ADVENTURES ARE AT YOUR FINGERTIPS!

From watercolor painting to yoga, stay connected to your community and discover new passions.
Dear Community Education Students,

We miss seeing you around campus and hope you are healthy and well.

Due to impacts of COVID-19, Community Education continues with online learning for fall terms. The selection of classes included in the fall program has been designed to meet the learning needs of students in an online format and to help our students and instructors stay safe and connected from home. Online registration for fall classes begins Tuesday, July 28. Please check marincommunityed.com for any updates about Community Education classes and student services.

As our nation continues to grapple with the weight of a long legacy of racism and oppression, College of Marin stands in solidarity with our Black and African American communities. As we reflect on how each of us can contribute to a just society for all, we are reminded of the responsibility we hold in protecting safe spaces, promoting equity, and cultivating meaningful opportunities for education, self-development and holistic wellness.

As always, please share your feedback to help us continue to develop enriching and responsive learning experiences through Community Education. Connect with us by writing to info@marincommunityed.com, and enjoy your virtual classroom experience this fall!

Community Education Team

Scholarships for Older Adults Available!

Please visit the Scholarships/Grants page at marincommunityed.com for more information. Get $60 off, now for use on any EC-designated or Community Education class. Apply now!
Contents Fall 2020

College of Marin Community Education

ONLINE REGISTRATION
MarinCommunityEd.com

CONTACT INFORMATION
Phone: (415) 485-9305
Email: info@MarinCommunityEd.com
Facebook: facebook.com/MarinCommunityEd

MAILING ADDRESS
835 College Avenue
Kentfield, CA 94904

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About

College of Marin Community Education offers short-term courses designed to meet the community's learning needs, from personal enrichment to career enhancement. College credit is not given and there are no tests or grades. EC-designated courses are lower-fee classes designed to meet the needs of older adults.

Register Online!

Visit our website for step by step instructions on how to set up a student profile and register for classes.

Browse courses and register at MarinCommunityEd.com.

Please refer to www1.marin.edu/news/COVID19 for current information about COVID-19 and check marincommunityed.com for any updates about Community Education classes and student services.

Request a refund by emailing a completed refund request form by email by 4pm, three business days prior to the course start date. For more info visit MarinCommunityEd.com.

Annual Security Report

To access College of Marin’s Annual Security Report with crime statistics visit police.marin.edu/sites/police/files/2019_COM_ASR_Web.pdf. You may also request a paper copy from the College of Marin Police Department by calling (415) 485-9455.
NEW | EC | Beginning Painting
Julie will give you the essentials for how to easily draw and paint nude figures. No knowledge of figure drawing or portraiture is required. As you view three live models, and refer to Julie’s photos of nude models, learn how to make your drawings and paintings proportionally pleasing. See online schedule for details.

0051 | Cohn | Zoom Virtual Classroom
6 Wednesdays, 2:40–5:30pm | Sept 3–Oct 8
$100

Please note that all Fall 2020 classes will take place on Zoom, a free videoconferencing software that can be downloaded for free at zoom.us/signup. Students will receive their Zoom Meeting ID and participation link with their confirmation email at registering online.
Art

For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

Beginning Painting
Dive into painting! This class will cover the fundamentals of painting: color, composition, palette and mixing, as well as developing an understanding of properties unique to different paint media. We will learn about greyscale and about using additive and subtractive techniques in painting. Students will complete three paintings over the course of the six-week class. This class involves some technical instruction, but students furthering their own artistic inquiry and developing their own voice will be encouraged and applauded. A properly ventilated area is needed if using oil paints. Students must purchase their own art supplies for this course and can expect to spend an additional $80–$100 on these materials.

4648 | Bailliere | Zoom Virtual Classroom
6 Wednesdays 9:10am-12:00pm | Sep 2-Oct 7
$185

Developing Your Theme: Drawing and Painting in a Series
Take your artwork to the next level. This is a 2D class for the intermediate to advanced painting or drawing student who is ready to take on more abstract concepts and turn them into paintings and/or drawings. Whether they are painting or drawing supplies, you as the artist are comfortable with your materials. This is not a beginning class. You will start with an idea or a theme and together with encouragement and guidance from the instructor, you will complete a series of related work.

4649 | Bailliere | Zoom Virtual Classroom
6 Wednesdays 9:10am-12:00pm | Oct 21-Dec 2 (no class Nov 11)
$185

Handmade Art Books
This class will introduce you to the inspiring world of handmade art books. Using mixed media such as collage, photos, found objects, metal, and fabric, you will discover how to create unique artists’ books and journals. We will cover how to combine mono-printing, stitching, photo-transfer, and a variety of binding techniques to create a different type of book each week. A materials list will be provided at registration and students must purchase their own supplies.

4650 | Jucker | Zoom Virtual Classroom
7 Tuesdays 7:10pm-9:30pm | Oct 20 - Dec 1
$103

EC | Watercolor Basics and Beyond
An all-levels class, however beginners will receive the very basics. More advanced students are encouraged to work on their own projects or, if desired, the instructor will provide specific assignments. How to ‘control’ the paint or let it ‘flow,’ color mixing, and composition will be covered. We will work from still lifes and landscapes. Come and paint in a very supportive atmosphere.

4651 | Meade | Zoom Virtual Classroom
6 Fridays 10:10am-1:00pm | Aug 28-Oct 2
$15 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

EC | The Flow of Watercolor: Loose, Lively Trees
Some of the great watercolor artists had an impeccable way with trees - John Singer Sargent, Andrew Wyeth, Anders Zorn, and Winslow Homer. If you love the movement of and lighting on trees, loosen up your style and build large foliage forms to create impact. Add detail to create the semblance of reality without overworking your paintings. Paint from photos and live trees while learning technique from these masters. Please purchase enough supplies from the supply list provided, so you will have a variety of paints, a few brushes, and Arches 140 Cold Press Paper. All levels are welcome.

