

health

Yoga

#4001 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 focus 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: www.yogakc.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 28; 1:30 PM - 3:00 PM;
Plaza Library, Large Meeting Room; LIMIT: 15

#4002 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. Instructor Pamela is a certified Yoga Instructor (RYT500) by Namaste International. She teaches in hospitals, corporate settings and various studio locations throughout Kansas City.

CONVENER: Pamela Miller-Shults RYT500 (913-397-9642)

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 16; 6:00 PM - 7:30 PM;

Sec. B: 1 session; Wednesday, June 18; 6:00 PM - 7:30 PM;

MEETS: Pamela Miller-Shults Studio, 26432 W 110th,
Cedar Creek, Olathe; LIMIT: 15

#4003 A

Yoga for Pain & Stress Relief

Ease your pain, tension and stress. This very gentle yoga class includes a series of movements to bring freedom to the joints, as well as restful, restorative yoga postures and breathing techniques to rejuvenate the body, relax the nervous system and calm the mind. Please wear comfortable, stretchy clothes. Yoga mats and all other props are provided. Becky Holsen is a Registered Yoga Teacher (RYT500) who began studying yoga to relieve pain caused by scoliosis. She enjoys providing a compassionate space for students to discover their own healing potential

CONVENER: Becky Holsen

Web site: www.beckyyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 12; 6:00 PM-7:30 PM;

Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 14

#4004 A

Gentle Strength Yoga

Anyone can learn yoga and enjoy its many benefits, including greater strength, vitality, flexibility, reduced tension, and inner calm—and you don't have to be a contortionist or even touch your toes! Using a gentle, compassionate approach, this class will explore a variety of strength-building yoga postures, as well as focused breathing and guided deep relaxation. Please wear comfortable, stretchy clothes and be ready to practice in bare feet. Yoga mats are provided. Becky Holsen is a Registered Yoga Teacher (RYT500) who began studying yoga to relieve pain caused by scoliosis.

CONVENER: Becky Holsen

Web site: www.beckyyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 14; 2:00 PM - 3:15 PM;

Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 14

#4005 A or B

Hatha Yoga

Breathe, stretch, move more fully into your body and LOVE it!

CONVENER: Linda Putthoff (816-931-6533)

E-mail: lputthoff@sbcglobal.net

Web site: www.plazawellspring.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 16; 4:30 PM - 5:45 PM;

Sec. B: 1 session; Thursday, June 19; 4:30 PM - 5:45 PM;

MEETS: Plaza Wellspring, 4901 Main St., Suite 400, KCMO;

LIMIT: 10

#4006 A

Pilates Posture

Focus on creating a more balanced and functional body. Stand taller and move with greater elegance. Develop strength and alignment to make everyday activities easier. Particular attention will be drawn to the postural muscles of the torso.

CONVENER: Gwyneth Jones

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 9; 9:00 AM - 10:00 AM;

Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 10

#4007 A

Pilates Mat Class

Create long, lean muscles by balancing strength and flexibility. Soften the exterior (relax your face and smile!) to more easily access the core. Explore classical Pilates repertoire to develop whole-body strength.

CONVENER: Lee Anne Jester

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 14; 8:00 AM - 9:00 AM;

Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 10

#4008 A

Pilates Basics

Core muscles are for everyone, and everyone is capable of increasing stability. Learn why our "core" muscles should receive frequent and low-effort use. Find out what imagery has to do with core function. This class will include breathing exercises, core anatomy overview, exercises to explore structural alignment and increase strength...and possibly an "aha" moment or two.

CONVENER: Linda Putthoff (816-931-6533)

E-mail: lputthoff@sbcglobal.net

Web site: www.plazawellspring.com

CLASS FEE: \$9

Sec. A: 1 session; Friday, June 20; 12:00 PM - 1:00 PM;

Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 10

Nutrition

#4201 A

Alkalize for Health

What is your pH? Are you acid or alkaline? Are you troubled with muscle cramps, arthritis, diabetes, heartburn, osteoporosis or cancer? Can't seem to lose weight? Your pH is out of balance and you're too acidic. Learn what foods and supplements will balance the pH. Equally important is the water you drink. Learn about alkalized ionized Kangen water and how it can alkalize your body quickly. Please bring \$2 to class for handouts.

CONVENER: Marthaa Anderson (913-631-3615)

E-mail: marthaa2@juno.com

Web site: www.akakangenwater.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, July 19; 1:00 PM - 3:00 PM;

Royall Hall, Rm. 211, 52nd St. Between Rockhill and Holmes,
UMKC Campus, KCMO; LIMIT: 25

Teach

a Communiversy Class

Share What You Know
With Others

816-235-1448 www.umkc.edu/commu

#4202 A

To Do or Not To Do Dairy?

That is the question! Milk: skim, low fat, whole, powdered, cultured, soured; it does make a difference! In this class we'll discuss pros and cons of pasteurization, homogenization, factors of lactose intolerance, absorption of calcium, and the one nutrient you can only get from milk. Dr. Grace Brewer has degrees in microbiology, clinical laboratory science, and chiropractic, plus extensive postdoctoral study in nutrition. Her wholistic health practice provides nutritional counseling, clinical laboratory testing, whole food supplements, and herbal remedies.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 8; 2:00 PM - 3:30 PM;

Royall Hall, Rm. 211, 52nd St. Between Rockhill and Holmes,
UMKC Campus, KCMO; LIMIT: 20

#4203 A

Soy Story

What you don't know about soy could hurt you. Come learn the truths and fallacies about soy. We'll discuss traditional vs. modern use, fermented vs. processed, soy isolates, soybean oil. The we'll study the effect on hormones, thyroid, immune system, digestion, and more. Dr. Grace Brewer has a holistic health practice with nutritional counseling, clinical laboratory testing, whole food supplements, and herbal therapy.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 22; 2:00 PM - 3:30 PM; Royall Hall, Rm. 211, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

