. In her systematic and quiet way, Kathi

tackled every problem — creating orderly systems that resulted in the

We write today to let you know that our studio manager, Kathi Criss,

foster a welcoming, creative environment that was safe, clean and

Kathi's decision was driven by her own artistic efforts. While her artistic career has concentrated in photography, she recently began to paint, as well. Her resignation allows her to spend more time with her family and develop her own art. She assures us that she will stay in touch and it is our hope that she may even turn to working with clay at some point.

We are so pleased to announce that **Danica Holoviak** has accepted the position of studio manager. Danica has been instrumental at the studio in nearly every aspect of our operation. Recently, she led a team to implement a full integration of our data and communication systems and, of course, she is a wonderful ceramicist, a terrific teacher and she LOVES MUD.

If you haven't already done so, please join us in congratulating Danica

the studio under her leadership.

Yours in Mud,

on her promotion. And look forward to even more positive changes at

Diane, Julie, and Peggy

June's Potter of the Month is Nonna Hall. Below is what she has to say about herself and her art:

POTTER OF THE MONTH

Although I am relatively new to pottery (only two and a half years), I know for certain that it is now a significant part of my existence. It's

like I found a part of me that was missing my whole life.

Every stage of creating something with

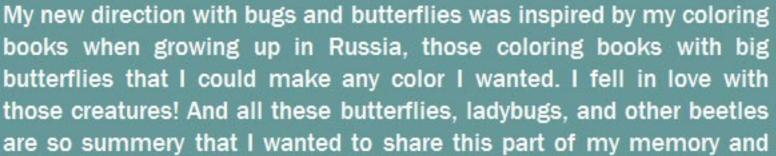
clay is really exciting for me. First comes the inspiration. I can be inspired by

almost anything, pieces in a museum, trinkets in antique stores or at flea markets, a scene from a movie, or some images in fabric. Next, I think about my project, drawing on the inspiration but making it mine and mine alone. Finally, the fun part, making the piece.

I love to make functional pieces, but I feel especially uplifted and excited when making teapots and bottles. I also like to think that if one of my pieces lives a functional life, then my work is

but if you can use it then the piece is alive and happy and brings happiness to you as well!

My new direction with bugs and butterflies was inspired by my coloring



Nonna's work is currently on display in our storefront window and

complete. It might be a very nice piece of decoration in your home,

gallery. You can also see photos of her pottery on our <u>website!</u>

Time

6-8 pm

6-8pm

Time

10am-1pm

10:30am-12:30

10:30am-12:30

my summer mood with anybody who will welcome it.

Summer Class Schedule

Notes

(no class 9/4)

(no class 9/5)

Notes

3 weeks, \$590 (\$20 firing fee

involve visiting local galleries,

3 weeks, \$770 (\$20 firing fee

Tuesdays will be Trip Day and will

museums, and walking through

the neighborhood for inspiration

Tuesdays will be Trip Day and will

included) ages 12 and up.

and a little bit of history.

included) ages 12 and up.

Tuesday 6/22 - 8/10 7-9pm Wednesday 6/30 - 8/18 7-9pm Thursday 7/08 - 8/26 7-9pm

7/10 - 8/28

7/25 - 9/19

7/12 - 8/30

6/29 - 8/17

Wheel | Summer 2010

Day

Monday

Saturday

Sunday

Days

Thurs

Friday

Tues thru

Tuesday AM

Dates

Day	Dates	Time	Notes
Tuesday	7/06 - 8/24	7-9pm	
Wednesday	6/16 - 8/04	7-9pm	
Thursday	7/22 - 9/09	7-9pm	
Friday	6/04 - 7/30	3:30-5:30pm	(no class 7/2)

Tues thru 7/27 - 8/13 9:30am-12:30

Dates

6/29 - 7/15

	involve visiting local galleries, museums, and walking through the neighborhood for inspiration and a little bit of history.
MANAY MANAY	n to register online now or at 212-627-9450.
TIP OF THE MONTH	
The Potter's Little Pain	

Our body is not built to keep the same position for hours. Just keep in mind that it will be a great benefit for your health, your productivity

work, and your passion!

has a degree in Cranio-Sacral Therapy.

and your creativity to stand up regularly to stretch your legs, refresh your mind and take the time to breathe.

Take your time. The more you rush, the less efficient it will be.

Remember also that it's safer to under stretch than to overstretch. Do

it gently and slowly, to the point of tension but never pain.

You have all felt it after several hours concentrated and bent on your

last masterpiece - the small tightness in your neck, back and wrists.

By following these few pieces of advice, I hope you will put an end to

all the small things that can keep you away from your wheel, your

Your Neck
The goal is to release the tension accumulated in the muscles around the neck that can cause cervical postural syndromes, lack

Sit down comfortably and relax the shoulders. While breathing deeply

of mobility and headache.

More precisely by area:

let your head drop down slowly to the right side of the neck until you feel the stretch on your muscle in the left side and pull down your left shoulder. Hold this position 10 seconds, relax and repeat the

exercise 2 more times, then return back to the start. Now repeat the process for the left side.

Then lift slowly your chin with your hands on your chest until you feel a slight stretch in the front of the neck, again hold it 3 times 10 seconds

Then bend your head forwards until you feel the muscles in the back of the neck pull slightly. Return back to the start.

Once completed you can relax the head with another exercise, this time roll the head around slowly three times, keep a straight back and breathe deeply at all times. Then do it the other way round.

