FOCUS ON LEARNING 2020
From honeybees to wok cooking, look inside for new adventures!

REGISTRATION STARTS JANUARY 7 AT 9 AM
New 2020 Classes

FEATURED CLASSES AT IVC
Re-envisioning Beekeeping in a Time of Crisis
Naturopathic Health Solutions
The Socratic Circus, a Salon
The Breadth of Stir-fry Wok Cooking
Healthy Asian Cooking for One or Two

FEATURED CLASSES AT KENTFIELD
Ukulele
Jam Session
An Introduction to Vedic Chanting
The Art of Makeup
Capturing Childhood: An Introduction to Writing About Childhood and Adolescence
Contemporary Mosaic
Support Wisdom in Your Life

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 | Winter/Spring 2020

College of Marin Community Education

ONLINE REGISTRATION
MarinCommunityEd.com

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

REGISTRATION LOCATIONS
Kentfield Campus
Enrollment Services
Student Services Building,
Second Floor
Kentfield, CA 94904

Indian Valley Campus
Enrollment Services
Building 27, East Hall
Novato, CA 94949

MAILING ADDRESS
835 College Avenue
Kentfield, CA 94904

ABOUT THE COVER:
Learn about bees (see pg. 13),
cooking with a wok (see pg. 17), or
how to apply professional makeup
(see pg. 6)!

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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.

As a self-supporting, fee-based program, Community Education requires that courses meet minimum enrollment. Course cancellations are typically made three business days before a course’s start date. Advanced registration is recommended.

Request a refund by submitting a refund request form to our office by 4pm, three business days prior to the course start date. Membership fees are not refundable. For more info visit MarinCommunityEd.com.

College Campuses

1. Kentfield Campus
   835 College Ave
   Kentfield, CA 94904

2. Indian Valley Campus
   1800 Ignacio Blvd
   Novato, CA 94949

Parking Information

Parking permits can either be purchased in-person or by phone at (415) 485-9305. If you purchase by phone, a permit will be sent to you by regular US Postal Mail. Permits must be clearly displayed or you will be cited.

Annual Security Report

To access College of Marin’s Annual Security Report with crime statistics visit www1.marin.edu/sites/www/files/2018_COM_Annual_Security_Report.pdf. You may also request a paper copy from the College of Marin Police Department by calling (415) 485-9455.
NEW | **EC** The Flow of Watercolor: The Figure
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.

<table>
<thead>
<tr>
<th>Class ID, instructor, campus name, and building and room number</th>
<th>Course cost, ESCOM member discounted cost, and materials fee</th>
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<tr>
<td>0051</td>
<td>Cohn</td>
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<tr>
<td>6 Wednesdays, 2:40–5:30pm</td>
<td>Sept 3–Oct 8</td>
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<td>$124 (MF $8)</td>
<td>ESCOM $101 (MF $8)</td>
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**What our symbols mean**

| AC = Academic Center | KTD = Kentfield Campus |
| ANF = Anonymous Fund of MCF | LRC = Learning Resources Center |
| EC = ESCOM | MF = Materials Fee |
| FA = Fine Arts Center | OFF = Off Campus |
| FF = Facility Fee | PA = Performing Arts |
| IVC = Indian Valley Campus | PE = Physical Education Center |
| PV = Portable Village | SMN = Science Math Nursing |
| SF = Special Fee | SS = Student Services Center |
| VS = Village Square |
Figure Painting
This studio course is an opportunity to explore materials, color, composition and agenda in any medium of the student’s choice, while painting the figure. Class time will be devoted to painting but will also include discussions, demonstrations, and critiques. You will work from undraped models every session and also have the option of working on your own projects from photos. Please bring supplies that you wish to work with to the first class.

4310 | Bencich | KTD | FA 301
5 Saturdays 9:10am–1pm | Feb 1-Mar 7
1 Saturday 9:10am–5:30pm | Mar 14
4311 | Bencich | KTD | FA 301
5 Saturdays 9:10am–1pm | Apr 4-May 2
1 Saturday 9:10am–5:30pm | May 9
$283 (each section)

Oil Painting
Dive into oil painting! Learn the fundamentals of painting—color, composition, palette, and mixing—as well as greyscale, additive and subtractive techniques, and the unique properties of oil paints. Slide presentations of the work of painters will supplement studio work. This class involves technical instruction but students developing their own voice will be encouraged. Students who would prefer to work in acrylics are also welcome. Students must purchase their own art supplies for this course and can expect to spend an additional $80–$100 on these materials.

4366 | Bailliere | KTD | FA 301
6 Tuesdays 6:10-9pm | Feb 4-Mar 17
(No class Mar 3)
$185

Developing Your Theme: Painting and Drawing 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. This is a great class for anyone who has taken a beginning oil painting class more than once.

4367 | Bailliere | KTD | FA 301
6 Tuesdays 6:10-9pm | Apr 14-May 26
(No class May 12)
$185

Drawing with Chalk Pastels
From sketches and dark and light studies to fully developed drawings and paintings, explore the full range of chalk pastels. First time students will have a full introduction to chalks, surfaces, and techniques. Continuing students will work on expanded projects emphasizing the expressive use of the medium. Bring pencil, paper, any pastels you have, and a good photo to work from. Materials will cost from $90–$150 and will be discussed during the first class.