4652 | Cohn | Zoom Virtual Classroom
6 Thursdays 2:40pm-5:30pm | Sep 10-Oct 15
$97
**EC | The Flow of Watercolor: Sacred Mountains and Lakes**
Various cultures around the world maintain the importance of mountain sacredness. Envision the vastness of Mount Everest and the Himalayas. You are invited to share photos of mountains you have visited or find awe-inspiring, and to paint the essence of these mountains using a unique watercolor method that the instructor has developed. After the instructor teaches the basics of painting mountains, delve into an imaginative world where the mountain and lake meld into a sacred landscape. A suggested supply list is provided. Some watercolor experience is recommended.

4653 | Cohn | Zoom Virtual Classroom  
6 Thursdays 2:40pm-5:30pm | Oct 29-Dec 10  
(no class Nov 26)  
$97

**Intermediate/Advanced Jewelry**
The goal of the intermediate class is the refinement of the fundamentals of jewelry making, with a focus on the development of the student’s personal design ideas. Students will draw inspiration from historic and cultural designs to develop problem solving and utilize concepts like texture, form, repetition and proportion. This class session will utilize alternative materials of students’ choosing, no metal. A hot glue gun is needed to participate. Zoom sessions take place for 90 minutes in the morning and 90 minutes in the afternoon, with additional time in between for students to develop individual projects with instructor support, one-on-one and in small groups.

4765 | D’Agostino | Zoom Virtual Classroom  
7 Wednesdays 9:10-12pm & 1:00pm-4:00pm | Aug 26-Oct 7  
$235

4766 | D’Agostino | Zoom Virtual Classroom  
6 Wednesdays 9:10-12pm & 1:00pm-4:00pm | Oct 21-Dec 2 (no class Nov 11)  
$215

**Everyone Can Paint**
This class will emphasize the ease and simplicity of painting; the reasons everyone can paint! Class will include exercises and tools to express the “what” of painting (composition, color, texture, etc.). This class is ideal for all skill levels and students may work in any media of their choosing. Students may work with the instructor on an independent project. The course will include weekly color mixing and painting exercises. Please see online course listing for a list of materials for students to purchase.

4778 | Tsark | Zoom Virtual Classroom  
6 Fridays 1:10-4:30pm | Sep 4-Oct 9  
$157

**NEW | Painting with the Masters – Old and New!**
This course will help you appreciate some of your favorite “Master” painters, studying and copying paintings from different time periods, matching some of the original elements but learning to make it your own. Our studies will include classic and contemporary artists from different eras. We will follow in the well-established tradition of learning to appreciate and reproduce some of the things that make paintings great. This course will examine materials, techniques and departures while helping students increase their appreciation for different forms. Please see online course listing for a list of materials for students to purchase.

4655 | Tsark | Zoom Virtual Classroom  
5 Tuesdays & 5 Thursdays 9:40am-11:30am | Oct 20-Nov 19  
$25 | ANF  
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

**Non-Traditional Watercolor & Fluid Acrylic Painting**
Free your painting style with wet-on-wet techniques that enhance visual interest, atmospheric effects and textural elegance. Course includes tips and techniques on color mixing and saturation, composition, brushwork, intuitive voice and expressivity. Beginners and practicing artists are welcome. Abstract, representational and combined approaches are covered. Playful spirit required! See www.blurb.com/books/7939639 for instructor information.

4656 | Duchamp | Zoom Virtual Classroom  
6 Tuesdays 1:10pm-4:00pm | Sep 1-Oct 6  
$185

4657 | Duchamp | Zoom Virtual Classroom  
6 Tuesdays 1:10pm-4:00pm | Oct 20-Nov 24  
$185
**NEW | Quiltmaking**
This course teaches the fundamentals of quiltmaking, including fabric and color selection, block techniques, finishing, borders, batting and binding. Students will create a sampler quilt from start to finish, using techniques such as strip piecing or appliqué. Ongoing development of technique and creative design are supported for different skill levels. A materials list will be provided at registration and students must purchase their own supplies (approximately $50).

4773 | Bruvry | Zoom Virtual Classroom
6 Saturdays 10:10am-12:00pm | Aug 29-Oct 3
$104

**NEW | The Art of Makeup: How to Look Good on Camera**
In today’s world, video calls are a part of our lives. This class will be useful for you if you’d like to look your best for school, work or personal calls, or if you are a stage speaker or a host for video production. You’ll learn everything you need to know about lighting, sound, angles, colors, background, and makeup/skincare. Product recommendations will be available for every budget: professional red carpet products, department store options, and drugstore alternatives. This class is open to everyone, with a friendly environment, lots of practice, a judgment-free zone, and supportive classmates.

4658 | Miller | Zoom Virtual Classroom
4 Saturdays 9:10am-11:00am | Aug 29, Sep 12, Sep 26, Oct 10
$25 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

4763 | Miller | Zoom Virtual Classroom
4 Saturdays 9:10am-11:00am | Oct 24, Nov 7, Nov 21, Dec 5
$74

**NEW | The Art of Makeup: Natural Makeup**
Learn how to achieve natural looks, daytime looks, and wearable smoky eye makeup. Students will learn how to cover imperfections on every skin tone, practice good skincare for makeup, combine colors that will compliment them, lift eyes with makeup, and enhance their natural features. Matte and glossy skin options will be covered. Product recommendations will be available for every budget: professional red carpet products, department store options, and drugstore alternatives. This class is open to everyone, with a friendly environment, lots of practice, a judgment-free zone, and supportive classmates.

4762 | Miller | Zoom Virtual Classroom
7 Thursdays 6:10pm-9:00pm | Aug 27-Oct 8
$142

**NEW | The Art of Makeup: Holiday Season Makeup**
Learn how to achieve glamorous, colorful, and sophisticated makeup. Explore the easiest ways to achieve vibrant makeup looks, defined wing eyeliner, secrets of using glitters, and rhinestones. Colorful and neutral makeup looks will be covered. Product recommendations will be available for every budget: professional red carpet products, department store options, and drugstore alternatives. This class is open to everyone, with a friendly environment, lots of practice, a judgment-free zone, and supportive classmates.

4764 | Miller | Zoom Virtual Classroom
6 Thursdays 6:10pm-9:00pm | Oct 22-Dec 3 (no class Nov 26)
$123
Career Development

NEW | ServSafe® Manager Preparation Class
Students will learn the basic principles of food safety and sanitation, and the application of these principles in a food service operation. The class will cover all major sanitation points, including how food becomes unsafe, proper precautions, personal hygiene, food contamination, regulations, and inspection standards. The nationally recognized ServSafe® Managers Certification is required for most food service operations and may be taken upon successful completion of the class for a fee of approximately $75.

