

health

Yoga

#4001 A

Yoga—An Art of Discovery

Relieve tension, build personal strength and increase your flexibility by practicing Hatha Yoga. This class will explain the various styles of yoga and will introduce several Hatha yoga asanas in the B.K.S. Iyengar style. Wear loose, comfortable clothes and be prepared to practice asanas (postures) in your bare feet. Ms. Coleton holds an international teaching certificate in the B.K.S. style of Hatha Yoga and has been teaching in the KC area since 1985.

CONVENER: Kathleen Coleton E-mail: coleton@solve.net
CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 10; 8:30 AM - 9:45 AM; Center States Tai Chi Association, 111 E. Gregory, KCMO; LIMIT: 15

#4002 A

Kundalini Yoga for all Levels

It has been said that Yoga enhances spiritual awareness and understanding as well as physical performance. Come join us and learn techniques of breath control, physical exercises, as well as mental focusing and meditation. Be sure to wear comfortable clothes. This is a yoga class you can do!

CONVENER: The Yoga Man (816-529-2771)

Web site: <http://www.yogakc.com>

CLASS FEE: \$9

Sec. A: 1 session; Saturday, July 8; 1:30 PM - 3:00 PM; Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 15

Online Catalog!
www.umkc.edu/commu

#4003 A or B

Baby Boomer Yoga

Are you 45+ years old? Have you been looking for a way to get into shape that is fun, doable and won't make you feel like you've been hit by a truck? Try Baby Boomer Yoga. This is a beginner level class uniquely designed for anyone who wants to increase flexibility, strength and tone. We move slowly but continuously. We dress in baggy clothes and none of us has ever worked for the Cirque Du Soleil. Kelli is a licensed chiropractor and certified yoga instructor. Because of her knowledge of the human body and the mechanisms of injury, she is uniquely equipped to teach beginning yoga students and students with body challenges. Being a Baby Boomer herself, she teaches the type of class that she enjoys taking.

CONVENER: Kelli Austin (816-471-2781)

E-mail: skaustin@sbcglobal.net

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 5;

Sec. B: 1 session; Monday, July 10;

MEETS: 6:15 PM - 7:30 PM; Chiro Studio, 706 W Pennway, KCMO; LIMIT: 20

#4004 A

Kundalini Yoga for Women Only

This is your opportunity to spend some quality time with yourself, away from the demands of job, family, life. Women will practice gentle yoga together, reducing their stress, increasing their serenity and enhancing their sense of their True Selves—creative, intuitive, energetic and joyful. Bring \$3 to class for handouts.

CONVENER: Sat Inder Khalsa (816-561-5337) E-mail: kpurkakhalsa@kc.rr.com Web site: kckundaliniyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, August 14; 7:00 PM - 8:00 PM; 3HO Yoga Center, 3525 Walnut, KCMO; LIMIT: 18

#4005 A

Become a Certified Kundalini Yoga Teacher in KC



No need to go out of town to get your Aquarian Yoga Teacher's Certification! Study right here at the beautiful Kundalini Yoga Center in Old Hyde Park. Level I is a 200-hour, six-month certification program that provides the tools and comprehensive training on the theory and techniques of Kundalini Yoga as taught by Yogi Bhasan while establishing a lifelong foundation for a successful yoga practice. Karta Purkh is the director of the Kundalini Yoga Center in Kansas City and a certified Kundalini Yoga Teachers' Trainer. Bring \$2 to class for materials.

CONVENER: Karta Purkh Khalsa (816-561-5337) E-mail: kpurkakhalsa@kc.rr.com Web site: www.kckundaliniyoga.com
CLASS FEE: \$9

Sec. A: 1 session; Friday, August 11; 7:00 PM - 8:30 PM; 3HO Yoga Center, 3525 Walnut, KCMO; LIMIT: 18

#4006 A or B

Yoga for Life

Strengthen and calm the body and mind, release stress, develop flexibility and focus. Yoga is non-competitive and anyone can participate, no matter their age, size, shape, gender or level of flexibility. Yoga postures combined with breath are taught with personal attention to each student, tailoring the poses to their individual bodies with regard to any challenges they might have. Please call Pamela for directions to her Olathe location: 913-397-9642. Instructor Pamela Miller-Shults is a certified Yoga Instructor by Namaste International. She teaches Iyengar style Hatha Yoga, inspired by the grace of Vanda Scaravelli, in hospitals, corporate and various studio locations throughout Kansas City.