4320 | Lawrence | KTD | FA 312
7 Thursdays 1:10–4pm | Jan 30-Mar 12
$185 | ESCOM $25* ANF

The Art of Makeup: Makeup for Yourself
Learn how to achieve a red carpet quality makeup look at home. In this class students will learn how to combine colors for makeup and everyday use. How to correct facial features, how to turn disadvantages into advantages. Students will be exposed to professional makeup products and tools and shown how could you easily achieve camera worthy makeup by yourself. Class will have in-depth lectures, fun homework, and hands-on makeup practices. Sign up to elevate your skills and learn professional makeup artist secrets.

4569 | Miller | KTD | VS 6
5 Thursdays 7:10-9pm | Jan 30-Feb 27
2 Thursdays 7:10-9:45pm | Mar 5 &12
4570 | Miller | KTD | VS 6
5 Thursdays 7:10-9pm | Apr 2-30
2 Thursdays 7:10-9:45pm | May 7 & 14
$202 (Includes $82 MF) each section
NEW | Contemporary Mosaic
Students will learn the use of common mosaic tools, basic mosaic techniques, and how to combine different materials and texture effectively in a contemporary composition. This class will help students develop their own original designs and concepts using a variety of materials including glass, ceramic, mirror, smalti, and found objects.

4435 | O’Malley | KTD | FA 312
1 Saturday 2:10-5pm | Feb 22
1 Sunday 9:10am-5pm | Feb 23

4571 | O’Malley | KTD | FA 312
1 Saturday 2:10-5pm | Apr 18
1 Sunday 9:10am-5pm | Apr 19

$187 (Includes MF $89) each section

EC | Beginning Watercolor 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 images from a Resource file. Come and paint in a very supportive atmosphere.

4353 | Meade | OFF | San Geronimo**
6 Fridays 10:10am-1pm | Jan-31-Mar 13

4354 | Meade | OFF | San Geronimo**
6 Fridays 10:10am-1pm | Apr 3-May 8

$139 (FF $16) | ESCOM $114 (FF $16) (each section)

**(6350 Sir Francis Drake Blvd San Geronimo)

4355 | Johnson | KTD | FA 312
7 Saturdays 10:10am-1pm | Feb 1-Mar 21

4356 | Johnson | KTD | FA 312
7 Saturdays 10:10am-1pm | Apr 4-May 16

$142 | ESCOM $118 (each section)

EC | The Flow of Watercolor: Sunsets into Night Scenes
Some spectacular sunsets cause us to stop everything we are doing to gaze over a city, lake or landscape. While an evening can move into a still, clear darkness that quiets the soul and energizes the spirit with a radiant moon. Learn the beautiful lighting effects that start with luminosity in the sunset and move to luster in a darker evening and night sky. Paint how lighting influences all parts of the scene - sky, water, buildings and people - focusing on some detail and some abstraction. Gain inspiration from your own photos and class handouts. All levels are welcome, though some watercolor experience is recommended.

4345 | Cohn | KTD | FA 301
6 Thursdays 2:40-5:30pm | Jan 30-Mar 5

$134 | ESCOM $109 (Includes MF $11)

The Flow of Watercolor: Beginning Portraiture
There is something very special about painting portraits in watercolor. Because this art medium is so fluid, it can create the uncanny feeling of life in a portrait. Learn step-by-step how to paint the ambience in the background, the flesh tones to the neckline, each feature, and hair. You will have the opportunity to paint three or four portraits, starting with how to attain a likeness in your initial drawings. No watercolor experience is required, though some is recommended. We will have a model for two of the six classes (fee included). You will also be able to work from your own photos.

4346 | Cohn | KTD | FA 301
6 Thursdays 2:40-5:30pm | Apr 2-May 7

$145 | ESCOM $120 (Includes MF $11)

Jewelry and Metalsmithing
The beginners/beginners plus class focuses on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor. 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.

BEGINNERS/BEGINNERS PLUS

4312 | Haiman | KTD | FA 123
7 Tuesdays 7:10-10pm | Jan 28-Mar 10

$167 (Includes MF $25)

4313 | Haiman | KTD | FA 123
7 Tuesdays 7:10-10pm | Mar 31-May 12

$167 (Includes MF $25)

ADVANCED

4314 | D’Agostino | KTD | FA 123
7 Wednesdays 9:10am-4pm | Jan 29-Mar 11

$306 (Includes MF $35)

4315 | D’Agostino | KTD | FA 123
7 Wednesdays 9:10am-4pm | Apr 1-May 13

$306 (Includes MF $35)
**Drawing Workshop**
Learn to draw in this fun and informative six-week workshop in which you will be introduced to a variety of materials and learn and practice core drawing skills. This workshop will help you feel comfortable with the materials and give you tools to use for any two-dimensional work you choose. Students are encouraged to keep an ongoing notebook. Additional materials costs are approximately $150. A list will be provided by the instructor.