4772 | Cohen | Zoom Virtual Classroom
7 Wednesdays 4:10-6pm | Oct 21-Dec 9
(No class Nov 11)
$113

Computers

Smart Phone and Tablet Basics 1
Are you getting the most out of your smart phone or tablet? In this class, you’ll learn how to use the essential applications such as: Phone, Contacts, Calendar, Email, Safari, Maps and more. We will help you to discover and install new apps. Each session provides one-on-one help and instructional handouts so you can practice at home. Don’t let that amazing technology sit in its box any longer!

ANDROID (NON-APPLE DEVICES ONLY)
4661 | Engler | Zoom Virtual Classroom
3 Thursdays 10:10am-12:15pm | Sep 10-Sep 24
$71

IPHONE/IPAD (APPLE DEVICES ONLY)
4660 | Siegel | Zoom Virtual Classroom
3 Tuesdays 4:10pm-6:15pm | Oct 27-Nov 10
$71

Internet and Email Basics
Have you been wanting to learn how to use the internet but don’t know where to begin? Do you see your friends on computers or iPads sending emails and think that you could never learn how to use one? We will teach you some basics about how to use the internet to find information on anything, shop without driving, buy movie tickets in advance, find recipes, or find a bus to the doctor’s office. By the end of this class you will know how to use email and the internet safely and protect your privacy. Don’t be afraid to try it for yourself in a relaxed setting with others who are just beginning like you. Use a laptop, smartphone or iPad for class!

4662 | Engler | Zoom Virtual Classroom
3 Thursdays 10:10am-12:15pm | Oct 1-15
$15 | ANF

Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

Marin Chinese Cultural Association

We are proud to partner with the Marin Chinese Cultural Association (MCCA) to present courses that promote awareness and understanding of Chinese American culture and history.

Beginning Conversational Mandarin Chinese
This course is designed to teach the basic skills of listening comprehension, speaking, reading, and writing in Mandarin Chinese to students with no prior background in the language.

4744 | Peng | Zoom Virtual Classroom
7 Mondays 12:30-2:20pm | Oct 19-Nov 30
$113
Current Events

The Socratic Circus, a Salon
Here you will find intelligent and thoughtful discussion on challenging, and at times controversial topics. The goal is to engage in intellectually stimulating conversation. We discuss such topics as Second Amendment, the #MeToo Movement, White Privilege, and Progress vs Environmental Issues. Everyone gets to participate, so enroll and join us for the fastest and most entertaining two hours you will experience. Students must have opinions and be willing to share, listen, and maintain civility.

4663 | Grunat | Zoom Virtual Classroom
7 Mondays 3:10-5pm | Aug 24-Oct 12 (no class Sep 7)
$113

4664 | Grunat | Zoom Virtual Classroom
7 Mondays 3:10-5:00pm | Oct 19-Nov 30
$113

NEW | Life in the World of Big Data – Oh, the Stories Our Data Can Tell!
The growing use of smartphones, social media, online retailing, electronic healthcare records, surveillance systems, etc. has driven explosive growth in the data about organizations and individuals, the accumulation and applications of which are referred to as ‘Big Data.’ Business Intelligence (BI) is a way organizations and individuals can use this flood of data to help meet their objectives. For organizations, BI can be a key to growing their business, providing better service, or operating more efficiently. For individuals, BI can provide a variety of services including researching a topic or product of interest, tracking their workouts and health information, and analyzing their spending habits. This course explores various sources of data and BI processes including data transformation and visualization. We will examine a variety of BI applications across a range of organization sizes and types, and how BI affects our daily lives. It also covers data governance: the shared responsibility of when, why and how to manage and protect data.

4774 | Joaquin | Zoom Virtual Classroom
5 Tuesdays 6:10-8:00pm | Oct 20-Nov 17
$25 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

Farm & Garden

Re-envisioning Beekeeping in a Time of Crisis
The accelerating loss of animal species and biodiversity reflects the urgency with which we need to move towards the preservation of honeybees. This course is an introduction into a system-based approach to beekeeping. We will combine contemporary entomological research, the study of natural wild beehive environments and cutting-edge trends in life sciences to better understand the complexities of the life and needs of honeybees. Instructor will share examples from current rewilding projects, the craft of traditional tree-apiculture, and bee-centric strategies for beekeeping. We will study the essential role of honeybees in sustaining life on our planet and at the same time explore ways to preserve their life and foster environments conducive to their health and dignity. For all levels of beekeeping, beginners welcome. Live bees are not a part of this course.

4665 | Thiele | Zoom Virtual Classroom
4 Thursdays 7:40pm-9:00pm | Aug 27, Sep 10, Sep 24, Oct 8
$25 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.
How to Make Store Bought Bouquets Look Great
Buying bouquets at the supermarket is how most of us bring flowers into our homes. It’s so easy; take the wrapper off and plunk it in water. But how to make them look better? In this beginning class, we make a simple arrangement in a glass Ball jar, using store bought bouquets. You’ll learn how to assess the freshness of flowers, where they come from, local versus imported, how to prepare and compose them, plus tips for making them last longer. Students will need to purchase: one bunch of mixed flowers (that includes five or more varieties of flowers) from a grocery store, or farmers market, and a pair of pruners or sturdy kitchen scissors that will cut stems.

4761 | Nardo | Zoom Virtual Classroom
1 Saturday 10:00am-12:30pm | Oct 17
$95

Understanding Wallstreet
The stock market is rarely taught in high school or even college. Investors generally find it difficult to educate themselves, even with the flood of knowledge available on the internet. This practical class includes fundamentals and useful analytical techniques. Learn to analyze financial markets, apply knowledge to maintaining wealth, when to use logical reasoning versus emotional thinking, and how to transform knowledge from fear-based to curiosity-based.

4742 | Gulati | Zoom Virtual Classroom
7 Thursdays 6:30-8:30pm | Sept 3-Oct 15
$113

Financial Planning

Reverse Mortgage
You’ve heard about them and seen the TV ads, now come and learn how reverse mortgages really work. If you’re a homeowner age 62+ who would like to utilize the equity in your home without having a required monthly repayment, this FHA government insured loan may be the answer. We’ll discuss the safeguards HUD has in place, the pros and cons, eligibility, options for receiving your money, and everything else you’ll need to know.