CONVENER: Pamela Miller-Shults (913-397-9642)

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 12;

Sec. B: 1 session; Wednesday, June 21;

MEETS: 6:00 PM - 7:30 PM; Cedar Creek, 26432 W. 110th Terr., Olathe, KS, (Past Hwy. 7); LIMIT: 15

#4007 A

Beginning Kundalini Yoga Class

Yoga is a technology that can let your head surrender to your heart. Kundalini Yoga is known as the Yoga of awareness. With awareness we can avoid demoting decisions and find a better help. The exercises work on the glandular system with movement, stretching, relaxation, breathing and meditation. The class will be ongoing.

CONVENER: Sarabnam Singh Khalsa (816-561-5617)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, July 8; 10:00 AM - 11:30 AM; Khalsa Chiropractic, 101 E 36th St., KCMO; LIMIT: 20

When asked what gift he wanted for his birthday, the yogi replied: "I wish no gifts, only presence."
~Author Unknown

Massage

#4101 A

Foot Massage Class: Reflexology

One of the best massage treatments: Foot Massage! Energy flows through the subtle energy system—often called Chi or Prana—when this energy is blocked or restricted we don't feel as good as we could. Foot massage can also be an aid to understanding how and where we need to work to feel better. I'll show you how to give a really good foot massage then I'll let you practice and experience for yourself. Each person both gives as well as receives a foot massage.

CONVENER: Sarabnam Singh Khalsa (816-561-5617)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, July 5; 7:00 PM - 8:30 PM; Khalsa Chiropractic, 101 E 36th St., KCMO; LIMIT: 10

Healing

#4301 A or B

Sample Night



Sample a selection of goodies from local restaurants and entrepreneurs, then settle in for a brief orientation and demonstration of Network Spinal Analysis. Learn how you can gently and painlessly reconnect to your happiness and vitality through NSA. Then all guests will get a "sample" of NSA that same evening! Dr. Kelli is a certified NSA Practitioner and Yoga Instructor. She owns Chiro Studio and Gallery and Sunshine Yoga.

CONVENER: Kelli Austin (816-471-2781)

E-mail: skaustin@sbcglobal.net

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, June 7;

Sec. B: 1 session; Wednesday, July 12;

MEETS: 6:00 PM - 7:00 PM; Chiro Studio, 706 W Pennway, KCMO; LIMIT: 10

#4303 A or B

Crystal Healing

Crystals may be used by themselves or to enhance energy healing for yourself and others. We will discuss selection, placement and care of crystals along with how crystals can be used to augment Reiki and intuitive readings.

CONVENER: Tori

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 27;

Sec. B: 1 session; Tuesday, August 1;

MEETS: 7:00 PM - 9:00 PM; White Light Holistic Resource Center, 1607 W. 39th St., KCMO; LIMIT: 15

#4304 A

Vitamin Therapy—Be in Control of Your Health

Vitamin deficiencies can cause PMS, insomnia, leg cramps, fatigue, and a long list of other problems. But with so many brands on the market, it can be confusing. How do you choose the one that's best for your age, weight, and sex? We'll take the guess work out of choosing vitamins and teach you the benefits of vitamin therapy.

CONVENER: Dr. Ella Ladd (913-341-4224)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, July 25; 7:00 PM - 9:00 PM; Synergistic Care P.A., 6363 W. 110th St. OPKS; LIMIT: 10

#4305 A

Health Crisis in America: The Untold Truth

Soon one person in four will have diabetes, one in eight women have breast cancer, heart disease claims a million lives a year. Chronic illness affects nearly 50% of U.S. adults. Western medicine and prescription drugs don't address the central issue: nutritional deficiencies caused by eating processed, sugar and fat-laden, de-vitalized food with few nutrients. Health problems can be overcome by taking natural supplements and herbs that supply what is lacking, and by making better food choices. I have been into holistic health and herbs for years and know they work. I can teach you a better way. Suffering need not be a way of life.