4364 | Yokell | **KTD** | FA 301  
6 Mondays 9:40am-12:30pm | Jan 27-Mar 9  
$143 (each section)

4365 | Yokell | **KTD** | FA 301  
6 Mondays 9:40am-12:30pm | Mar 30-May 4  
$143 (each section)

**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.

4347 | Jucker | **KTD** | FA 312  
7 Tuesdays 7:10-9:30pm | Jan 28-Mar 10  
$113 (each section)

4348 | Jucker | **KTD** | FA 312  
7 Tuesdays 7:10-9:30pm | Mar 31-May 12  
$113 (each section)

**Painting Workshop**
Learn how to use acrylics to structure your painting using the underpinnings of drawing, including value and color relationships, while developing your own sensibility and vocabulary with whatever subject matter you choose. You’ll keep an ongoing painting notebook as a personal roadmap. The focus will be on the pleasure of the process and concentration. Some drawing experience prior to taking this class would be helpful.

4363 | Yokell | **KTD** | FA 301  
6 Wednesdays 9:40am-12:30pm | Apr 1-May 6  
$143

**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 blurb.com/books/7939639 for instructor information.

4372 | Duchamp | **KTD** | FA 312  
6 Tuesdays 10:10am-1pm | Jan 28-Mar 3  
$185 | **ESCOM $25** ANF

4373 | Duchamp | **KTD** | FA 312  
6 Tuesdays 10:10am-1pm | Apr 7-May 12  
$185 | **ESCOM $25** ANF

**NEW | Abstract Ink Painting**
Inspired by the exciting show at the Cantor Arts Center Ink Worlds, this is not your average painting class. In this seven-week course we will examine some of the traditional forms of Chinese Brush painting but we will also spend much of the time exploring abstract expressionism. We will use brush work and will examine unconventional techniques to create new forms and new textures. We will combine bold strokes, pours, movement, and paper textures to create exciting abstract representations & nonrepresentational compositions. We will work as a group as a means to discuss abstraction and composition. The class will be invited to work in large format.

4334 | Healey | **KTD** | FA 301  
7 Tuesdays 2:40-5:30pm | Jan 28-Mar 10  
$202 | **ESCOM $182**

4335 | Healey | **KTD** | FA 301  
7 Tuesdays 2:40-5:30pm | Mar 31-May 12  
$202 | **ESCOM $182**

**EC | Acrylic Painting of the Elements in Nature**
This acrylic painting course will focus on producing finished acrylic landscapes on canvas. Learn how to paint clouds, water, skies, sunsets, trees, snow, and seascapes by using your own creativity to produce finished classic artwork. In addition, learn composition, basic color theory, perspective, and values to produce compelling finished work with paint-along demonstrations and supportive critiques by the instructor. Bring your acrylic art supplies. A supply list will be emailed for the first class. List for additional materials will be furnished at the first session.

4334 | Healey | **KTD** | FA 301  
7 Tuesdays 2:40-5:30pm | Jan 28-Mar 10  
$202 | **ESCOM $182**

4335 | Healey | **KTD** | FA 301  
7 Tuesdays 2:40-5:30pm | Mar 31-May 12  
$202 | **ESCOM $182**
NEW | Color at Play
Let's "play" with color! We will help you discover your unique color palette. Overcome your fear of working with color, through a series of exercises, such as combining shapes and patterns. You will learn to create unique and interesting compositions! We will also deconstruct conventional representational paintings in order to shift your color palettes to "hyper" or unconventional color schemes.

NEW | Everyone Can Paint
This class will emphasize the ease & 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.

NEW | Woodworking Studio 1
No experience necessary! We will train you in the safe operation of hand and power woodworking tools while you complete two projects: a small cutting board and an elegant mitered hardwood box. If you wish to work on a different project please contact the instructor before enrolling. We provide materials for the cutting board and you will bring materials for your box ($10-$30). A list of materials and sources will be provided at the first class.

NEW | Woodworking Studio 2
You design the project and provide your own materials. On the first evening we will help you design your project, discuss which materials to get, and check you out on the equipment if needed. After that we will guide and assist you, so don’t worry if you have only a little experience. On the other hand, if you have no experience, it is best to first complete Woodworking Studio 1.

NEW | Makers Workshop
Learn to do Laser Cutting, CNC routing, 3D printing, and wood turning while you make a beautiful pen and pencil set in a hardwood case. You will design your hardwood box using 2D and 3D software. You will then learn the work-flow that lets you tell the computer-controlled machines how to make your box. If you have taken our courses before, you can use any equipment in the shop for which you are qualified. Find more details at TamMakers.org/makers-workshop/
NEW | Ceramics: Beginning and Advanced Clay Work
Ceramic class working with stoneware clays to develop personal expression with three-dimensional results. A basic and advanced course introducing and expanding your clay techniques and skills in hand building and wheel throwing, sculpturing and glazing.

4349 | Rumsey | OFF | Tamalpais High School**
7 Tuesdays 6-9pm | Jan 28-Mar 17
(No class Feb 18)
4350 | Rumsey | OFF | Tamalpais High School**
7 Wednesdays 6-9pm | Jan 29-Mar 18
(No class Feb 19)
4351 | Rumsey | OFF | Tamalpais High School**
7 Tuesdays 6-9pm | Mar 24-May 12
(No class no class Apr 7)
4352 | Rumsey | OFF | Tamalpais High School**
7 Wednesdays 6-9pm | Mar 25-May 13
(No class Apr 8)
$238 for each section (Includes MF $21)
**700 Miller Avenue, Mill Valley
Ceramics Studio Room 402

Business

How to Ask for Money: Fundraising 101
Most people are afraid to ask for money even though these gifts are for a cause they deeply care about. “I’ll do anything but ask for money” is frequently heard at non-profits and other organizations. This one-day workshop will remove the mystique and examine the fear of why we are afraid to ask for money. In addition, the class will help students to identify, cultivate, solicit and steward potential contributors regardless of the organization.