4747 | Schwartz | Zoom Virtual Classroom
1 Tuesday 12:30-4:30pm | Aug 25
$67

Money Matters
This class is an intense workout of your financial goals, income statements, retirement planning, understanding of the capital market, investment alternatives and risk-adjusted returns. Course will include information on identification of personal financial goals, as well as building and managing a portfolio. Monitoring the portfolio, curiosity about the future and the art of asset allocation will be discussed.

4743 | Gulati | Zoom Virtual Classroom
6 Wednesdays 6:30-8:30pm | Oct 21-Dec 2
(No class Nov 11)
$107
Food & Wine

Cooking classes taught online in the Zoom Virtual Classroom are offered as demonstrations with students following recipes from home. Please see our online class listings for recipes and materials needed for classes.

The History of Wine in 150 Minutes!
Wine has been made for over 7,000 years, and has shaped cultures and civilization throughout recorded human history – but what do you really know about it? Come take a whirl-wind ride through the history of one of the planet’s most exciting and intriguing beverages in this fast-paced, fun and slightly irreverent presentation – all in 150 minutes! Time for questions and dialogue with the instructor, a foremost expert on wine and wine competition judge, will be included.
4666 | Sandri | Zoom Virtual Classroom
1 Monday 6:30-9:00pm | Aug 24
$64

Wines of Luxury: Exploring Champagne and Port
When most people seek out wine for special occasions they find a fitting Champagne or Port. This class will explore these sparkling and fortified wines of the world, highlighting their traditional homes as well as diverse global expressions. Learn about their qualities and appeal with an interactive tasting guided by a foremost expert on wine. Students should have 2-3 wine glasses prepared for each class, and will be provided with a wine list (approximately $30) to purchase in advance. All participants must be at least 21 years old.
4668 | Sandri | Zoom Virtual Classroom
2 Tuesdays 6:30pm-9:00pm | Oct 20, Oct 27
$70

Sourdough Made Simple
Maybe you’ve heard that making sourdough bread at home is labor intensive, time-consuming and difficult to master. None of the above, says instructor Stephen Yafa. In this hands-on Zoom workshop he demonstrates each step along the way. You’ll do each step with him in your home environment. Bakers new to sourdough often have a problem with making the dough rise to a dome in the oven, and may have problems regulating the degree of tanginess. Steve shows you how to master these and other processes while explaining the impressive health benefits of natural fermentation and whole grains. Students will receive instructions at registration on how to create or obtain an active starter—which you’ll be adding to your dough at the beginning of class.
4753 | Yafa | Zoom Virtual Classroom
1 Saturday 11:10am-1:30pm | Sep 26
$72
4754 | Yafa | Zoom Virtual Classroom
1 Saturday 11:10am-1:30pm | Nov 7
$72

NEW | Fun with Phyllo
Join Chef Lisa Lavagetto for an exciting cooking class showcasing the true art phyllo, demonstrating how to make and shape savory and sweet pastries. Students will follow along and learn how to make delicacies like phyllo wrapped pork tenderloin with mixed herb pesto, sweet and sour Chinese pork balls and phyllo cups filled with curried shrimp and mango salad. Students will need a muffin tin when following the demonstration and recipes are provided at registration.
4777 | Lavagetto | Zoom Virtual Classroom
1 Saturday 11:10am-1:00pm | Oct 10
$61

Hearty Italian Family Dinner
Bring some Italian comfort foods into your fall kitchen. Chef Lisa Lavagetto will share some hearty recipes in this online cooking class featuring insalata rustica, potato gnocchi with mushroom truffle sauce, and more! Students will need a pizza cutter, custard cups or ramekin, and ricer when following the demonstration and recipes are provided at registration.
4776 | Lavagetto | Zoom Virtual Classroom
1 Saturday 11:10am-1:00pm | Nov 14
$61

See page 9 for ServSafe® Manager Preparation Class!
Health Education

Naturopathic Health Solutions
It is as important as ever to stay healthy and keep your immune system strong! Learn about natural medicine and how to apply it for good health. Each lecture will provide various tools to achieve health goals and identify root causes of health issues. Focus on detoxification pathways and tools to improve them, as well as how to make healthy choices in diet, nutrition, supplements, and environment. Instructor is a Doctor of Naturopathic Medicine, Classical Chinese Medical practitioner and Acupuncturist.

4751 | Yezman | Zoom Virtual Classroom
7 Wednesdays 6:10-8pm | Aug 26-Oct 7
$25 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

History

EC | History of the Ottoman Empire
Join us in learning the History of The Ottoman Empire, one of the strongest and longest-lasting dynasties in world history. This superpower ruled areas of the Middle East, Eastern Europe and North Africa for 600 years since 1299, ending after a slow decline during WWI. The Sultan had absolute religious and political authority. While Western Europeans viewed them as a threat, many historians regard the Ottoman Empire as a source of stability and security, and important achievements in arts, science, religion and culture. During this class we shall discuss their economic, political and cultural issues and reconsider the rise and slow decline of this unique power. The characters will be described with gusto displaying their audacity and sometimes ruthlessness.

4715 | Harkins | Zoom Virtual Classroom
7 Mondays 2:10-4pm | Aug 24-Oct 12
(No class Sept 7)
$88

EC | History of Women Throughout Time
During this class we shall discuss the role and importance of women in European society beginning with Antiquity, continuing with the Middle Ages, Modern Period, all the way into our Contemporary days. We shall analyze women’s mentality during each period, their positions in politics, economy, education, art, and medicine. We shall also discuss conflicts, changes and the evolution of women from different social backgrounds. Within each period we shall examine the lives and accomplishments of certain women who each in turn left a mark on history. Discussions and comments in class are encouraged.

