

CSI COMMUNITY EDUCATION

Spring 2017 Classes

REGISTER FOR THESE CLASSES HERE

If you prefer, you can also call 732-6442 to register by phone, come into the Community Education Center in the Fine Arts Building, or fill in the [registration form](#) and mail with payment to: CSI Community Education, PO Box 1238, Twin Falls, ID 83303. Enclose a check or money order. If you are paying with a credit or debit card, write your card number and expiration date at the bottom of the registration form page.

ARTS & CRAFTS



METAL STAMPING WITH JENNY WREN

Dates: February 6 (Section C01) or April 10 (Section C02)

Days: Monday

Time: 6 – 8 p.m.

Instructor: Jenny Hefner

Fee: \$25 + \$10 for materials (paid to instructor)

Location: Taylor 276

Course Code: XART 039 C01 and C02

In metal-stamped jewelry, each student will choose metal pieces and embellishments to design their own unique piece of jewelry.

This class will introduce you to the necessary tools and materials needed for this fun and addicting technique. The instructor will guide you through the stamping and jewelry assembly process. By the end of the class, you will walk away with a beautiful piece to call your own.



BOOK FOLDED ART

Dates: February 9 (Section C01) or April 13 (Section C02)

Days: Thursday

Time: 6 – 8 p.m.

Instructor: Tina Standlee

Fee: \$20 + \$10 for materials (paid to instructor)

Location: Taylor 276

Course Code: XART 017 C01 and C02

Have you seen the newest craft in town? Come learn to do Folded Book Art – it's fun and easy! Custom-made folded book sculptures are made from carefully folding the pages of

recycled books to create different designs. From hearts to letters, words, symbols and objects...anything is possible! In this class, you will learn how to fold a word or picture into a book to give as a gift or to display in your office or home. The instructor will supply the book and pattern for this class.



TEACUP FAIRY GARDENS

Dates: May 10

Days: Wednesday

Time: 6 – 8 p.m.

Instructor: Diane Gause

Fee: \$25 + \$10 for materials (paid to instructor)

Location: Taylor 276

Course Code: XART 003 C01

Create your own little whimsical garden to display in your home or office all year long using succulent plants that take very little care. This could also make a very sweet Mother's Day gift or shared experience with your own mom or child/grandchild. Bring a teacup and saucer if you have your

own or one will be provided. Supply fee pays for succulents, miniatures and materials.



MOSAIC TWO-WRAP BRACELETS

Dates: April 10 & 12

Days: Monday & Wednesday

Time: 6 - 7:30 p.m.

Instructor: Diane Gause

Fee: \$20 + \$15 supply fee paid to instructor

Location: Taylor 247

Course Code: XART 039 C01

Tila beads, which are the foundation of this stunning bracelet, are two-holed and flat like mosaic tiles. You will

learn how to silk wrap and ladder these mosaic tiles and come away from the class with a beautiful two wrap bracelet. Use your imagination and design your wearable art with any combination of colors you like. The supply fee pays for a design tray you can keep and all the ingredients needed to complete a two wrap bracelet.



DIY WOODWORKING PROJECTS: CUSTOM PLAQUES WITH ANTIQUE FINISHING

Dates: January 31 – March 7

Days: Wednesdays

Time: 6 – 8:30 p.m.

Location: Canyon 133

Instructor: Jessica Larsen

Fee: \$80 + \$22 supply fee paid to the instructor

Course Code: XHOB 010 C01

In this class, you will start with a blank slab of wood and then transform it into something special using a variety of

different antiquing and distressing techniques. If you have ever been interested in woodworking and are looking for a great place to start, this is it. Familiarize yourself with different pieces of woodshop equipment and how to use them safely. Begin by choosing one of five custom sign design projects, and then complete your sign by learn how to build frames and distress using chisels, scrapers, and worm holing. Additional activities will include: staining, painting, chalk painting, glazing and various finishes. Leave class with a handy new skill set as well as a new one of a kind sign to take home.