4563 | Benjamin | KTD | AC 248
1 Saturday 10am-4pm | Apr 18
$73

What is Your Gold, Silver, and Jewelry Worth?
If you’ve inherited jewelry, silver, or coins, want to add to your income, have jewelry to sell or are curious about how precious metals are valued, please join us. Learn the secrets of the trade, including how to identify jewelry made of precious metals, determine its value, and sell it in the right place for maximum profit. Instruction will also be provided in using the tools of the jewelers’ trade. Feel free to bring pieces to evaluate. In advance of the class, please purchase The Urban Gold Miner and a 10x triplet jeweler’s loupe at SellingYourJewelry.com. If material shipping time is too short before start of the class, please contact hankfriedman@comcast.net.

4561 | Friedman | KTD | AC 246
1 Saturday 9am-1pm | Feb 8
$67
4562 | Friedman | KTD | AC 246
1 Saturday 9am-1pm | Apr 18
$67

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.

4368 | Peng | KTD | VS 1
7 Tuesdays 12:20-2:10pm | Jan 28-Mar 10
$113
4369 | Peng | KTD | VS 1
7 Tuesdays 12:20-2:10pm | Mar 31-May 12
$113

Intermediate Conversational Mandarin Chinese
This course is an intermediate level of listening and speaking in Mandarin Chinese with the goal of developing oral fluency. Students will expand their vocabulary, pronunciation, and common idiomatic usage.
Career Development

**EC | Retirement Reimagined: Work with Skill and Passion**
Whether you want extra income, a new challenge, contributions to community or contact with colleagues, this course will help you determine the right fit for the person you are now. Clarify your strengths, values, and passions while you brainstorm volunteer or paid work that would be right for you. We will review local labor market information, tips for making age an asset, and techniques for marketing yourself as an older worker. Leave with action steps and job search strategies that will help you find the position you want.

4374 | Tenison-Scott | KTD | VS 4
3 Tuesdays 1-3pm | Feb 25-Mar 10
$91 | ESCOM $ 69

4375 | Tenison-Scott | KTD | PE 91
3 Wednesdays 2-4pm | Apr 29-May 13
$91 | ESCOM $ 69

**Career Reimagined: Find the Job that is Right for You**
This weekend workshop is designed to help you find a more rewarding job whether you are looking for your first career, considering a job change, or returning to work after an absence. In just two Saturdays, you’ll identify your strongest skills and values, match them to potential careers, and develop job search strategies that will help you find the right career fit.

4376 | Tenison-Scott | KTD | PE 91
2 Saturdays 9-1pm | Feb 1 & 8
$98 (Includes MF $18)

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**NEW | iPad/iPhone Basics 2**
Are you confused about iCloud, Maps, or Photo storage? This course will review some of the basics of using your device and then show you what else your phone can do! We will show you how to get the most out of your built-in apps including Photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, iHealth, Maps/GPS, and more! You will learn how to find out what version of the iOS you are using and when/how to upgrade. We’ll introduce the steps to find and install new apps, and show you how to update, delete and organize everything on your phone to free up space and for easy access to the apps you love.

4382 | Siegel | KTD | AC 116
3 Tuesdays 1:40-3:45pm | Jan 28-Feb 11
$71 | ESCOM $25+ ANF

**NEW | iPad/iPhone Basics 3**
iPad and iPhone users, come discover the incredible world of applications! Find apps to help you manage your daily activities and feed your passions! In this three week course, we will focus on helpful, fun, and interesting applications such as Maps, movie/book apps, money saving apps, and informational apps that you can download. Come discover how to use apps for using Uber, reading books, getting organized, shopping, brain training, fitness, internet radio, stock trackers, games, translation, travel, and much more!

4383 | Engler | IVC | Bldg 7 101
3 Tuesdays 10:10am-12:15pm | Feb 25-Mar 10
$71

**NEW | Introduction to Social Media**
What is Facebook and why would I use it? Social media is everywhere and can be very confusing. This class will show you how social media technology can help you connect with the world and your loved ones without ever leaving your home. In this two session course, you will learn all about Facebook, Twitter, Instagram, You Tube and other popular sites. Learn how to protect your privacy, keep up with current events, view your family pictures, take advantage of on-line coupons, and
keep in touch with the younger people in your life. Don’t worry, this class is for true beginners!!

4384 | Engler | KTD | PE 91
3 Fridays 10:10am-12:15pm | Apr 17-May 1
$71 | ESCOM $25* ANF

NEW | Android Basics 2
Have you been using a smart phone or tablet for a little while but still feel like you don’t know what you are doing? Need to review some of the basic features of your device and see what else it can do? This course will review some of the basics of using your device and also show you a few of the apps that come built in that you might be afraid to try. We will show you how to get the most out of apps including photo editing and storing, calendar, texting, maps/GPS, note-taking apps, and more! We’ll walk you through the steps to find and install new apps, and show you how to update, delete and organize your apps for easy access. A perfect sequel to the Using Android Smart Phone & Tablets Basics 1 course (not for iPhone or iPad users).