4716 | Harkins | Zoom Virtual Classroom
7 Mondays 2:10-4pm | Oct 26-Dec 7
$88

Languages

Program Timeline

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Conversational Italian

B Level | 4688 | Beraldi | Zoom Virtual Classroom
7 Tuesdays 1:10pm-3pm | Aug 25-Oct 6
$88

B Level | 4691 | Beraldi | Zoom Virtual Classroom
7 Tuesdays 1:10pm-3pm | Oct 20-Dec 8
(No class Nov 24)
$88

C Level | 4745 | Padula | Zoom Virtual Classroom
7 Mondays 5:10pm-7pm | Aug 24-Oct 12
(No class Sept 7)
$113
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**Literature/ Humanities**

**EC | Poetry: From Delight to Wisdom**

“A poem begins in delight and ends in wisdom.” Robert Frost

All good poets aim to transcend everyday reality from time to time in their work, but a few claim that transcendent space as home territory. This quarter, we will focus on the poetry of four such masters: 12th century Sufi mystic, Rumi; 19th century American icon, Emily Dickinson; 20th century German seer, Rainer Maria Rilke; and Mary Oliver, much loved poet in our own time. Since all poems are distributed, read, and discussed in class, this study welcomes those new to poetry alongside lifelong devotees.

**NEW | Path to Quiétude: The Yoga Sutras of Patanjali**

In the midst of sweeping global changes, many of us are looking for reliable insight into re-orienting our perspective and lifestyle to foster clarity and peacefulness. Traditional cultures have long understood the nature of existence and the relevance of every aspect of life toward the wellbeing of the whole. In this course, we will focus on the 2,000 year old text, Yoga Sutras of Patanjali, to garner a glimpse of our individual capacity to further stir or still the waves of life, beginning with our sensory interactions, inner dialog, and life experiences. This course covers ancient yogic theory and its application to the everyday person. No yoga background needed.

**NEW | Path to Quietude: The Yoga Sutras of Patanjali**

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**EC | Comparative Literature; “The Door” By Magda Szabo**

“The Door” by Magda Szabo won France’s Prix Femina in 2003. It concerns the developing relationship between a Hungarian writer and her housekeeper, and it is autobiographical. There are similarities between the life of the author Magda and the narrator, Magda: “Magda” is a writer, educated, married to an academic, with an on-off relationship to Hungary’s Communist authorities. Szabo was also an educated writer married to an academic. The on-off relationship that Magda has with the Hungarian government is evocative of Szabo’s relationship with that same institution. She was labeled an “enemy of the people” by the Communist government, was fired from the Ministry of Education, and had her books banned from publication. Join us in analyzing and discussing the details of this fascinating novel. The difference in cultures between different European Eastern and Western countries will be emphasized.

4714 | Harkins | Zoom Virtual Classroom
7 Wednesdays 2:10-4pm | Oct 21-Dec 9
(No class Nov 11)
$88

**EC | Genres of African American Writing**

This class will explore several important genres of African-American writing, all of which have been instrumental in illuminating the injustices of slavery and the culture of the southern United States of the time. Texts for this class will include slave narratives, the first form of African American writing, historical fiction of Ernest Gaines, and Alice Randall’s parody, The Wind Done Gone: A Novel.

4720 | Levin | Zoom Virtual Classroom
7 Thursdays 2:10-4pm | Aug 27-Oct 8
$88

**EC | Evil Thought in America**

Using Susan Neiman’s article, “What’s the Problem of Evil” from “Rethinking Evil: Contemporary Perspectives” by Maria Pia Lara, this course explores the changing concept of evil from pre-9/11 to post-9/11 America. Previous to the assault on the Twin Towers and the Pentagon, evil was associated with a particular location or persons; however, since 9/11, contemporary philosophers have reevaluated evil as a philosophical concept that hopes to address, as Lara states, “the moral and political claims to human rights around the world.” We will explore the manner in which American writers have either embraced or critiqued American Society through this critical framework by examining Truman Capote’s In Cold Blood, and Saul Bellow’s Mr. Sammler’s Planet. We will also consider the rise of the action hero/comic book figure, Captain America, in our discussion of evil.

4722 | Levin | Zoom Virtual Classroom
7 Thursdays 2:10-4pm | Oct 22-Dec 10
(No class Nov 26)
$15 | ANF

Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

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**Music**

**The Beatles: The Rock Group that Changed the World**

An in-depth overview of the history of the Beatles, the most popular and influential rock group of all time. Using both common and rare recordings and video clips, the course traces their artistic evolution from the dawn of their career in the early 1960s through their breakup about a decade later. The Beatles were among the most important agents of social change of the twentieth century; the course also examines their massive effect on the popular music and culture of their era.

4740 | Unterberger | Zoom Virtual Classroom
7 Tuesdays 7:10-9:30pm | Aug 25-Oct 6
$126
Sweet Soul Music: The Golden Age of Soul in the 1960s & 1970s
In the 1960s and 1970s, rhythm and blues, gospel, and pop fused into soul, led by African-American artists in the 20th century. Using both common and rare recordings and video clips, the course will cover performers from the birth and peak of soul, from Ray Charles and Smokey Robinson to the Supremes, Aretha Franklin, and James Brown. It will also discuss how the civil rights movement and soul influenced each other, as well as legendary soul record companies like Motown and Stax.

4741 | Unterberger | Zoom Virtual Classroom
7 Mondays 7:10-9:30pm | Oct 19-Nov 30
$126

MC | Music and Imagery
Music can be a powerful tool for connecting us with our inner world, accessing our deeper wisdom for personal growth and self-understanding. Using the Helen Bonny method of Music Imagery, we will select topics for exploration, and listen to music selected specifically to call forth images and internal experiences that relate to each topic. Drawing and/or journaling will help process our experiences and, through sharing them (optional) we will explore new possibilities of music to enrich our lives. This non-therapeutic class does not require any musical training or experience. Please bring some drawing paper and pastels, pencils or crayons (no paint), and/or a journal.

4770 | Bauman | Zoom Virtual Classroom
6 Mondays 7:10-9pm | Aug 24-Oct 5
(No class Sept 7)
$25 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

EC | Film Music History: The Art of the Film Score
This class surveys the history and technical development of the film score for motion pictures, from its earliest inception in silent films, through the "Golden Age" of Hollywood movies, up to more recent films. In each class, a variety of selected film clips will be shown to illustrate the importance of the music, demonstrating how it functions in various ways throughout its history to support the narrative elements and convey to us the unspoken dimensions of the on-screen drama. Each class will highlight important developments, such as music recorded on film, to the use of pop songs, electronic music, and the jazz film score. We will explore the film music of the great Hollywood composers and social aspects, including the issue of film music censorship.

