

August classes & Happenings

August 1, Wednesday Spirit Message Circle

Description: In these interesting and uplifting group readings, Elizabeth Almann channels messages from spirit guides and angels and explains concepts about intuition and healing of interest to the group.

Instructor: Elizabeth Almann, M.Ed.; Intuitive Guidance, Energy Healing, & Personal Development Classes

Fee: \$22.00

6:30 - 8:30pm

1 Session

August 3, Friday Downtown Art Walk

featuring *StoryPeople* at Barjon's

Description: Our entire Gallery will be devoted to the display of prints, sculpture, and books by this wonderfully whimsical artist, Brian Andreas. This show will include free standing sculpture pieces, new prints, and functional sculpture "furniture." Old or new, Brian's work touches everyone. It tickles the heart and the funny bone in just the right way. Click on the artist's website for a preview, www.storypeople.com. Light refreshments will be available on this relaxing summer evening.

Artist: Brian Andreas. Unfortunately Brian will not be able to attend the Art Walk this time.

Fee: Free Admission

Bring: A friend and a warm heart, or a heart that needs warming.

5:00 - 9:00 pm

1 Session

August 4, Wed. Create a Bellydance Top! START DATE Workshop

Description: Dancers, enhance your costume! Don't worry if you don't have a clue how to go about this. All you'll need is one or two bras or swimsuit tops that fit you comfortably. If you have a desire to break out of the mold and get creative with other fun loving women, you are sure to enjoy this hands on workshop. In addition to your finished dance bras, you will come away with new skill and ideas for making more wonderful costumes.

Instructor: Margo Land has been dancing for about 14 years and sewing garments for herself and other dancers for the past eight years. Her costumes are unique and gorgeous! A belly dance regalia sale and exchange at Margo's is always an event.

Fee: \$40.00, includes all embellishing materials for decoration.

Bring: A pair of scissors and one or two bras* suitable for embellishing for belly dance wear. (* call Barjon's for details. 252-4398)

1:30 - 4:30 pm

2 Sessions
Aug. 4 & 11(Mondays)

August 6, Monday Writing for Children: A Writing Group

Description: As a children's writer—or an adult writer—it can be a solitary journey, and at times difficult to be objective about one's own work. Creating, or being a part of, a writer's group can provide the opportunity for constructive feedback and encouragement when the going gets tough. Each session will discuss writing group guidelines and the best way to communicate feedback, receive feedback and provide encouragement.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over seven years. Her studies have included workshops with Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, Paula Danzinger, and many others.

Fee: \$5.00

Bring: Up to six manuscript pages, or your entire picture book manuscript for critique.

6:30 - 8:30 pm

1 Session

August 8, Wed. A Henna Tattoo Workshop

Description: After a brief historical overview of the types and uses for henna, we'll settle down with basic tattoo stencil designing, application, and aftercare. Henna tattoos typically last 7-14 days and may be applied to any area of skin normally exposed to the elements. Everyone will have hands-on experience and be able to proceed confidently.

Anna Nentwig, B.A. Art, with eight years professional experience in henna design and application.

Fee: \$35.00, includes complete Henna Kit, value \$16.95.

Bring: Designs or drawings for application if you wish. Many patterns will be available.

6:30 - 8:30 pm

1 Session

August 14, Tuesday Natural Weight Loss ©, and Maintenance, A workshop

Description: Have you been trying to lose weight for a long time? Tired of diets that create temporary weight loss? Would you like to be your ideal size, weight and shape over the long term of your life?

This workshop teaches positive thinking and self hypnosis to allow you to remove the obstacles and barriers to good health. Natural Weight Loss© combines the power of the conscious and subconscious mind to create increased metabolism, correct eating habits and untie emotional attachment to food. You can enjoy food, get to and maintain your ideal weight and feel renewed confidence without fighting it everyday.

Instructor: Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

Fee: \$25.00

7:00 - 8:30pm

1 Session

August 15, Wed. A Woman's Journey Towards Financial Freedom

Description: Today's women are more financially independent than at any other time in history. Statistics show that women often out perform men when they decide to become investors. However, these same statistics show that women often lag behind men in their understanding of investments and participation in the investment world. This seminar will help give you the knowledge and confidence to begin your journey toward taking control of your financial future.

Instructors: Julia Murphy, Financial Consultant with RBC Dain Rauscher, and Theresa Danielle, Certified Financial Planner, Associate AP-Financial Consultant, with RBC Dain Rauscher.

Fee: Free Admission. RSVP by noon, Tuesday, August 14, for lunch, courtesy of Julia and Theresa. You may bring your own lunch if you prefer.

12:00 - 1:00 pm

1 Session

August 15, Wed. Let Go of Tobacco ©, A workshop

Description: Tired of smoking or chewing? Have you tried to quit a dozen times? Have you quit and then started again? Would you like to return to ideal health again? Quitting cigarettes and chew tobacco is a process. This workshop teaches positive thinking and self hypnosis to allow you to remove obstacles and barriers and move away from tobacco permanently. Unlike cold turkey methods that are usually temporary, Let Go of Tobacco © will allow you to live tobacco free without fighting it by combining the power of the conscious and subconscious.

Instructor: Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct professor of psychology and counseling at MSU-B and has a private practice, specializing in hypnotherapy.