4385 | Engler | IVC | Bldg 7 101
3 Thursdays 10:10am-12:15pm | Apr 23-May 7
$71

Current Events

The Socratic Circus, a Salon
This class provides a venue where thoughtful people can learn to reasonably and intelligently discuss critical issues of today. They will learn how to analyze issues in a non-emotional and non-partisan manner. Students learn to identify underlying biases in their own thoughts and in other’s (implicit bias). Students will learn how to approach even the most complex and controversial ideas with an open mind.

4461 | Grunat | IVC | Bldg 7 101
7 Mondays 3:10-5pm | Jan 27-Mar 16
$113 (each section)

**Dance**

Introduction to Hawaiian Dance
Now you too can learn Hula: the traditional dance of Hawaii. In the classic choreographies to be presented, we will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, and the history and culture of our 50th state.

4377 | Saunders | KTD | PE 60
6 Thursdays 6:30-7:30pm | Jan 30-Mar 12
6 Saturdays 1-2pm | Feb 1-Mar 14
(No class Feb 13 &15)
$121

4378 | Saunders | KTD | PE 60
7 Thursdays 6:30-7:30pm | Apr 2-May 14
6 Saturdays 1-2pm | Mar 21-May 2
(No class Apr 11)
$124

Introduction to East Coast Swing
This course is for students of all ages with no previous dance background who would like to learn the basic technical and social skills associated with East Coast Swing. This style of dance is great for partner dancing to jazz, blues, rock, and ballads! In addition to learning a routine consisting of the basics of the dance, students will also learn how to lead and follow the figures outside of a routine format.

4552 | Worrell | KTD | PE 22
7 Tuesdays 8:30-9:30pm | Jan 28-Mar 10
$71

4553 | Worrell | KTD | PE 22
7 Tuesdays 8:30-9:30pm | Mar 31-May 12
$71

EC | International Folk Dance
Come learn dances from all over the world including Serbia, Turkey, Romania, Armenia, Bulgaria, Russia, Greece, and Israel. You will be introduced to basic international dance movement, vocabulary, dance formats, rhythms, and cultures. The dances are fun, danced to a wonderful assortment of world music, and a great way to stay mentally and physically fit. The class is open to both novice dancers and those with more experience; no partner is required.

4387 | Friedman | KTD | PE 60
6 Wednesdays 2:10-3:30pm | Jan 29-Mar 4
$94 | ESCOM $70
Drama & Communication

Performing Poetry with Authentic Voice
How do readers recognize varying tones in vocal poems and convey exact meanings of dense metaphors and complex emotions? In this fun experiential workshop, we’ll examine distinct performance poetry styles and how to clearly express both ideas and emotions using simple vocal techniques. We’ll play Name that Tone and strengthen the range of our voices by practicing ancient sounds for energy centers of the body. Participants will create tone maps for one page poems and perform them, neither overly dramatizing nor reading blandly but with clear, compelling, authentic voice. We’ll practice what it means to stay truly present with the meaning and power of the spoken word.

Flower Carpets—Pave’s
A flower carpet or pave’ is a flat textural arrangement of flower heads made in a very low, shallow container. In this type of arrangement, the flowers are so close together that no space shows between them. There is a rich history of using flowers in the pave’ style in Europe. Instructor will share some examples to get the creative juices going. After a demo, students will have a chance to explore the pave’ technique to make a table top arrangement. Instructor Maryann Nardo of 7 Petals Design will supply flowers and grid tape. Students need to bring a shallow container or buy one from Instructor.

NEW | 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.

NEW | Watershed Approach to Landscaping Series
A series of classes based on the Watershed Approach to Landscaping philosophy
with the purpose of engaging the public in current thinking on conservation practices and assisting home gardeners in the step-by-step process of creating their own beautiful, environmentally sensitive, water-wise landscapes.

* Watershed Approach to Landscaping booklet is published by the Marin Municipal Water District and is the textbook for this program.

**EACH WORKSHOP IS $64 UNLESS OTHERWISE NOTED. WATERSHED APPROACH TO LANDSCAPING SERIES DISCOUNT: TAKE ALL 6 FOR ONLY $354 (AND SAVE $30)!**

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### Design Inspiration—Gardening with a Sense of Place
Learn about the environmental qualities that make Marin such a special place—the watersheds in which we live and garden, our varied microclimates, our native plant communities and the wildlife they support. With this knowledge, you will be able to create a garden that truly reflects a sense of place within your own watershed.

4357 | Torgovitsky | IVC | BLDG 28B 202
1 Saturday 10:10am-12:30pm | Apr 4
$64

### Designing Your Home Landscape
Whether you envision your garden to be for entertaining, quiet relaxation or family fun, sustainable landscape design is a collaboration between the needs of the designer and the needs of the earth. Learn the basics of successful landscape design and how to create a site plan for your home garden that both reflects your vision and supports our environment.

4358 | Draheim | KTD | AC 238
1 Saturday 10:10am-12:30pm | Apr 11
$64

### Design Your Garden as a Mini-Ecosystem
Identify and plan for the environmental factors influencing your garden design decisions. Explore climate zones, hydrozones, microclimates and shade/sun patterns. Learn the basics of mapping your yard as a sustainable mini-watershed system, designed for rainwater capture and dispersemment.