4771 | Bauman | Zoom Virtual Classroom
6 Wednesdays 7:10-9pm | Oct 21-Dec 2
(No class Nov 11)
$25 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

Your Basic Body Mindfulness
We hear a lot about mindfulness and its benefits. But how do we practice it? This class introduces the basic but important practice of mindfulness of the human body. Participants will learn to connect with bodily sensations, observe their changes over time, and notice the effect of thoughts and emotions. The emphasis will be on learning to observe the body without judgment, in a spirit of compassion and appreciation. Each session will include a brief talk about the body, some guided practice, silent sitting, and group discussion. Taught by a long-term meditator who is also a retired physician, the class is a great introduction for those new to mindfulness, and it can help experienced meditators deepen their practice of mindfulness of the body.

4692 | Meecham | Zoom Virtual Classroom
7 Thursdays 11:00-12:00pm | Oct 22-Dec 10
(no class Nov 26)
$71
EC | Visual Journaling: Self-Discovery Through Creative Play
This mixed media workshop is for anyone who wishes to discover a window into their inner life and free their creative voice. Come and learn the basics of visual journaling and play with an assortment of art materials and writing exercises in a supportive, non-judgmental environment. No art or writing experience required! Please have a sketchbook and basic supplies. See https://marinarttherapy.com/supplies/ and email connecting@anniedanberg.com with questions.
4695 | Danberg | Zoom Virtual Classroom
1 Saturday 1:40pm-4:00pm | Aug 29
$58
4690 | Danberg | Zoom Virtual Classroom
1 Thursday 6:10pm-8:30pm | Oct 22
$15 | ANF
Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

Intuitive Communication with Animals Levels 1 and 2
This experiential class will enhance your natural ability to telepathically connect and communicate with your domestic animal companions (pets). Animals are intuitive beings who respond to human emotions, thoughts and feelings. You will learn how to send information non-verbally and receive information that the animal is sending back to you. Bring a pen, notebook, and photos of your animal companions. Level 2 is intended to deepen your connection and understanding with your companions. We’ll review your technique to connect and discuss any blocks or doubts that could be preventing you from sending and receiving information. You’ll be coached on how to strengthen your intuitive connection. You’ll get to the root of behaviors, needs, and possible health issues that your animal might be experiencing. This is not to diagnose, only to assist in animal well-being. It is not necessary to have your animals present for these sessions.
4690 | Gallegos | Zoom Virtual Classroom
2 Saturdays 10:10am-12:00pm | Sep 12, Sep 19
$71

Support Wisdom in Your Life
We are each innately wise, but get sidetracked by life and forget our own capacity for ease, compassion, clarity, and creativity. In this class, we will explore basic habits for making room for and nourishing wisdom in our life. We’ll tap into ancient yogic literature on universal human tendencies to both cloak and uncover wisdom. We’ll draw on nature and sacred poetry for inspiration and for furthering our awareness of the ever-presence of wisdom.
4748 | Vogt | Zoom Virtual Classroom
6 Thursdays 3:10-4:30pm | Aug 27-Oct 1
$98

The Art of Forgiveness: Freedom from Resentment
This course guides students through the process, the art, of forgiveness, allowing them to drop the rocks of resentment from the backpack they carry. As a result, they experience a lightening of spirit and increase in energy. The course is designed for those whose resentment is negatively affecting their lives, those with unfinished business they want to resolve, and those who feel guilt and remorse. Through compassionate and caring support from the instructor who has traveled this road herself, students discover a technique, an art form, to get beyond anger and resentment to the softer, less stressful, place of peace. They begin to feel freedom from their resentment toward another. Then, students experience forgiveness for themselves, thus, relieving guilt and remorse. Guided visualization brings the course to a close.
4767 | Jones | Zoom Virtual Classroom
7 Tuesdays 1:10pm-2:30pm | Oct 20-Dec 1
$113
Photography

Using Your Smartphone to Capture the World Around You
With excellent image quality, portability, and easy images sharing, the smartphone has become the camera of choice for many. And while you can get good images with the native camera app, to unlock the full potential of the camera, free or low-cost third-party apps excel at bringing out the most your camera can offer. In addition to exploring apps, you’ll learn the techniques and settings to get consistently sharp images and optimize them with tone and color adjustments, as well as how to back up your images to your computer for free.

4698 | Thaler | Zoom Virtual Classroom
3 Wednesdays 7:10pm-9:30pm | Aug 26-Sep 9
$77

Up and Rolling with Adobe Lightroom Classic
Learn the power and elegance of Adobe Lightroom Classic, a superb photo organizer and impressive image processing powerhouse, in this class optimized for online learning. Build a foundation in downloading, organizing, and backing up your images and then enhance them with a sophisticated toolset for creating visual drama. Discover why photographers complete 95% of their image processing in Lightroom without the need for other editing programs. See online class description for recommended text and what to prepare for class.

4699 | Thaler | Zoom Virtual Classroom
6 Mondays & 4 Wednesdays 7:10pm-9:30pm | Oct 14-Nov 23 (no class Oct 28 or Nov 11)
$157

Physical Fitness

EC | The Feldenkrais Method for the Active Older Adult
The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people to look and feel better, and to move with more confidence, coordination, and balance. To participate, it is necessary to be able to raise and lower yourself from the floor.

4702 | Binnings/Clifford | Zoom Virtual Classroom
6 Wednesdays 12:40-2pm | Aug 26-Sept 30
$70

EC | Wild Goose Qigong
Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. This will be an introduction to beginners and a review for experienced students. We will practice a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care. Improves posture, balance, strength and flexibility.