Fee: \$25.00

7:00 - 8:30 pm

1 Session

August classes & Happenings

August 16, Thursday

Writing for Children: Book Critique Group

Description: Polish your writing abilities by discovering what works and why in children's literature. One of the most significant ways in which to improve writing ability is to read, read, read. We will explore picture books, middle grade and young adult novels through a lively discussion of what makes a story great, focusing on elements such as character, voice, plot, setting, and dialog. In a group setting, we will analyze and critique pre-selected award-winning children's books. Please be sure to call Barjon's by August 1 for the reading list, and come prepared to learn from masters in the art of writing for children.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over seven years. Her studies have included workshops with Newbery and Caldecott winning children's authors including Mo Willems, Richard Peck, Paula Danzinger, and many others.

Fee: \$5.00

1 Session

6:30 - 8:30 pm

August 20, Monday

Writing for Children: A Writing Group

Description: As a children's writer—or an adult writer—it can be a solitary journey, and at times difficult to be objective about one's own work. Creating, or being a part of, a writer's group can provide the opportunity for constructive feedback and encouragement when the going gets tough. Each session will discuss writing group guidelines and the best way to communicate feedback, receive feedback and provide encouragement.

Instructor: Carina Camamile - See above class for description.

Fee: \$5.00

Bring: Up to six manuscript pages, or your entire picture book manuscript for critique.

1 Session

6:30 - 8:30 pm

August 31, Friday

Make a Meditation Cushion

Description: Each person will cut, sew and stuff a meditation cushion from a very simple pattern designed by one of the instructors. Sewing will be by machine; the stuffing will be buckwheat hulls, which is non-allergenic, durable and very comfortable. Ages 12 and under must be guided by an adult. Afterwards, if we have time, we will sit in meditation for 15 minutes. This can also serve as a test drive to adjust stuffing if needed.
Instructors: Jim and Barbara, Barjon's Staff

Fee: \$20.00, includes all materials.

Bring: A pair of scissors. If you prefer, bring your own cloth with a 7" zipper.

1 Session

6:30 - 8:30 pm

August 27, Thursday

Writing for Children: Book Critique Group

Description: Polish Your Writing Abilities in the Discovery of What Works and Why in Children's Literature. One of the most significant ways in which to improve writing ability is to read, read, read. We will explore picture books, middle grade and young adult novels through a lively discussion of what makes a story great, focusing on elements such as character, voice, plot, setting, and dialog. In a group setting, we will analyze and critique pre-selected award-winning children's books. Please be sure to call Barjon's by August 1 for the reading list, and come prepared to learn from masters in the art of writing for children.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over seven years. Her studies have included workshops with Newbery and Caldecott winning children's authors including Mo Willems, Richard Peck, Paula Danzinger, and many others.

Fee: \$5.00

Bring: Reading list books will be available for purchase at Barjon's. Call 252-4398.

1 Session

6:30 - 8:30 pm

Ongoing classes & Happenings

**EVERY Thursday
& Friday**

YogaKids

Description: The unique YogaKids approach combines yoga, relaxation techniques, addressing the natural interests, needs and rhythms of children. They will stretch, breathe, relax and enjoy the many benefits of yoga in fun and playful ways.

Instructor: Pam Kemmick, YogaKids Facilitator

Fee: \$10 per class

Preschool: Thursdays from 10:45 - 11:30 am

6 - 8 Years Old: Thursdays, 4:30 - 5:30pm

Tweens: Fridays, 4:30 - 5:45

Times Vary - See Above

August 28, Tuesday

Full Moon Drumming Circle

Description: Gather with others who enjoy rhythm, movement and sound. In this on-going Drumming Circle event, it's always different and always fun. Bring a drum, rattle, or even other instruments that add to the rhythm. In short, anything to keep a beat. All ages welcome.

Instructor: Everyone! Pass it around, and keep it going!

Fee: Free Admission

1 Session

7:00 - 8:30 pm

**EVERY Wednesday and
EVERY Thursday**

Meditation Practice

Description: Join us for a half hour of meditation practice **Wednesday evenings** and/or **Thursdays at lunchtime**. Brief instruction will be followed by 20 minutes of silent meditation. You may bring a cushion or pillow if you wish. Anyone may attend; there is no charge.

Fee: FREE Admission

5:30 - 6:00 pm Wed / 12:15 - 12:45 pm Thurs

August 24, Friday

4th Friday Book Group: A Thousand Splendid Suns by Khaled Hosseini

Book for Discussion: A Thousand Splendid Suns by Khaled Hosseini —The haunting storyteller who brought us The Kite Runner. Featured book and audio book will be 10% off during the month of August.

Description: Each month Barjon's hosts a lively discussion of a book that has received a lot of attention from our staff and customers. Sharing thoughts and insights with other readers is always stimulating. You need not have read the book to attend, but obviously it helps. There is a 10% discount during the month for the book and its audio version.

Moderator: Ruhiiyyih, staff member.

1 Session

7:00 - 8:00 pm

EVERY Saturday

Storytime For Kids

Description: This is a fun and free way to introduce your child to fantastic children's stories from around the world, featuring a variety of spiritual views.

Fee: FREE Admission

10:30 - 11:15 am