4359 | Draheim | KTD | AC 238
1 Saturday 10:10am-12:30pm | Apr 18
$64

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### Building Healthy Soil in Your Garden
Healthy soil is a living ecosystem that supports all other life on earth. Learn about the basic soil types common in Marin and how they can be improved with easy methods mimicking natural processes. You’ll also learn about different styles of home composting, the simple science behind decomposition and how to best maintain a healthy, vigorous garden using only organic, sustainable practices.

4360 | Torgovitsky | IVC | BLDG 28B 202
1 Saturday 10:10am-12:30pm | Apr 25
$64

### Irrigating Efficiently: How Much Water Does Your Garden Need?
A plant’s type, location in the landscape, and the local climate all play a major role in determining its irrigation needs. Learn to determine how much water your plants need and when they need it. Learn the basic components of an irrigation system, which types are best for your garden, and how to set an appropriate irrigation schedule. This session includes a guest speaker from the Marin Municipal Water District.

4361 | Torgovitsky | KTD | AC 238
1 Saturday 10:10am-12:30pm | May 9
$64

### Developing a Planting Plan for Your Garden
Choosing the right plant for the right place is key to a successful garden. In this class you will learn about plant types, plant choices appropriate to Marin, seasonal maintenance, gardening with deer and wildlife, pollinator gardens and fire-resistant plants. You will also learn about what to include in a planting plan, useful graphics for drawing and resources for plant research.

4362 | Torgovitsky & Draheim | KTD | AC 238
1 Saturday 10:10am-12:30pm | May 16
$64
**NEW | Financial Fitness**
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, building and managing a portfolio. Monitoring the portfolio, curiosity about the future and the art of asset allocation.

4389 | Gulati | KTD | AC 239  
1 Thursday 6:30-8:30pm | Mar 5  
$65 | ESCOM $25* ANF

4390 | Gulati | KTD | AC 248  
1 Thursday 6:30-8:30pm | Apr 23  
$65 | ESCOM $25* ANF

**Sustainable Investing and Building Socially Conscious Portfolios**
Forbes Magazine published an article in 1980s that sneered at socially responsible investing. It implied that it would screen out all potentially high–return investments. Not so. Come learn about this highly profitable and futuristic portfolio management that meets your personal values. The class lecture will focus on ESG (Environmental, Social and Governance) elements of investing. We will discuss sustainability and ethical impact of an investment in a company or business and how it impacts portfolio building and performance.

4391 | Gulati | KTD | AC 239  
1 Thursday 6:30-9pm | Feb 27  
$65

4392 | Gulati | KTD | AC 248  
1 Thursday 6:30-9pm | May 7  
$65

**NEW | Medicare Today**
With all of the recent changes to our healthcare system, today’s choices can be overwhelming. Whether you are currently on Medicare or approaching it, it has never been more important to be educated on the choices and challenges that you are, or will be facing. This comprehensive class will cover parts A, B, D, Advantage and Medigap. Learn how to avoid permanent, lifetime penalties and more.

4393 | Capezuto | KTD | AC 239  
1 Tuesday 6:30-8pm | Jan 28  
$60

4394 | Capezuto | KTD | AC 239  
1 Tuesday 6:30-8pm | Mar 31  
$60

**NEW | Social Security Today**
Filing for Social Security is one of the most important decisions you will ever make. This course will help you to identify strategies for maximizing your benefits by utilizing restricted, spousal, survivor, divorced and many more strategies. There are hundreds of ways to receive benefits. This course will help you to understand and optimize your benefits by treating Social Security not only as an individual benefit but also as a household benefit.

4395 | Capezuto | KTD | AC 239  
1 Tuesday 6:30-8pm | Feb 25  
$60

4396 | Capezuto | KTD | AC 239  
1 Tuesday 6:30-8pm | May 12  
$60

**WISE Up: Financial Education for Women**
This course is a financial education program for women of all ages. Gain knowledge, skills, and confidence, and create a road map to reach your financial goals. Each week, students will build a foundation in the following: money, credit, debt, savings, insurance, investments, and financial security.

4566 | Abe | KTD | VS 5A  
7 Wednesdays 10-11:30am | Apr 1-May 13  
$104

**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.

4402 | Schwartz | IVC | BLDG 27, Rm 118  
1 Saturday 12:30pm-4:30pm | Feb 22  
$67
**EC | Creating Legal Rental Unit: Gain Housing Flexibility & Affordability**

Your home is your biggest investment and it should work for you. Learn about legal accessory dwelling units (ADU’s) and how they can benefit you and the community. Topics include types of units, zoning and permit requirements, financing options, and the simpler process of turning an existing bedroom into a “junior” unit. We’ll have time to address individual property questions, so bring your rental unit ideas and inquiries.

4397 | Hunter/Nicosia | IVC | BLDG 27, Room 118
1 Thursday 6:30pm-9pm | Jan 30
$64 | ESCOM $41

4398 | Hunter/Nicosia | KTD | AC 239
1 Thursday 6:30pm-9pm | Apr 30
$64 | ESCOM $41

**Life and Retirement Planning**

Now entering its ninth year, this class is a comprehensive financial planning course designed for today’s retiree. Using real-life stories and entertaining anecdotes, students will be introduced to nine financial planning principals and financial terminology critical to understand as one approaches retirement age. We will demystify the various retirement planning methodologies to find the one that is right for you. Students will learn the importance of always completing a financial plan and cohesive retirement strategy prior to considering any new product. Popular subjects include sustainable investing, income real estate, diversification, and tax-coordination. No matter your experience or financial sophistication, all will benefit from taking this course.