INTRO TO WELDING & METAL ART

Dates: February 2 – April 27

Days: Thursdays

Time: 6 – 8:30 p.m.

Instructor: Jenn Crowdson

Fee: \$199

Location: Desert 105

Course Codes: XART 034 C01

Explore the technology of metal fabrication and welding to create a metal piece that will become something beautiful and durable... or just to brush up on your skills and work on a specific project or art piece! During this hands-on course,

students will be introduced to shop safety, two welding processes (arc welding and mig welding), grinding, different methods of metal cutting(plasma, oxy/fuel torch, cold saw, and disk cutting), and a variety of metal coloring techniques (paint, chemical, heat coloring) to create a finished project to take home at the end of the 20+ hour course. Students need to come dressed in clothes appropriate for welding such as jeans, leather shoes/boots, and long-sleeved shirts of canvas or cotton. Loaner welding helmets, safety glasses, ear plugs, respirators, leather jackets, and gloves will be loaned to students if needed. The class is limited to 10 people and normally fills – early registration is suggested.



STUDIO POTTERY

Dates: February 2 – April 27

Days: Thursdays

Time: 6:30 – 8:50 p.m.

Instructor: Sheryl West

Fee: \$120 + \$20 per 20 lb bag of clay (paid to instructor)

Location: Art Lab 113

Course Code: XART 008 C01

Explore a variety of pottery fundamentals while using clay as an expressive medium to create one-of-a-kind functional and

decorative pieces. During 25 hours of studio time, learn hand-building fundamentals, wheel-throwing, and basic elements of sculpture from renowned artist Sheryl West. Finish your pieces with a myriad of glazing and decoration techniques. Beginning and experienced potters alike will advance their skills and sense of creativity.



INTRO TO TORCHWORKING ART GLASS (TAG)

Dates: January 24 - May 9

Days: Tuesdays

Time: 6-8:30 pm

Instructor: Cody Thornton

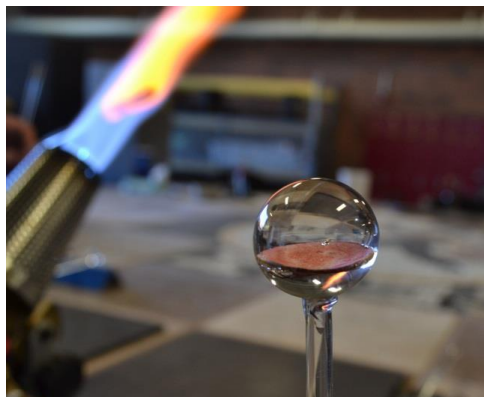
Fee: \$200 + \$200 (paid to instructor)

Location: Scott's Center, 496 Madrona

Course Code: XART 036 C01

Torch, Tools and safety gear are provided. This semester-long course is designed to introduce students to the basics of Torchworking borosilicate (hard) glass a.k.a. Glass Blowing. During the semester students will be introduced to shop equipment, setup, maintenance, tools of the trade, and safety, all while learning the fundamental basics of hands-on torch working by molding solid glass into shapes and figures, creating pendants, beads and blowing tubular glass into vessels. This course is designed for the individual who is interested in the shop, processes and

developing skills to make functional glass projects, jewelry and Art. (No class on Valentine's Day)



TORCHWORKING ART GLASS (T.A.G.) OPEN STUDIO

Dates: January 26 – May 11

Days: Thursdays

Time: 6-8:30 pm

Instructor: Cody Thornton

Fee: \$100 + \$100 (paid to instructor)

Location: Scott's Center, 496 Madrona

Course Code: XART 036 C02

Our T.A.G. Open Studio gives participants the opportunity to work independently in the studio while meeting other torch-working artists. These sessions are

for those who have already experienced the art of torch-working and would like to continue to work on their skills or projects, or if you want to Just Try It out and see if you like it.



