

APRIL

Cultural Class Calendar



Traditional Healing Clinic

4320 Diplomacy Drive, Suite 1010
Anchorage, AK 99508
907-729-4958



Scan the QR code to register.



**ALASKA NATIVE
MEDICAL CENTER**



The Alaska Native Tribal Health Consortium and Southeastern Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-43. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mindful Morning 8:15-9 a.m. Drumming as Medicine Noon-1 p.m.; 3-4 p.m.	2 Pin Cushions 1-3 p.m.	3 Mindful Morning 8:15-9 a.m.	4 Lotion Making 9-10 a.m.; 2-3 p.m.
	7 Tote Bags 1-3 p.m.	8 Mindful Morning 8:15-9 a.m. Drumming as Medicine Noon-1 p.m.; 3-4 p.m.	9 Easter Theme Brickstitch Earrings Making 3-5 p.m. Breathing into Energy Centers 3-4 p.m.	10 Mindful Morning 8:15-9 a.m. Felt Beading 1-2 p.m.; 3-4 p.m. Talking Circle Noon-1 p.m.; 3-4 p.m.
	14	15 Mindful Morning 8:15-9 a.m. Leather Pouch Making 1-2 p.m.; 3-4 p.m. Drumming as Medicine Noon-1 p.m.; 3-4 p.m.	16 Project Circle 9-10:30a.m.; 1:30-3 p.m. Breathing into Energy Centers 1-2 p.m.; 3-4 p.m.	17 Mindful Morning 8:15-9 a.m. Breathing into Energy Centers 1-2 p.m. Talking Circle Noon-1 p.m.; 3-4 p.m.
	21 Beaded Wristlets 1-3 p.m.	22 Mindful Morning 8:15-9 a.m. Drumming as Medicine Noon-1 p.m.; 3-4 p.m.	23 Devil's Club Wall Hanging 9-10 a.m.; 1:30-2:30 p.m. Talking Circle 2-3 p.m. Breathing into Energy Centers 1-2 p.m.; 3-4 p.m.	24 Mindful Morning 8:15-9 a.m. Salve Making 1-2 p.m.; 3-4 p.m.
	28	29 Mindful Morning 8:15-9 a.m. Drumming As Medicine Noon-1 p.m.; 3-4 p.m. Drum Design 1-3 p.m.	30 Project Circle 9-10:30 a.m.; 1:30-3 p.m. Breathing into Energy Centers 1-2 p.m.; 3-4 p.m.	31
				11 Teatime 11 a.m.-noon Breathing into Energy Centers 1-2 p.m.
				18 Power of Words 1-2 p.m. Lotion Making 9-10 a.m.; 2-3 p.m. Good Friday
				25 Teatime 11 a.m.-noon
				

Classes



Breathing into Energy Centers

We all have energy centers within us. This one-hour class introduces a meditative exercise focused on breathing into each of the nine energy centers, or chakras, based on the teachings of SCF's first Tribal doctor, Rita Blumenstein. This practice can enhance self-awareness and help uncover individual gifts.

Drum Design

This two-hour class is for participants who have completed the drum making class and want to personalize their drums with a unique design. Bring your drum and creativity, and instructors will guide you through selecting a design, choosing the right materials, and applying your artwork.

Drumming as Medicine

Learn how to play hand drum in five easy steps.

Easter Brickstitch Earring Making

Learn a basic brickstitch pattern for earring making.

Felt Beading: Edging Styles

Felt beading edging can be very different based on patterns, counting, colors, and shapes. Come learn about beaded edging styles in this class.

Leather Pouch Making

Learn to create your own leather pouch and the history of these crafts.

Lotion Making

Learn a basic lotion recipe and take home a sample. Instructors will discuss diverse ingredients to create lotions for different uses.

Mindful Morning

A mindful morning routine is a way to start your day with the gift of serenity, a sense of calm and clarity to set yourself up for success. Join this morning gathering to connect with others and begin your day with intention.

Project Circle

Bring any creative project with you to class. Set aside this time to make progress and enjoy the company of others while you work. Share and receive ideas and techniques. There will be supplies on hand.

Power of Words

Learn to recognize that our words are powerful and how apply to everyday life.

Teatime

Learn about the services provided at the Traditional Healing Clinic and enjoy samples of different herbal teas in the Anchorage Native Primary Care Center lobby. No registration required.

Salve Making

Learn the basic salve recipe and take home a small sample. Learn about medicinal plants, shrubs, and trees that grow in Southcentral Alaska and can be used in salves.