CONVENER: Carol Meyer (913-677-8672) E-mail: wisdom-ways@planetkc.com Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 15; 7:00 PM - 9:00 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 15

#4306 A

Anti Aging the Safe Way from the Inside to the Outside

We'll discuss how a youthful complexion, a lean body and increased energy are among the rewards of taking care of your body on the inside as well as the outside. Learn how natural hormone supplements, weight loss and exercise, stress relief, vitamins, herbs, therapeutic massage, spinal manipulation therapy and ancient Chinese methods like acupuncture can slow aging.

CONVENER: Dr. Ella Ladd (913-341-4224)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, July 11; 7:00 PM - 9:00 PM; Synergistic Care P.A., 6363 W. 110th St. OPKS; LIMIT: 10

Communiversy's

Wholistic Health FairSunday, November 12th—11 AM - 6 PM

Call 816-235-1448 for information

#4307 A

Acupuncture and Acupressure

Come learn from Dr. Ella Ladd some common acupressure techniques for headaches, sinus pressure, carpal tunnel syndrome, stress anxiety, low back and neck pain. The basic principles of acupuncture will also be discussed. Please dress comfortably as you will practice some "hands on" acupressure techniques with others in the class.

CONVENER: Dr. Ella Ladd (913-341-4224)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 20; 7:00 PM - 9:00 PM; Synergistic Care P.A., 6363 W. 110th St. OPKS; LIMIT: 10



Learn how to give a really good foot massage. See course #4101 A for details.

#4308 A

Mineral Hair Analysis

Trace mineral analysis is a test which measures the mineral content of your hair. Mineral content of the hair reflects the mineral content of the body's tissues. If a mineral deficiency or excess exists in the hair, it usually indicates a mineral deficiency or excess within the body, or bio-unavailability. The test gives information for supplementation to improve body function.

CONVENER: Dr. Ella Ladd (913-341-4224)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 6; 7:00 PM - 9:00 PM; Synergistic Care P.A., 6363 W. 110th St. OPKS; LIMIT: 10

#4309 A

Transform Your Life Through Reiki

Reiki, (Ray'-key), a Japanese word for "universal life energy," is a simple, yet immensely powerful system of energy healing. Reiki is not a religion and is offered to all people from all walks of life. While the primary focus is physical healing, Reiki can also be used to heal relationships and bring about "highest good" in life situations and circumstances, including the flow of abundance. Come and learn more about traditional (Usui) Reiki and experience a sample of the Reiki energy. Optional text available for \$13.

CONVENER: Riverheart (816-472-5549)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, July 30; 12:00 PM - 3:00 PM; Meeting in beautiful sacred space in the River Market, The Convener will call those who register with the location and directions; LIMIT: 20

#4310 A

Introduction to Reiki I

Curious about Reiki, want to have a better understanding of what it is and what it does? We will discuss the origins of Reiki, the attunement process and basic hand positions. Reiki enables the body to relax and heal the mind to become peaceful and calm. Recommended reading: "Essential Reiki," by Diane Stein.

CONVENER: Tori

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 22; 7:00 PM - 9:00 PM; White Light Holistic Resource Center, 1607 W. 39th St., KCMO; LIMIT: 15

#4311 A

Growing Fresh Air

The US Environmental Protection Agency currently ranks indoor air pollution as one of the top five threats to public health. This class is designed to increase your awareness of indoor air pollution, as well as introduce you to houseplants that purify the air. You will learn how to grow and maintain plants that remove toxic volatile compounds (VOC's) from your home. \$20 covers a workbook and plants to take home.

CONVENER: Kimsé Fard (913-281-3848)

E-mail: Kimse@InstituteOfLivingRight.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, July 22; 10:00 AM - 12:00 PM; Institute of Living Right, 641 Freeman Court, KCK; LIMIT: 20

Fitness

#4401 A

Introduction to Falun Dafa

Falun Dafa (or Falun Gong) is an advanced qigong practice based on the universal principles of Truthfulness—Compassion—Forbearance. Falun Dafa helps improve the health of mind and body through four sets of exercises and meditation. Tens of millions of people from over 50 countries have obtained health benefits from the practice. Dr. Brian Kuang started to practice Falun Dafa in 1988. He now promotes Falun Dafa in the Greater Kansas City area.