A ROSE FOR YOUR VALENTINE

Dates: January 25 and February 1 with project pick up on February 8

Days: Wednesday

Time: 6-8:30 pm

Instructor: Cody Thornton

Fee: \$50 + \$40 (paid to instructor)

Location: Scott's Center, 496 Madrona

Course Code: XART 036 C03

Perfect for all skill levels! Torch, Tools and safety gear are provided. Give your valentine something that will last

forever, sign up for this three-session course to get all you need to surprise them with a beautiful torchworked borosilicate glass rose. They get a rose, you get the experience and you both get memories that will last a lifetime.



INTRODUCTION TO GLASS PENDANTS

Dates: March 1 and 8 with project pick up on March 15

Days: Wednesday

Time: 6-8:30 pm

Instructor: Cody Thornton

Fee: \$50 + \$40 (paid to instructor)

Location: Scott's Center, 496 Madrona

Course Code: XART 036 C04

Beginning and returning students are welcome. Torch, Tools and safety gear are provided.

You will learn the fundamentals of Torchworking with borosilicate glass - melting and manipulating glass over a bench-top torch while exploring the artistic possibilities of this molten glass media and shaping into glass pendants for art, jewelry, or even gifts. Additionally, participants will learn some of the basics of tools, safety, equipment and techniques of this versatile and popular art form.



INTRODUCTION TO GLASS BEADS: BEGINNING BORO-BEADS

Dates: April 5 and 12 with project pick up on April 19

Days: Wednesday

Time: 6-8:30 pm

Instructor: Cody Thornton

Fee: \$50 + \$40 (paid to instructor)

Location: Scott's Center

Course Code: XART 036 C05

Beginning and returning students are welcome. Torch, Tools and safety gear are provided. In this class, you will learn the fundamentals of Torchworking with borosilicate glass - manipulating glass over a bench-top torch and shaping into glass beads with outside color for art, jewelry, or gifts. Additionally, participants will learn the basics of tools, safety, equipment and techniques of this versatile and popular art form.

DANCE



HIP HOP

Dates: March 28 – May 16

Days: Tuesdays

Time: 6:30 – 7:30 p.m.

Instructor: Keesha Olander

Fee: \$80

Location: Gym 304

Course Code: XDAN 006 C01

Have you ever wanted to learn some AWESOME hip hop moves but didn't want to sign up for a class with teenagers who have been dancing since they were three? Do you just want to have some fun with your friends (or new friends), listen to energizing music, and get some exercise while you do it? Then seriously, Hip Hop is the place to be! In this eight-week course, you'll be introduced to and explore the many different styles of

hip/hop street dance. You'll learn an ongoing routine, so you will have a finished product to whip out at flash mobs, dinner parties, and family reunions. Each class will start with a warmup to keep you safe and to prepare your body for dance. This class is appropriate for adults and those 12 and up. Instructor Keesha Olander has been a professional dancer and choreographer in Los Angeles for 16 years.



BALLROOM DANCE

Dates: April 6 – 27

Days: Thursdays

Time: 6 – 7 p.m.

Instructor: Cindy Jones

Fee: \$50 or \$90 for a couple

Location: Gym 304

Course Code: XDAN 001 C01 (singles) or C02 (couples)

Ballroom Dance has enjoyed a revival in recent years and is now one of the most popular dance styles around. With its grace, variety, and active social element, it's easy to understand why it continues to capture the imagination. So if you love the idea of twirling with confidence, learning a new life skill, and above all enjoying yourself, our adult Ballroom classes are for you. You will learn beginning figures and technique for a different social ballroom dance in each class session. We will cover the Slow Waltz, Cha-Cha-Cha, Tango, and Jive. Instructor Cindy Jones is a professor of dance at CSI and the Artistic Director for Inspirata Dance Project. Cindy holds a Master's degree in Dance and has taught for over 20 years.

LANGUAGES



CONVERSATIONAL SPANISH

Dates: February 15 – May 10

Days: Wed

Time: 6 to 8 p.m.