4707 | Govrin | Zoom Virtual Classroom
6 Fridays 9:45-11:10am | Aug 28-Oct 2
$72

4708 | Govrin | Zoom Virtual Classroom
7 Fridays 9:45-11:10am | Oct 23-Dec 11 (No class Nov 27)
$88

EC | Advanced Wild Goose Qigong
Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care. In this Advanced class, we will learn the second set of 64 movements of the Wild Goose series. Knowledge and memory of first Set of 64 movement is required. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

4709 | Govrin | Zoom Virtual Classroom
6 Fridays 11:20am-12:45pm | Aug 28-Oct 2
$86

4710 | Govrin | Zoom Virtual Classroom
7 Fridays 11:20am-12:45pm | Oct 23-Dec 11 (No class Nov 27)
$105
**EC | Wisdom Healing Qigong**

Through movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, balance, well-being, and self-healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, activates more life energy, and enhances mental clarity and emotional stability.

4711 | Govrin | Zoom Virtual Classroom
7 Thursdays 1:30pm-3pm | Aug 27-Oct 8
$87

4712 | Govrin | Zoom Virtual Classroom
7 Thursdays 1:30pm-3pm | Oct 22-Dec 10
(No class Nov 26)
$87

**EC | Joy of Tai Chi**

Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The course is open to adults of all ages.

**BEGINNERS**

4726 | Rolston | Zoom Virtual Classroom
6 Mondays 3:40-5pm | Aug 24-Oct 5
(No class Sept 7)
$70

4727 | Rolston | Zoom Virtual Classroom
7 Mondays 3:40-5pm | Oct 19-Nov 30
$76

**INTERMEDIATE/ADVANCED**

4728 | Rolston | Zoom Virtual Classroom
7 Wednesdays 10:45-12:15pm | Aug 26-Oct 7
$76

4729 | Rolston | Zoom Virtual Classroom
6 Wednesdays 10:45-12:15pm | Oct 21-Dec 2
(No class Nov 11)
$70

**EC | Strength, Flexibility, Balance, and Agility Training for Adults and Older Adults**

This comprehensive and dynamic class is designed with the newest fitness industry standards for adults and older adults. The routine moves from warm ups to strength training, balance, agility and stretching. This class will build your strength, improve your balance and flexibility, and leave you feeling energetic and ready to start the day!

4693 | Best-Martini | Zoom Virtual Classroom
6 Wed & 5 Fri 8:30-10am | Aug 26-Sept 30
$95

4696 | Best-Martini | Zoom Virtual Classroom
7 Wed & 7 Fri 8:30-10am | Oct 21-Dec 11
(No class Nov 11 or Nov 27)
$118

**EC | Zumba Gold®**

Join the Party! Zumba Gold® is a fusion of Latin and other international music and dance that creates a dynamic, exciting, effective total body workout, specifically designed for active older adults, including those who have tried Zumba and would like a similar experience with lower impact and intensity, and/or those just beginning their journey to a fit and healthy lifestyle. Movement can be modified for individuals who use a chair.

4732 | Scranton | Zoom Virtual Classroom
7 Tue & 7 Thu 2:10-3pm | Aug 25-Oct 8
$86

4733 | Scranton | Zoom Virtual Classroom
8 Tue & 7 Thu 2:10-3pm | Oct 20-Dec 10
(No class Nov 26)
$89

**EC | Zumba Gold® with Toning**

Zumba Gold® with Toning offers dance-fitness choreographies to Latin and other international music, redefining total body workout. This course is tailored for active older adults; individuals beginning their journeys to a fit and healthy lifestyle; or anyone looking for a low-impact dance-fitness program. Movements can be modified for individuals who use a chair. Toning occurs in the later portion of class with optional use of 1 - 2.5-pound Zumba Toning Sticks (weighted maracas).

4730 | Scranton | Zoom Virtual Classroom
7 Tues & 7 Thurs 3:10-4pm | Aug 25-Oct 8
$86

4731 | Scranton | Zoom Virtual Classroom
8 Tues & 7 Thurs 3:10-4pm | Oct 20-Dec 10
(No class Nov 26)
$89
Wado Ki Kai Karate
This class is open to anyone interested in learning the history and philosophy of martial arts as well as practicing the forms and self-defense techniques. Build self-confidence, ease and fluidity of movement, physical strength, coordination, agility, and a powerful sense of awareness. No prerequisites are required to take this class.

4670 | Baker | Zoom Virtual Classroom
6 Mon & 7 Wed 6:40-8pm | Aug 24-Oct 7
(No class Sept 7)
$137

4672 | Baker | Zoom Virtual Classroom
7 Mon & 8 Wed 6:40-8pm | Oct 19-Dec 9
(No class Nov 11)
$157

Yoga

NEW | EC | Chair Yoga Workout for All Ages
Strength and Balance Chair Yoga is a safe way to get the wonderful health benefits of becoming aware of your body through a gentle flow of chair exercise postures. Staying seated means that even older adults with physical limitations can safely stretch and strengthen muscles, reduce stress, improve balance and circulation. Classes explore safe and personalized alignment using chair yoga postures, resistance bands and massage balls. Each class offers specific exercises designed to enhance the students’ strength, balance, and flexibility while emphasizing the mind-body connection. The steady pace and instruction of these classes give students the confidence to begin or deepen a regular exercise practice

4768 | Smith | Zoom Virtual Classroom
7 Thursdays 12-1pm | Aug 27-Oct 8
$15 | ANF

4769 | Smith | Zoom Virtual Classroom
7 Thursdays 12-1pm | Oct 15-Dec 3
(No class Nov 26)
$15 | ANF

Fees for this class are subsidized through the Anonymous Fund of the Marin Community Foundation.

Beginning Hatha Yoga
This series of classes will take students through the fundamentals of breath awareness, proper alignment, stability and focus via a sequence of standing and seated poses. Yoga provides us with the tools for managing stress, strengthening our core, and increasing flexibility in our bodies and minds while cultivating awareness and focus. For students of all ages with little or no experience. Please bring a yoga mat, strap and block to class. Instructor will email students prior to the start of class about materials.

4759 | Jakobsen | Zoom Virtual Classroom
7 Tues 6-7:15pm | Aug 25-Oct 6
$94

4760 | Jakobsen | Zoom Virtual Classroom
7 Tues 6-7:15pm | Oct 20-Dec 1
$94

NEW | Spirit Yoga
This is a slow flow Hatha Yoga class with emphasis on opening to higher levels of spiritual awareness. Infusing a practice with Yoga asanas (Yoga postures), pranayama (breathing techniques), sacred chants, music and movement, and seated meditation we can begin a process of self-transformation. We will explore the physical anatomy as well as the invisible subtle body anatomy and learn more about chakra energy centers, bandhas, sacred yoga poses and pranayama to start living a life of vitality, freedom of spirit and greater awareness of our Higher Self. May Yoga illuminate your life. Bring an open mind, a light heart and a yoga mat.

