

"Be yourself; everyone else is already taken." Oscar Wilde

Meditation and Yoga | Carol Stefanelli

Stretch, energize and refresh your body, as well as learning to release tension and to calm and cultivate concentration for the mind, in a class that integrates the techniques of Meditation and Yoga. Come and experience a deep stillness during the course of your busy day, your busy life. Class is designed for all levels. Bring sticky mat, water and blanket to use for deep relaxation.

#18440A 10 Thurs 5:15 PM-6:30 PM
 9/24/15 - 12/10/15 Dance Studio \$149.00



Intro to Mind-Body Medicine | Paul Epstein

Our diseases tell a story, not just about our cells, but about our selves and our personal histories. Discover how our biography becomes our biology. Learn how to listen for symptoms and inner wisdom using mind-body therapies of guided imagery, meditation and psychotherapy to discover the message and meaning hidden inside pain and symptoms. Learn how to cultivate and awaken qualities and ways of being that lead into the heart of healing. For everyone interested in healing, including Yoga teachers, health care professionals, caregivers and individuals on a healing journey.

Visit www.drpaulepstein.com

#17230A 2 Tues 5:45 PM-7:15 PM
 10/20/15 - 10/27/15 Room 303 \$59.00

Meditation as Medication | Paul Epstein

Mindfulness, Stress, Healing and Happiness. The best of times is now, as you face life's challenges and experience life's joys! Studies show that 80% of visits are for stress related complaints. Our disease tells a story, not just of our cells, but of ourselves. Through discussion, sharing, group support and learning the mind-body skills of meditation, relaxation stress reduction and attitudinal healing perspectives, this interactive class will help you focus on learning how to face stress, pain and illness and live life in the present moment and find joy, peace, happiness and serenity in the midst of life's inevitable ups and downs.

Visit www.drpaulepstein.com

#17210A 2 Tues 7:30 PM-9:00 PM
 10/20/15 - 10/27/15 Room 303 \$59.00



Climbing Your Family Tree, Part One |

Janeen Bjork

New to genealogy? Or thinking you're ready to give it a second try? Feeling someone (you) should record your family history for posterity, but don't know where to start? Here's a supportive environment for anyone who may be curious about (and yet hesitant to take up) one of America's most popular hobbies. Students will begin with themselves and the information they already know and work backwards. The class will offer guidance in filling out both pedigree and family group charts.

#17110A 2 Thurs 7:00 PM-9:00 PM
 9/24/15 - 10/1/15 Room 324 \$49.00

Climbing Your Family Tree, Part Two |

Janeen Bjork

This course is for those who have some knowledge of genealogy basics. The class will begin with a discussion of individual student's family history objectives and will be customized to meet group goals. Best practices for conducting research, documenting and organizing information, records and photos will be discussed. The class will explore the advantages and disadvantages of storing information in online family trees, the best of the many paid and free genealogy online resources, and how DNA testing is augmenting genealogy research. The class will also introduce the fundamentals of genealogy research, with an overview of the free, subscription and World Deluxe versions of ancestry.com, the most extensive internet resource for genealogy.

#17110B 2 Thurs 7:00 PM-9:00 PM
 10/22/15 - 10/29/15 Room 324 \$49.00