Instructor: Anna Trelles

Fee: \$120

Location: Shields 105

Course Code: XLNG 004 C01

Enjoy learning some basic Spanish in a comfortable and relaxed environment. In this class, there will be no grammar, very little writing, and no tests! Instead, you'll have fun learning

common phrases by conversing with each other. This is the PERFECT course if you are a beginner or needing a refresher course, wanting to converse with Spanish-speaking friends or colleagues, or want to be able to get around and have basic conversations for travel to Spanish-speaking countries. You'll learn basic conversational Spanish and be able to talk about yourselves, others, and your interests. In addition, you'll learn a little about the Hispanic culture. This class can be tailored to the wants of the individual class.

COMPUTERS



BEGINNING COMPUTERS

Dates: February 7 - 21

Days: Tuesdays

Time: 6 – 8 p.m.

Instructor: Marc Carpenter

Fee: \$40

Location: Canyon 119

Course Code: XCMP 001 C01

Is it time to finally learn the basic functions of a computer? How does it work? In this class, you will learn how to navigate your computer and use it

effectively. Learn about the internet and how to surf the web (did you know you can do your grocery shopping online?! Learn about security and how to protect your information. Learn how to set up free email and use it. NOTE: This is a beginning computer class for people with limited skills who are not familiar with computers. More advanced classes will be offered later in the session if you want to build on this knowledge.



WELCOME TO WINDOWS 10

Dates: March 7 – 28

Days: Tuesdays

Time: 6 – 8 p.m.

Instructor: Marc Carpenter

Fee: \$80

Location: Canyon 119

Course Code: XCMP 042 C01

In this class, you will be introduced to Windows 10 – the program that makes your computer work! Learn about the changes in the new operating system and how to navigate it with ease... Learn where all the familiar stuff went like My

Documents, pictures, music, and more. Learn about upgrading to Windows 10 and the Microsoft Store.



YOUR CAMERA TO YOUR COMPUTER

Dates: February 8 - 15

Days: Wednesdays

Time: 6 – 8 p.m.

Instructor: Marc Carpenter

Fee: \$20

Location: Canyon 119

Course Code: XCMP 058 C01

In this class you will learn what to do when the memory card on your camera is full. Learn to email, store, organize, edit, and print photos. Note: this class is for people with limited computer skills, who are not as familiar with their camera's capabilities. A more advanced course is available later in the session. Students must bring their camera, a USB cord, and a saving device to the class.

MONEY MATTERS



FINANCIAL STRATEGIES FOR RETIREMENT

Dates: Wednesdays, March 1-15 (Section C01) or Thursdays, March 2 – 16 (Section C02)

Time: 6:30 to 9 p.m.

Instructor: Scott Jamison

Fee: \$49 includes one guest at no charge

Location: Fine Arts 87

Course Code: XFIN 005 C01 and C02

Americans will work more than 90,000 hours earning a living and building a nest egg, yet many will spend less than ten hours preparing for a successful

retirement. This class is designed to help you prepare for your retirement years, providing you with valuable information on how to get the most from your investments, social security, and retirement plans.



TRAVEL FREE & GET PAID TO DO IT

Dates: April 29

Days: Saturday

Time: 10 a.m. – 1:30 p.m.

Instructor: Gina Henry

Fee: \$29 + \$15 (payable to instructor)

Location: Fine Arts 87

Course Code: XMSC 171 C01

The secrets to having the time & money to travel as much as you want. Don't miss this course offered only once a year! If you're retired, near retirement, changing careers,

or a student, learn hundreds of practical ways to free travel, enjoy fun work-vacations, and explore new moneymaking travel careers. Instructor Gina Henry teaches in 90 cities nationwide and shows you how she affords to travel 12 months a year, having visited over 80 countries and 40 states in the past 25 years. Earn FREE airline tickets, hotel nights, cruises, tours, car rentals, meals, & more. Maximize frequent flyer & reward points. Volunteer, mystery shop on vacation, get paid to drive, import, teach English, be a tour director, organize trips, start a business, write articles, shoot photos, blog, the best travel web sites & smart phone apps, packing light, solo travel, family trips, safety, health, how to avoid scams, negotiation tips, & the top 50 words to know in any language to travel anywhere. Go to www.GinaHenry.com for more instructor information. \$15 materials fee paid to the instructor will get you Gina Henry's 100-page "TRAVEL FREE" book which normally retails for \$39.95 & provides all the companies, web sites & contact information you need.



