

heART & SOUL

Creative Arts Classes at Karma Yoga Center ~ October 2026

Sundays 11:30 am – 1:30 pm | Tuesdays & Wednesdays 6:00 – 7:30 pm

\$36 drop-in | \$108 for a 4-pack | Free with \$153 Unlimited Plus

No experience needed. All supplies provided. All are welcome.



SUNDAY, OCTOBER 4 · 11:30 am – 1:30 pm

Wearable Art: Hand-Painted Earrings

with Nadia Sperry

Create a one-of-a-kind pair of hand-painted art earrings! Using special dotting tools, you'll paint and decorate your earrings with color and intricate detail, then assemble them with jump rings and ear wires. They make beautiful gifts for yourself or for friends and family.



TUESDAY, OCTOBER 6 · 6:00 – 7:30 pm

Apple of My Eye: Fall Apples in Watercolor

with Amber Buker

Celebrate the harvest with a crisp autumn apple in watercolor! In this beginner-friendly class, Amber will guide you through the basics of washes and shadows, helping you discover the magic hiding in simple shapes and values. Come play with water and color!



WEDNESDAY, OCTOBER 7 · 6:00 – 7:30 pm

Turning Pages: Autumn Book Pumpkins

with Katrina Gustafson

Give an old book a new chapter! We'll transform a well-loved hardcover into a charming pumpkin by folding and shaping its pages into rounded, rustic curves, then finish it with a stem, a curl of vine, and a few touches of autumn flair. Perfect for your mantel, bookshelf, or Thanksgiving table. Just bring your love of fall!



SUNDAY, OCTOBER 11 · 11:30 am – 1:30 pm

Blackout Poetry: Finding the Poem Within

with Stephanie Stoetzer

What happens when you let most of a page fall away? We'll black out nearly everything on a book page, revealing the hidden words that want to shine through. Using color, collage, mixed media, and found objects, you'll transform what remains into a beautiful, uniquely crafted poem. Playful process, purpose on the page.

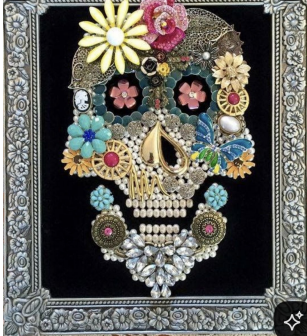


TUESDAY, OCTOBER 13 · 6:00 – 7:30 pm

Earth Offerings: A Fall Celebration Collage

with Nadia Sperry

Celebrate the beauty of the season through intuitive creativity. We'll combine leaves, flowers, plants, and other gifts from nature with paper, paint, stickers, and more to assemble a nature-inspired collage. You're welcome to bring your own earth offerings to include.

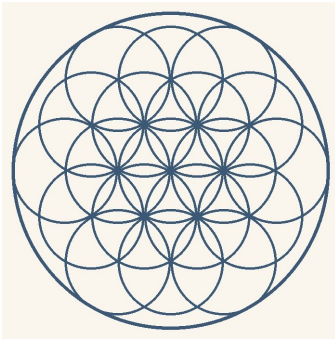


WEDNESDAY, OCTOBER 14 · 6:00 – 7:30 pm

Bejeweled Sugar Skulls: Día de los Muertos Calaveras

with Katrina Gustafson

Sugar skulls, or *calaveras de azúcar*, grew from *alfeñique*, a sugar art brought to Mexico in the 17th century. Families molded skulls to adorn their ofrendas, often inscribed with a loved one's name, celebrating death as part of life's cycle. We'll create our own from repurposed jewels, beads, and trinkets. Bring old jewelry to reuse: brooches, a lone earring, broken necklaces, rings, and pendants.

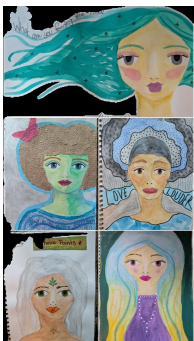


SUNDAY, OCTOBER 18 · 11:30 am – 1:30 pm

The Flower of Life

with Michael Shankara

The Flower of Life is the fundamental geometry of the universe, an elegant design of interlocking circles that forms the lattice for all of reality across the physical, spiritual, and mental planes. Learn to draw this meditative geometry and its variations: the Vesica Piscis, the Seed of Life, the Fruit of Life, the Flower of Life, and other related forms.



TUESDAY, OCTOBER 20 · 6:00 – 7:30 pm

Portals of Expression: Faces with a Witchy Tilt

with Stephanie Stoetzer

Faces say so much. We'll explore the basics of proportion while sketching a face, then listen in to how it wants to come to life and what message it has to share, using paint with options to add dimensional elements. This month has a witchy tilt! A practice in embracing the present moment and letting go of expectations.



WEDNESDAY, OCTOBER 21 · 6:00 – 7:30 pm

Rooted in Color: Watercolor Beets

with Amber Buker

Get grounded with the humble, earthy beet! This autumn root vegetable makes a wonderful watercolor subject, with its deep ruby reds, rich purples, and leafy greens flowing together on the page. Amber guides you step by step, so complete beginners and seasoned painters alike are welcome.

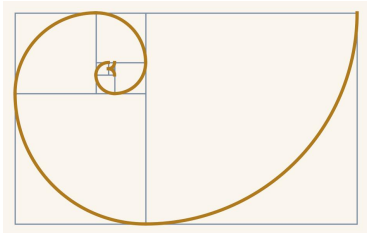


SUNDAY, OCTOBER 25 · 11:30 am – 1:30 pm

A Gouache of a Good Time: Ancestors in Hats

with Amber Buker

As we descend toward the darker days of the year, find the light in the darkness. Gouache is an opaque watercolor that lets us paint glowing colors on black paper. We'll honor our ancestors, who may have worn some very interesting hats, while learning negative painting and using water to create transparent color.



TUESDAY, OCTOBER 27 · 6:00 – 7:30 pm

The Golden Ratio

with Michael Shankara

The Golden Ratio is a universal principle for creation in nature, how all things express themselves in form, movement, growth, and relationship. Learn to draw and understand this simple proportion through the Golden Spiral, the Pentagon, and the Sublime Triangle, a secret of the ancient world that reveals the universe's fractal nature and the principle of absolute beauty.



WEDNESDAY, OCTOBER 28 · 6:00 – 7:30 pm

Travel Altars: Cigar Box Shrines

with Katrina Gustafson

Create a portable altar from a vintage-style cigar box, a small sacred space to honor ancestors and loved ones for Día de los Muertos and all year long. Tuck it in your suitcase, set it on a shelf, or bring it out each year. We'll use decoupage, paints, charms, and trinkets. Bring photos, small artwork, keepsakes, or murtis to make it your own.