4399 | Hall | KTD | AC 239
2 Saturdays 9am-12pm | Feb 22 & 29

4400 | Hall | KTD | VS 6
2 Tuesdays 6-9pm | Feb 25 & Mar 3

4401 | Hall | IVC | BLDG 27, Room 118
2 Saturdays 9am-12pm | Mar 7 & 14
$73 per section

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**Food & Wine**

With an organic garden nearby, and an annual partnership with Nugget Markets, the kitchen at the college's Indian Valley Campus in Novato, has just evolved the farm-to-table concept into a community-wide educational experience. Join us in the Nugget Markets Farm Kitchen for our hands-on cooking classes. Learn how to prepare what’s on the menu and share in the feast at the end of class.

**NEW | Lovely Valentine Brunch**

- Chocolate Dipped Strawberries with Champagne
- Heart Shaped Cherry and Chocolate Scones
- Goat Cheese, Sun-Dried Tomato, and Roasted Garlic Souffle, served on bed of arugula
- Macadamia Nut Pancakes with Orange Butter and Maple Syrup
- Crab Eggs Benedict with Homemade Hollandaise Sauce
- Apple Cranberry Crostata

4479 | Lavagetto | IVC | BLDG28A 101
1 Saturday 10:10am-2pm | Feb 8
$140

**NEW | Breads of Italy Savory and Sweet**

- Stromboli-bread stuffed with Peppers, Onions, Sausage and Cheeses
- Focaccia with Roasted Garlic and Rosemary
- Neapolitan Easter Bread stuffed with Provolone and Mortadella
- Panini di Ciliege-glazed rolls with Tart Cherries and Cinnamon
- Zeppole-beautiful fried ricotta dumplings

4477 | Lavagetto | IVC | BLDG28A 101
1 Saturday 10:10am-2pm | Apr 4
$140

**NEW | Italian Soups for the Soul**

- Pasta e Fagioli- white bean and pasta soup with Sausage and Escarole
- Italian Wedding Soup with Pork, Fennel and Bread Crumbs
- Cioppino-Seafood soup with Clams, Crab, Mussels and Shrimp
• Tuscan Tomato and Bread Soup
• Hot and Spicy Eggplant Soup with Peppers and Ricotta Salata Cheese

**NEW | Italian Classics-Risotto and Polenta**
• Classic Risotto Milanese with Saffron and Shallots
• Seafood Risotto with Scallops and Shrimp
• Arancini Balls stuffed with Fontina Cheese and Prosciutto
• Creamy Soft Polenta with Sausage Ragù
• Grilled Polenta Squares with Wild Mushrooms
• Upside-Down Apple Polenta Cake

**NEW | Fabulous Fish from the Grill**
• Grilled Salmon Salad with Butter Lettuce
• Barbecued Trout with Ginger and Soy Sauce
• Swordfish Salad with Baby Greens and Heirloom Tomatoes
• Linguini with Grilled Halibut and Curry
• Grilled Sole with Basil and Garlic

**NEW | Healthy Asian Cooking for One or Two**
• Fresh Spring Roll with Dungeness Crab/Plum-Chili Sauce
• Ying and Yang Miso Soup
• Watercress & Purslane Salad with persimmon in Blood-Orange vinaigrette
• Chicken & Prawn with Pine-nut Lettuce Cup
• Wild Mushrooms with Buckwheat noodles stir-fry

**NEW | East Meets West Winter Braising**
• Braised Trumpet Royal Mushrooms with Sake
• Braised Korean Short-Ribs with Pear and Merlot
• Chicken Clay pot Rice with Shitake Mushrooms
• Braised Seafood Curry & Lentils
• Ginger Cake with Caramel Sauce & Lime Whipped Cream

**NEW | The Breath of Stir-Fry Wok Cooking**
• Ying & Yang Prawn & Vegetables Roll
• Dungeness Crab Corn Soup
• Sizzling Chicken with Winter Roots Vegetables
• Smoked Salmon & Dried Scallop Sticky Rice
• Lucky Treasure Rice Pudding

**NEW | The Street of Food of Penang Island Malaysia**
• Beef Satay with Peanut Sauce
• Char-Yeow Teoh Stir-Fry Noodles with Clams & Chinese Sausages
• Seafood Laksa with Ramen Noodles
• Slow-Cooked Pork Shoulder with Star-Anise & Chinese Five Spices
• Pineapple Tart
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 workshop he demonstrates each step along the way and shows you why it’s easy, fun, and truly rewarding. The instructor will put you to work as a bread-maker while explaining the impressive health benefits of natural fermentation and giving informed tips on equipment and technique. Students will enjoy a newly baked loaf with a selection of cheeses at the end of class, and leave with their own active starter.