FINALLY HOMEBUYERS EDUCATION

Instructor: Various Real Estate, Lending & Title Professionals

Fee: \$20

Location: Taylor 276

Time: 6 - 8:30 p.m.

Is homeownership right for you? Learn about the benefits in our step-by-step 5-hour program. Your course completion may help you qualify for a reduced mortgage, insurance premiums, down payment and closing cost assistance or other special lender programs. The class is offered in

partnership with Idaho Partners for HomeBuyer Education, Inc.

Course Code: XMSC 034 C01

Days: Tues & Thurs, Dates: January 31 & February 2

Course Code: XMSC 034 C02

Days: Tues & Thurs, Dates: February 28 & March 2

Course Code: XMSC 034 C03

Days: Tuesdays, Dates: March 21 & 28

Course Code: XMSC 034 C04

Days: Tuesday & Thursday, April 25 & 27

MISCELLANEOUS

HAM RADIO LICENSE CLASS

Dates: January 25 - March 8



Days: Wednesdays

Time: 7 – 9:30 p.m.

Instructor: Stephen Hagerty

Fee: \$49 + \$40 for class materials (paid to instructor first day of class)

Location: Shields 106

Course Code: XMSC 192 C01

This class will introduce you to the hobby of amateur (ham) radio! In this course, you'll learn the ins and outs of radio communication covering local, national, and international markets, as well as emergency and space communications. This course will cover radio requirements, operating procedures, and all the knowledge needed to prepare students to take the FCC Technician Class License exam, which will be administered the last day of class. At the end of the course, students should be able to pass the exam and be communicating with other hams around the world!



HISTORIC TWIN FALLS WALKING TOUR

Dates: May 13

Days: Saturday

Time: 10 a.m. – Noon

Instructor: Nancy Taylor & Mychel Matthews

Fee: \$20

Location: Meet in front of the TFSD at 201 Main Ave W

Course Code: XTRP 006 C01

An educational and informative walking romp through historic Downtown Twin Falls. You'll experience both the nice -- and naughty -- parts of our history, brought to life by the very people who shaped the town. Talk to the town's first surveyor (and learn why downtown streets are laid out the way they are); a bootlegger; visionary I.B. Perrine; a savvy Madam; and Twin Falls' very own serial killer.



THROUGH *RUSSIAN LIFE*

Dates: February 7 – May 9

Days: Tuesdays

Time: 5 to 7 p.m.

Instructor: Svetlana Schuckert

Fee: \$30

Location: Desert 112

Course Code: XMSC 160 C01

This course is based on discussions of the articles from the magazine *Russian Life* and the supporting video materials. The material that is read and discussed helps Americans to understand Russian life better. It will benefit travelers, businessmen, and the readers of Russian novels in English.



DOG OBEDIENCE

Dates: May 8 – 24

Days: Mondays and Wednesdays

Time: 6:30 to 7:30 p.m.

Instructor: Donna Stalley

Fee: \$65

Location: Expo Center Lawn

Course Code:XHOB 004 C01

Teach your faithful dog in an exciting and fun format. Through positive reinforcement and behavior modification, you will socialize and train your dog in basic obedience and beginning agility training. Goals of this class include better mannered and socialized dogs and more educated and empowered owners. This class is taught by a licensed clinical counselor with 30 years of experience as a dog obedience instructor. Class will be held outdoors near the Expo Center Lawn – but will move to an adjacent indoor location in cases of bad weather.



