

# SATURDAYS IN NOVEMBER

## Infusing Medicinal Herbs into Beautiful Soap Bars

Saturday, November 19 — 10 AM to noon

Instructor: Christy Fullbright, Willow Springs Farm

This two hour class will cover a direct infusion process into a goat milk based soap. It will also discuss several common herbs that can be used in apothecary, teas and food, plus the overall health and economic benefits of crafting your own apothecary.

Students will create and pour two, five ounce bars and may choose their herb and essential oil of preference. They will also receive a five ounce hand crafted bar from Willow Springs Farm. Leave with a detailed reference guide providing soap recipes, herbal infusion instructions, and a explanation of medicinal benefits associated with specific herbs that are common and easily cultivated in our environment.

**Instructor: Christy Fullbright,**  
Willow Springs Farm

Christy has over forty years of experience of farming and homesteading. Self schooled, She has absorbed knowledge through her ancestors on medicinal benefits of plants.

Retiring out of the financial industry in 2008, she is now focused on creating a biosphere cultivating medicinal herbs indigenous to our region and self sustainability with the lowest impact on the environment. Her mission is dedicated to the cross pollination of making your own apothecary and growing your own food and medicine.

We will be offering a very special session with  
**Rob Luka, author of Fearless Medicine**

## Tapping Into Your Internal Resources

**Monday, November 21, 6 to 8 PM**



## Drumming Circle

Saturdays, from 4:00 to 6:00 PM

Instructor: Billy Zanski

One hour class \$15, two-hour class \$25, drums available

Billy's Intuitive Drumming Workshop facilitates a relaxing and deepening exploration into rhythm and expression. The deep sounds of African drums move through the body and resonate with higher consciousness. Billy provides both Doundouns (bass drums played with sticks) and Djembes (played with hands).

His approach allows the group to find a fluid state of expression through guided transitions in rhythm. Billy has traveled around the globe to learn and experience various styles of percussion. Since 1998 Billy has been performing and facilitating drum workshops. For more info please visit [www.skinnybeatsdrums.com](http://www.skinnybeatsdrums.com).

For more information visit [galaxyartsinc.com](http://galaxyartsinc.com)