

Zoom Interactive Workshops Mon-Wed

Monday May 25th:

- **Life Coaching With Lisa... 9:30-12:00 pm PT**

Join the group as we dive deep into discussions about life and what we're going to do with it.

- **Mandala Painting With Jaelyn... 12:30-2:00 pm PT**

Jaelyn Layton is a visual artist and lover of fellow humans, sharing art and process at events from Seattle to Black Rock City. Hosting weekly art and wellness workshops via Lily J. Creative. Follow along with Her and paint your own unique mandala while we all listen live to The New 9-to-5 stream.

Supplies Needed: 4x4" canvas*, Ruler or straight edge, Craft paint - any colors you want**, Small paintbrush, Q-tip, Pencil, Paper plate and paper towels, Cup of water, Newspaper or old towel to cover the table

*you can substitute any size square canvas, paper, recycled cardboard, or even a rock!

**all colors can be made using red, yellow, blue, black and/or white.

- **Zero Waste Living With Elle... 2:30-4:00 pm PT**

Learn the basics of ZW living from simple switches you can make around the house to recycling and composting tips for a more sustainable household!

Tuesday May 26th:

- **Crate Digging With Elle... 9:30-11:30 pm PT**

A trip through music history buff Elle's record collection.

- **Colorblock Fashion Show... 12:00-12:30 pm PT**

Show off your themed looks and win real life prizes sent direct to your door!

- **Music History Trivia... 2:30-3:30 pm PT**

Test your knowledge, 20 questions, 3 badass prizes let's see how much you know about music.

Supplies Needed: Pen and Paper

- **Dance Workshop With Shay Simone... 4:00-5:00 pm PT**

Class objective: In this class we'll explore how to apply intention to movement through a fusion of basic jazz technique, cardio exercise and choreography. This class will include a guided meditation, warmup, and instruction of unique choreography. Come learn to express your higher self through dance!

Wednesday May 27th:

- **Caricatures With Carson... 9:30-12:00 pm PT**

live drawing caricatures of people that stop by. Dress up, bring a friend, let's hang out while I draw you!

- **Homecoming Fashion Show... 12:00-12:30 pm PT**

Come show off your homecoming looks and we will crown our 40 hr king and queen.

- **Flow Shop: Poi With Jayson... 12:30-1:30 pm PT**

Beginners introduction to spinning poi! In this workshop we'll cover the basics - getting started with a 2-beat weave, moving into a 3-beat weave, and maybe even a full fountain! We'll also cover the difference between in-spin and anti-spin and how you can progress further and discover new moves on your own. If you don't know what any of those terms mean, PERFECT! This is the workshop for you :)

Supplies Needed: All you need is a pair of poi! These can be easily made with a few simple materials: 2 small bags such as plastic sandwich bags, rice or other small pellets, some tape, and a pair of long knee socks. Just fill the bags with rice until they're about the size of a fist, tape them all around so they resemble a ball, and put them in the end of the socks! You can also tie a knot once they're in to keep them from moving, but that's optional.

- **Make a Friend, Make a Puppet!... 2:00-3:00 pm PT**

Join instigator and mischief maker alana miller in a puppet making extravaganza. Turn an old sock into a new friend!

Supplies Needed: an old sock, scissors, recycled cardboard, recycled fabric or any materials you may have around the house, paper, sharpie, pen, or marker, hot glue or any other strong glue you have.

If you have them... (but not necessary): googly eyes, felt, faux fur, pom poms, pipe cleaners, dish glove)

** All are welcome, even if you have no materials at home

Zoom Interactive Workshops *Thur-Fri*

Thursday May 28th:

- **Paint & Sip With Melolagnia... 9:30-12:00 pm PT**

Grab your favorite beverage and join Melo in a guided painting, no artistic experience required. Come have fun!

Supplies Needed: Canvas, cardboard, or thick paper, acrylic paints, paint brushes,

- **Throwback Thursday Fashion Show... 12:00-12:30 pm PT**

Strut your stuff on our virtual catwalk with your throwback looks to win real life prizes!

- **Flowshop- Hoop With HulaRev... 12:30-1:30 pm PT**

Join multifaceted performer HulaRev and learn the basics of Hooping.

Supplies Needed: Hula hoop, and room to flow.

- **Miss Cleo's Fortune Telling for the Fortunate... 2:00-4:00 pm PT**

Do you have cosmic questions that require out of this world answers? Ask our resident psychic advice hotline any question and receive a somewhat helpful answer.

- **House Party Yoga... 3:30-4:30 pm PT**

Do you love house music? How about some playful yoga? Join Brit for a fun, throwback House Party yoga flow that will leave you feeling energized & rejuvenated. All-levels, baby, no experience required, and 90's attire encouraged!

Friday May 29th:

- **Flow Jam... 9:30-12:00 pm PT**

Try out your fresh skills from our flowshops or show off some old ones as we flow together.

- **Club Kid... 12:00-12:30 pm PT**

Walk up in the club looking fly as hell, show us your club kid looks and win a disco ball trophy!

- **Quarantine Self Care, A Guided Art Project With Alana... 12:00-2:00 pm PT**

Join art therapist and instigator alana miller in a semi-guided project aimed at building a practice of self-love and self-care at home during quarantine. Guiding questions: What activities bring us joy? How can we shift our focus proactively to joy based interventions to improve our overall wellbeing?

Supplies Needed: Box (old shoe box or anything you might have around the house), pen or markers, paper, old magazines/collage materials such as old concert stubs etc, scissors, glue or tape, any art materials you may have. ** All are welcome, even if you have no materials at home**

- **Twerkshop With Lisa... 2:30-3:30 pm PT**

All people and body sizes WELCOME to shake their butts with us! Learn sexy floor work and tap into some personal freedom through expression.

Supplies Needed: be near a wall, have knee pads, a blanket or pillows if you have sensitive knees, an optional material is some sticky googly eyes for those cheeks!

- **Craft Jam... 3:30-5:00 pm PT**

Bust out some craft supplies or any other project you would like to work on and let's create together, swap ideas, and ask for help from the hive mind of creators.