FENG SHUI 101

Dates: February 8

Days: Wednesday

Time: 7 – 9 p.m.

Instructor: Shealyn Mallows

Fee: \$35

Location: Desert 113

Course Code: XPED 038 C01

Bring health, wealth, and good relationships into your life for the new year. In this two-hour class, you'll learn how to arrange the space in your home based on the five element theory, colors, shapes, and symbolism to boost prosperity and abundance in your life. All of the techniques taught are based on traditional Chinese Feng Shui, which has been in use for over 6,000 years. You will receive a workbook, Feng Shui maps, and cheat sheets to perform your own consultation on your home. Please bring three copies of a floor plan of your home drawn to scale on an 8x10 piece of paper, a ruler, and colored markers.



FENG SHUI 102

Dates: February 22

Days: Wednesday

Time: 7 – 9 p.m.

Instructor: Shealyn Mallows

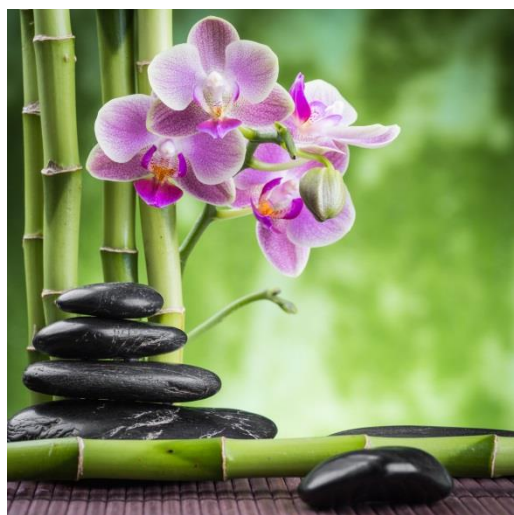
Fee: \$35

Location: Desert 113

Course Code: XPED 038 C02

Building on the foundations of Feng Shui 101, Feng Shui 102 will dive deeper and into more advanced formulas and techniques such as flying star charts, how to help a home sell, Feng Shui for business, and how to compound on the positive changes

you've made from the first class. Attendance of the first class or a strong, working knowledge of traditional Feng Shui is required.



GARDENING WITH FENG SHUI

Dates: March 8

Days: Wednesday

Time: 7 – 9 p.m.

Instructor: Shealyn Mallows

Fee: \$35

Location: Desert 113

Course Code: XPED 038 C03

There's more to landscape Feng Shui than just pretty flowers and water fountains. By placing certain elements in your yard or garden intentionally, your wealth, health, and opportunities will grow. In this class, you'll learn basic Feng Shui techniques such as the best places for certain types of flowers to harmonize with members of your family, the most

auspicious types of water fountains and where to install them to attract wealth, and much more to invite positive energy into your home and life.

TAKE ALL THREE FENG SHUI CLASSES AND SAVE!

Fee: \$90

Course Code: XPED 038 C04

Signing up for XPED 038 C04 will enroll you in Feng Shui 101, Feng Shui 102, and Gardening with Feng Shui.



PAST LIFE RESEARCH

Dates: February 15-22

Days: Wed

Time: 6 to 9 p.m.

Instructor: Sandy March

Fee: \$49

Location: Shields 107

Course Code: XMSC 033 C01

Many cultures believe we are souls having a physical experience in this time and place. These experiences can span centuries. Ever wonder who you were in a past life? Do you obsess over a certain time in history? Why are you drawn to certain locations, countries or areas in the US? Have you ever just met someone yet feel like you have known them forever? Chances are you feel drawn to those things because you had a past life experience. This class will teach students on the proficient use of using a pendulum and charts to discover who you were in past lives. It's meant to be a fun class. Week One: students will learn more about those feelings described above and how to use a pendulum proficiently. Students may bring a pendulum, or one will be provided for class use only. Week Two: students will learn how to incorporate charts with the pendulum and how to make inquiries using them and other tools. Students that are interested in continuing their practice can purchase an optional Past Life Research Kit which will include laminated charts, instructions and crystal pendulum for a small fee.