4717 | Knox | Zoom Virtual Classroom
7 Wed 6:40-8:15pm | Aug 26-Oct 7
$105

4718 | Knox | Zoom Virtual Classroom
6 Wed 6:40-8:15pm | Oct 21-Dec 2
(No class Nov 11)
$101

Yoga for Every Body, Yoga for Every Mind
Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body’s freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready
to explore the possibilities that yoga has to offer. Please have a yoga mat, 2 blocks, chair, strap and 3 blankets. Instructor will talk about props during the first class

**Beginner: Some Experience**

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**Intermediate/Advanced**

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**Writing**

**EC | Elements of Creative Writing**

“There are three rules for writing well. Unfortunately, no one knows what they are.”  
Somerset Maugham

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you’re just beginning or have been at it awhile, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and all genres.

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**EC | Poetry Writing Master Class**

“There is no language at its most distilled and most potent.” Rita Dove

You don’t have to be a master poet yourself, but you can get in-depth, encouraging feedback from one, and from supportive classmates as well. Just bring your works-in-progress, or the optional weekly assignment. Each meeting will begin with the discussion of a notable poem—all supplemented by examinations into poetic forms, the art of revision, and creative tactics for extracting the hidden gold of your imagination. For all poets, wherever you are on the journey.

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<td>Aug 26-Oct 7</td>
<td>$139</td>
<td>Zoom Virtual Classroom</td>
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<td>Oct 21-Dec 2</td>
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<td>Zoom Virtual Classroom</td>
<td>6 Wednesdays 2:10pm-5:00pm</td>
<td>Oct 21-Dec 2</td>
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</table>

**EC | Guided Autobiography — Write Your Life — Two Pages at a Time**

Writing and sharing life stories is an enjoyable way to gain a growing appreciation of your life and the lives of others. In this course you will acquire storytelling and writing skills while finding meaning for yourself. Each class will include creative exercises, discussion of the week’s theme, writing tips, writing and sharing of stories. The questions and writing prompts from the instructor will help you recall memories of events and people and find the story you want to write. All levels of writing experience (from no experience to expert) are welcome and encouraged to join.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Location</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
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<td>$115</td>
<td>Zoom Virtual Classroom</td>
<td>6 Wednesdays 1:10pm-3:00pm</td>
<td>Sep 30-Nov 4</td>
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</tbody>
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**EC | Tales Told from Memory**

Each of us has a story wanting to be told and a rich store of memory waiting to be mined. Veteran writers seem to know exactly where to look, and how to shape the raw autobiographical material into art. We will draw on lessons from the masters for insights into crafting our own personal narratives.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Instructor</th>
<th>Location</th>
<th>Dates</th>
<th>Instructor</th>
<th>Location</th>
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<td>Kudler</td>
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<td>$88</td>
<td>Zoom Virtual Classroom</td>
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Emeritus Students College of Marin (ESCOM) is a student organization to serve the unique needs of older adults who are dedicated to the principles of quality of life, lifelong learning and personal growth. ESCOM is an integral part of College of Marin.

The Emeritus Students College of Marin (ESCOM), was founded at the College of Marin (COM) in 1973. A pioneer in the innovative use of community colleges for adults, the organization enhances the lives of its greater community with a diverse selection of clubs, events and classes offered online or at COM’s Kentfield and Indian Valley campuses.

- Access to over 30 Clubs designed by and for our members, including such topics as current events, philosophy, film, opera, chess, bridge and health. See “Clubs” at escom.marin.edu for more information.
- Access to ESCOM Centers at Kentfield and IVC that incorporate Humiston Reading Room Libraries and communal spaces for learning and social activities.
- Invitations to ESCOM meetings, gatherings, social events, author and lecture series and coffees.
- Opportunities to volunteer and become part of ESCOM leadership.
- Access to Scholarships for older adults for Community Education and EC-Designated classes.
- 10% discount for older adults at the College of Marin campus cafeteria.
- Publication of your writings in the ESCOM Journal.

For more information and to sign up for a membership visit escom.marin.edu/join, or email escom@marin.edu.

ESCOM CENTERS
Indian Valley Campus
1800 Ignacio Blvd.
Bldg 10, Rm. 40
Novato, CA 94949
(415) 457-8811 x8322

Kentfield Campus
835 College Avenue, SS 111
Kentfield, CA 94904
(415) 485-9652

** COM Student Services facilities, including ESCOM Centers, may be closed to the public during fall semester 2020. Please refer to marin.edu for updates.
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Prepare for a degree program, language exam, employment opportunity, or simply study for personal enrichment. This intensive format including cultural activities, field trips, and celebrations helps students learn English quickly and gain valuable cultural insights to prepare for the future. Ask us about flexible start dates.

For more information or to apply:
Call: (415) 457.8811, x7740
Email: international@marin.edu
Website: marin.edu/IEP

DISCOUNTED CLASSES FOR LIFELONG LEARNERS

Enjoy a selection of discounted classes this fall! These special classes, offered for either $15 or $25 each, are open to all and especially selected with lifelong learners/older adults in mind:

- Re-envisioning Beekeeping in a Time of Crisis
- Evil Thought in America
- Life in the World of Big Data – Oh, the Stories Our Data Can Tell!
- Internet and Email Basics
- Music and Imagery
- Painting with the Masters – Old and New!
- And many more!

Discounted classes are made possible with generous support from an Anonymous Fund of the Marin Community Foundation.
Exciting Fall Classes!

Quiltmaking
Students will create a sampler quilt from start to finish, using techniques such as strip piecing or applique. See page 8.

Life in the World of Big Data – Oh, the Stories Our Data Can Tell!
The growing use of smartphones, social media, and online retailing, comes with an explosive growth in the data about organizations and individuals. See page 10.

The Art of Makeup: How to Look Good on Camera
Learn everything you need to know about lighting, sound, angles, colors, background and makeup/skincare to look your best on camera. See page 8.