#4204 A

Cholesterol Facts and Fallacies

The Fear Factor: "good" vs. "bad" cholesterol. What does diet have to do with it? Are low fat diets really healthy? What is the significance of dietary trans fats? Is high cholesterol a disease? Making sense of contradictory reports sounds simple, but is it? Dr. Grace Brewer has a holistic health practice that utilizes nutritional counseling, laboratory testing, whole food supplements, and herbal therapy.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, July 13; 2:00 PM - 3:30 PM; Royall Hall, Rm. 211, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 25

Healing

#4301 A

A Little Bit of Autism in All of Us

No, this class is not about comparing behaviors—but about the shared metabolic impairments seen in children with autism and adults with conditions like chronic fatigue. Are children with autism the "canaries in the mine"—signaling our planet's increasing vulnerability to environmental degradation? Convener is trained in the biomedical approach to autism and chronic disease conditions.

CONVENER: Pamela Gifford (913-341-8949)

E-mail: pgifford@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, July 15; 7:00 PM - 8:30 PM; Midtown Psychological Service, 3914 Washington, KCMO; LIMIT: 20

#4302 A

Sacred Circles: Healing with Sound

Participate in a group experience of giving and receiving light and love. Enjoy the immediate benefits of being enveloped in Sacred chanting, singing bowls and vibrational intuitive healing. Each participant will experience a unique and healing treatment given by the group.

CONVENER: Regina Compemolle (816-547-0266)

E-mail: sacredeartharts@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 5; 7:00 PM - 8:30 PM; Call Regina for directions.; LIMIT: 15

Take care of your body. It's the only place you have to live.

~ Jim Rohn

#4303 A

Reiki in Nature

Come experience the energetic relationship between humans and the natural world. We will be working to increase our sensitivity to life force energy, by immersing ourselves in the forest and through interactions with horses and trees. Contact the convener about optional Reiki I initiation. Wear shoes suitable for hiking. Call for directions

CONVENER: Regina Compemolle (816-547-0266)

E-mail: sacredeartharts@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, July 10; 7:00 PM - 8:30 PM; Call Regina for directions; LIMIT: 15

#4304 A

Harvesting and Preserving Wild Medicinal Herbs

We'll take a walk and identify a variety of wild medicinal herbs. Learn about drying herbs for teas and making tinctures to extract and preserve the medicinal qualities of the plants. Participants will make their own herbal tincture in class.

CONVENER: Regina Compemolle (816-547-0266)

E-mail: sacredeartharts@aol.com

CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Monday, June 2; 6:00 PM - 8:00 PM; Call Regina for directions; LIMIT: 15

#4305 A

Healing Salves, Plasters and Poultices

Learn how to make medicine from plants and foods in your kitchen and your yard! Participants will bring home a healing salve or thier own making.

CONVENER: Regina Compemolle

CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Monday, June 16; 6:00 PM - 8:00 PM; Call Regina for directions; LIMIT: 15

#4306 A

How to Outwit ADD, the Ancient Cure

Are there times in your day where you are so filled with energy that you really don't know what to do with it? Would you like to learn to improve your power of concentration? We will explore the ancient senses of the mind and attention. We will do more than talk, we will experience stillness of the mind.

CONVENER: School of Metaphysics

E-mail: somkck@yahoo.com

Web site: www.som.org

CLASS FEE: \$9

Sec. A: 1 session; Monday, August 18; 7:00 PM-8:30 PM; School of Metaphysics, 4323 Rainbow Blvd., Westwood, KS; LIMIT: 20

Fitness

#4401 A

Start Running for Fitness, Fun & Friends

Are you breathing hard after a flight of stairs? Get into running to get fit, make new friends and perhaps shed a pound or two. This is a class for new runners, or runners who gave it up but want to start again. We walk and run three miles the first night, and by the end of ten weeks we expect to be able to run five miles with very little walking. You will be required to join the Kansas City Track Club (\$15) at the first meeting so bring your checkbook or cash. Your membership entitles you to a 20% discount on your running needs.

CONVENER: Louis Joline (816-228-3842)

E-mail: ljoline@aol.com

CLASS FEE: \$16

Sec. A: 10 sessions; Mondays, beginning June 2; 5:45-7:00 PM; Garry Gribble's Running Sports, Ward Parkway Shopping Center, 8600 Ward Pkwy., KCMO; LIMIT: 30

Beauty

#4501 A

At Home Spa Experience

Looking to relax and take out time for you? Don't have time to go to the Spa but a good relaxation treatment is what you need? Let Carrie show you just how easy it is to have Salon Spa experiences in the comfort of your home and at a fraction of the price. Come prepared to relax and feel a spa escape that you can take home with you! Carrie has a BS in recreation therapy and wants to provide individuals relaxation techniques to use during their leisure time.

CONVENER: Carrie Randle

E-mail: randle_carrie@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 19; 6:00 PM -7:30 PM; Plaza Library, Large Meeting Room ; LIMIT: 6

#4502 A

Braids Anyone?

This will be a hands-on class. You'll learn to braid hair and we'll discuss how to obtain and maintain healthy hair. LaTonya will answer your hair care and problem hair questions. LaTonya is a licensed cosmetologist and has been practicing for 14 years. Please bring \$1 for handouts.

CONVENER: LaTonya Miller (816-931-2887)

E-mail: tnatynn@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 29;10:00 AM -11:30 AM; Children's Cuts, 4628 JC Nichols Pkwy., KCMO; LIMIT: 5