HEALTH AND WELLNESS



HATHA YOGA

Dates: January 23 – February 27 (Section C01) and March 6- April 17 (Section C02)

Days: Mondays

Time: 6 – 7 p.m.

Instructor: Morgan Jeno

Fee: \$49

Location: Gym 231A

Course Code: XPED 005 C01 AND C02

The promise of yoga postures includes balance, strength, flexibility, and the ability to calm the mind.

If you are new to yoga or had yoga in the past and want to refresh the basics, this class is for you. Please come with an empty stomach, loose clothing, bare feet, and that spark for a new exciting class and we will get started. We suggest bringing your own yoga mat, but can furnish one if necessary.



MINDFULNESS AND MEDITATION

Dates: January 25 – March 15

Days: Wednesdays

Time: 6:00 to 7:30 p.m.

Instructor: Robin Lopez, LCSW

Fee: \$89

Location: Taylor 276

Course Code: XMSC 040 C01

We generally think of mindfulness as an idea that has been around for thousands of years, originally emerging out of Buddhist traditions. There is current research in the field of neuroscience showing that mindfulness might actually impact how our brains work, allowing the prefrontal cortex to have greater control over the amygdala, commonly

referred to as the primal and reactionary lizard brain. These changes can have an impact on many aspects of human experience. Mindfulness meditation is paying attention to your experiences in a way that allows you to respond rather than react. It is a quality of inner-stillness that is always available, even when life circumstances feel out of control and chaotic. Learn how to incorporate mindfulness meditation into your wellness routine. Develop and strengthen your mind, increase your ability to focus, recognize and manage your emotions, make better decisions, and have more empathy in your relationships. Please wear comfortable clothing and bring a yoga mat to class.



THE PERFECT PATH TO HEALING: BODY, MIND, SOUL AND SPIRIT

Dates: January 26 – March 2

Days: Thursdays from 6:30 – 8:00 p.m. and
Saturdays from 10 a.m. – Noon

Instructor: Kathleen McKevitt

Fee: \$49

Location: Taylor 248

Course Code: XMSC 019 C01

This course is based on recent consensus of medical, psychological, natural, nutritional and physical agreements between doctors and patients that at least 30 percent of healing is related to what we as humans decide to do to help ourselves heal. In addition to instructor Kathleen McKevitt, speakers will include specialists and doctors from St. Luke's hospital, chiropractic and acupuncture specialists, and physical advisors (yoga, gym, tai chi etc.) Each session will include one specialist speaker, one particular subject, such as nutrition or physical activity, and overall and scientific information related to healing. Instructor Kathleen McKevitt is a stage four breast cancer survivor, which included a fall that resulted of a broken hip and arm during the cancer healing process. Kathleen's background as a minister, writer, and ten-year natural healing professional in acupuncture and massage led her to turn quickly to natural methods as well as those supplied by physicians. Note – Saturday's class will be a repeat of the previous Wednesday's class, so you will have a choice on which day of the week suits your schedule better.



INTRODUCTION TO TAI CHI

Dates: March 7 – April 18

Days: Tuesdays

Time: 7 – 8:30 p.m.

Instructor: Janice Willoughby

Fee: \$79

Location: Gym 236

Course Code: XPED 001 C01

Whether your primary interest is in getting well, staying well, or learning a beautiful art, you will find Tai Chi rewarding. Beginning long ago as a form of self-defense based on observation of nature, tai chi has become a premier discipline for cultivating energy. In this class, we will begin to learn basic Tai Chi movement and principles as well as Tai Chi short form. Returning students may advance from their present level. Great new warm-ups for everyone! Participants who need to remain seated while learning and practicing tai chi are welcome.



JUDO FOR BEGINNERS: THE GENTLE WAY

Dates: ongoing January 12 through May 12

Days: Tuesdays and Thursdays

Time: 6 to 7 p.m.