CONVENER: Brian J. Kuang (913-962-6382)

E-mail: tianqin@everestkc.net Web site: www.falundafa.org

CLASS FEE: \$9

Sec. A: 1 session; Sunday, July 9; 2:00 PM - 4:00 PM; Royal Hall, Rm. 214, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 25

#4402 A

Start Running for Fitness, Fun & Profit

Are you tough enough to become a runner? This is a class for new runners, or runners who gave it up but want to try again. We walk and run three miles the first night, and by the end of 10 weeks we expect to be doing five miles with almost no walking. You will be fit, you will meet new friends, and you might even lose a pound or two. Bring \$15 to first class. You will be required to join the Kansas City Track Club at the first meeting. The Track Club provides the leaders of this series.

CONVENER: Louis Joline (816-228-3842) E-mail: ljoline@aol.com

CLASS FEE: \$16

Sec. A: 10 sessions; Mondays, beginning June 5; 5:45 PM - 7:15 PM; Garry Gribble's Running Sports, Ward Parkway Shopping Center, 8600 Ward Pkwy., KCMO; LIMIT: 35

#4403 A

Scoring Runs and Bike Events with Racetrack Software

Mr. Joline will set up a session at your convenience to teach you how to time events and calculate the results using Windows software. You must be computer literate and familiar with Windows. Lou has many years of experience timing races and calculating results for the Kansas City Track Club.

CONVENER: Louis Joline (816-228-3842) E-mail: ljoline@aol.com

CLASS FEE: \$9

Sec. A: 1 session; by arrangement with convener; Garry Gribble's Running Sports, Ward Parkway Shopping Center, 8600 Ward Pkwy., KCMO; LIMIT: 20

Beauty

#4501 A

Herbal Soap Making

Natural Soaps made easy! In this class each participant will learn to select quality base soaps and hand mill them into custom herbal soaps (both bars and liquid) for gifts and their own personal needs. Students will make and sample more than three of their own herbal soap blends each. We will discuss the benefits of herbs in soaps and how to combine herbs with other natural ingredients to produce natural healing soaps. This is a hands on class! Bring \$15 for soap making supplies and refreshments.

CONVENER: Kimsé Fard (913-281-3848) E-mail: Kimse@InstituteOfLivingRight.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, August 26; 10:00 AM - 12:00 PM; ute of Living Right, 641 Freeman Court, KCK; LIMIT: 15

#4502 A

Natural Beauty with Fruits and Vegetables

Learn to care for your body from head to toe using blends of items right from your kitchen! We will be blending basic fruits, vegetables and extracts in new and exotic ways to make face/body cleaners, toners, scrubs, masks and more. The blends we create will be sampled on your face and hands, a light meal will be offered and you'll receive the book Beauty Blends to continue experimenting with natural ingredients for beauty at home. A wonderful class to attend with a friend! Please bring \$20 to class for book, facial supplies and meal.

CONVENER: Kimsé Fard (913-281-3848)

E-mail: Kimse@InstituteOfLivingRight.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 24; 10:00 AM - 12:00 PM; Institute of Living Right, 641 Freeman Court, KCK; LIMIT: 15

#4503 A

Herbal Beauty Enhancers Beauty Products

Learn to make natural beauty and bath products on which you would otherwise spend top dollar! Each student will make and take home scented lotion, lip balm, bath salts, bath fizzes and receive instructions and view demonstrations on how to make many other products. These products will make wonderful holiday gifts so plan ahead! Please bring \$20 to class for supplies. Kimsé and her husband own a Natural Living Company where they make 100% natural beauty and therapeutic products, including customized skin care and natural mineral cosmetics.

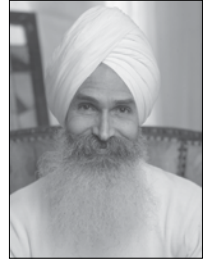
CONVENER: Kimsé Fard (913-281-3848)

E-mail: Kimse@InstituteOfLivingRight.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, July 29; 10:00 AM - 12:00 PM; Institute of Living Right, 641 Freeman Court, KCK; LIMIT: 15

Kundalini Yoga
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Foot Massage
Bangra Dance



Dr. Sarab Nam
S. Khalsa

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