Instructor: Bryan Matsuoka

Fee: \$70 + \$20 gi rental each session

Location: Rec Center 231A

Course Code: XPED 003 C01

Judo is an Olympic sport with a rich history and tradition. It is a great workout for anyone ages 8+up. This class is an excellent sport for cross training. CSI Judo teaches

you break falls, throwing, mat or ground techniques, as well as submission holds. The traditions of Judo also included are self-respect, respect for others, and property. Opportunities include local tournaments and guest teachers from the USA and Foreign Elite Rosters. Students may begin this class at any time during the semester.



ADVANCED JUDO

Dates: ongoing January 12 through May 12

Days: Tuesdays, Thursdays, and Saturdays

Times: Tuesdays & Thursdays: 7 - 8 p.m.

and Saturdays: 9 - 11 a.m.

Instructor: Bryan Matsuoka

Fee: \$80 + \$20 gi rental each session

Location: Rec Center 231A

Course Code: XPED 003 C02

This course is designed for Judo students interested in self-defense, recreational activity, competition, and/or rank advancement in the Olympic sport of Judo. This

class will enable students to continue their studying and cumulative learning of additional throwing, pinning and ground techniques, submission holds and arm locks, formal judo kata or forms/demonstrations, and lifestyle. You will also have the opportunity to travel to regional and/or national events with the group. Pre-requisite includes instructor approval, judo gi (uniform), and United States Judo Federation and Club membership (\$65/year). Students may begin this class at any time during the semester with permission from the head instructor.



REIKI LEVEL ONE: TRAINING & ATTUNEMENT

Dates: February 4

Days: Saturday

Time: 9 a.m. to 4 p.m.

Location: Shields 107

Instructor: Sandy March

Fee: \$199

Course Code: XPED 015 C01

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. In

this class you will learn the skills necessary to be able to work on yourself, your family, friends, and pets. You will also learn the basics of energy, the history of Reiki, what Reiki is and is not and have lots of hands on practice. You will receive your Level I Reiki certificate upon completion of this class.



REIKI LEVEL TWO: TRAINING & ATTUNEMENT

Dates: April 15

Days: Saturday

Time: 10 a.m. to 2 p.m.

Instructor: Sandy March

Fee: \$299

Location: Shields 107

Course Code: XPED 015 C02

Reiki Level II gives you the ability to work on yourself, family members and the public. It also gives you the ability

to do distant Reiki healing. We will discuss and focus on healing intuitively. Please plan on lots of hands on practice.



REIKI LEVEL THREE: TRAINING & ATTUNEMENT

Dates: April 29

Days: Saturday

Time: 10 a.m. to 4 p.m.

Location: Shields 107

Instructor: Sandy March

Fee: \$379

Course Code: XPED 015 C03

This course is for individuals who have taken both Reiki: Level One and Reiki: Level Two and are interested in this one-time offering of Reiki Level Three: Master Training and Attunement class. IARP Certification will be awarded after completion. Students will learn advanced Reiki concepts and how to pass attunements that allow them to become a teacher.



RESEARCHING & CLEARING NEGATIVE ENERGIES

Dates: April 12 and 19

Days: Wednesday

Time: 6 – 9 p.m.

Location: Shields 107

Instructor: Sandy March

Fee: \$49

Course Code: XMSC 085 C01

Negative Energy is a powerful dark profound energy that does not feel good. We can usually tell right away when we "don't feel like ourselves anymore" or you suddenly "don't feel comfortable in your own skin". These could be signs that a negative energy has found its way to you and is settling in for the long haul! This class will teach students the

many types of negative energies that exist in the universe, how to identify them, and tools on how to remove them. This class is highly recommended for all levels of Reiki students as an add-on to your healing toolkit. Past Life Research Class students also are welcome as you will already be familiar with using pendulum. However, the class is open to anyone with an open mind or curiosity about our amazing Universe.