Wine Tasting Fundamentals
As a wine lover, have you ever wondered about the aromas and flavors in your glass? Be introduced to the world of wine by an instructor with over 24 years of experience in the wine industry. This class will cover the basics of the process of wine making and wine tasting. Explore different types of wines, where they come from, “wine talk,” and some basics of food and wine pairing. Students should bring 2-3 wine glasses to each class, and must be at least 21 years old.

White Wines of the World
Exploring white wines from crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, their characteristics and tastes. Students should bring 2-3 drinking glasses to each class, and must be at least 21 years old.

Health Education
NEW | Naturopathic Health Solutions
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.

Eating for Health
Learn the tools necessary to better your health, energy, and performance. We will discuss how the lack of nutrients contributes to disease development and how whole foods support health. We will talk about how inflammation, a disrupted intestinal microbiome and leaky gut play roles in the development...
of specific diseases and conditions such as allergies, arthritis, skin conditions, elevated blood sugar, heart and mental health. Participants will be able to identify how to choose quality macronutrients (protein, fat, and carbohydrates) and micronutrients (vitamins, minerals and phytonutrients). This program recognizes that each person is different, and, as a result, diets should be suited to a person’s individual temperament, needs, access to ingredients, and metabolic tendencies. Instructor has a medical doctor degree and is a board certified nutrition consultant.

4564 | Zeise | KTD | AC 241
5 Thursdays 5:10-6:30pm | Jan 30-Mar 5
(No class Feb 20)

4565 | Zeise | KTD | AC 241
5 Thursdays 5:10-6:30pm | Apr 16-May 14
$80 per section

**History**

**EC | Istanbul Was Once Constantinople: History of the Eastern Roman Empire**

Constantinople, former capital of the Byzantine Empire, became Istanbul after its conquest by the Ottoman Empire. Constantinople was founded in AD 330 at ancient Byzantium, a small fishing village settled in VII BC by the Greeks. Constantinople later became the new capital of the Roman Empire, founded by Emperor Constantine I. The largest and most splendid European city of the Middle Ages; it had a cosmopolitan population of one million during X AD. Constantinople shared the glories and vicissitudes of the Byzantine Empire, which in the end was reduced to the city and its environs. Join us in exploring and learning the history and culture of the Byzantine Empire with its fascinating capital, Constantinople, referred to as “The Queen of the Cities” during the Middle Ages.

4404 | Harkins | KTD | AC 240
7 Mondays 2:10-4pm | Jan 27-Mar 16
$114 | ESCOM $89

**Languages**

**Program Timeline**

| A = BEGINNER, B = INTERMEDIATE, C = INTERMEDIATE/ADVANCED |
|----|----|----|----|
| FIRST YEAR LEV A | A1 | A2 | A3 | A4 |
| SECOND YEAR LEV B | B1 | B2 | B3 | B4 |
| THIRD YEAR LEV C | C1 | C2 | C3 | C4 |

**Conversational German**

A1 | 4405 | Emami | KTD | VS 11
7 Thursdays 6:40-8:30pm | Jan 30-Mar 12
$113

A2 | 4406 | Emami | KTD | VS 11
7 Thursdays 6:40-8:30pm | Apr 2-May 14
$113

**Conversational French**

A3 | 4407 | Lebas | KTD | AC 248
7 Mondays 6:40-8:30pm | Jan 27-Mar 16
$113
**Intensive English Program:**
Please see inside back cover for the Intensive English Program (IEP).

**Literature/ Humanities**

**NEW | Path to Quietude: 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 well-being of the whole. In this course, we will focus up 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.

4572 | Vogt | IVC | BLDG 28B, Rm 201
5 Wednesdays 3:10-4:30pm | Feb 19-Mar 18
$80

**NEW | Key Yogic Principles: Their Vedic and Ancient Influences and Their Relevance Today**
Universal principles have timeless value and offer a way to confidently navigate the modern world. In this course, we'll look at the origins and contemporary relevance of six ancient, yogic principles, e.g., nonviolence. We’ll refer to passages from the Vedas and other texts from the Indian sub-continent. This course draws on history, philosophy, ecology, literature, activism, and religion. Students are encouraged to keep a journal during the course. There will be suggested reflections between classes.

4429 | Vogt | IVC | BLDG 28B, Rm 201
6 Wednesdays 3:10-4:30pm | Apr 1-May 6
$98

**Conversational Mandarin:**
Please see page 10 for Marin Chinese Cultural Association (MCCA) classes.
EC | Three Famous Fairytales
In choosing “Snow White and the Seven Dwarves,” “Jack and the Beanstalk” and “Three Little Pigs” students will enhance their awareness of the historical, psychological and cultural roots of three classic fairy tales. We will explore these tales from a variety of folklore theorists to determine why these remain of cultural importance today.

4432 | Levin | KTD | AC 246
7 Thursdays 2:10-4pm | Jan 30-Mar 12
$114 | ESCOM $89

EC | Concepts of 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.

4434 | Levin | KTD | AC 246
7 Thursdays 2:10-4pm | Apr 2-May 14
$114 | ESCOM | ESCOM $15* ANF

NEW | EC | The Mysteries of Paris: Volume 1
Join us in discussing and analyzing, The Mysteries of Paris, one of the most influential works from the 19th century. Among 1st serial novels, starting in 1842 Parisians rushed in masses to newsstands for its latest installment. The author Eugène Sue’s complex melodrama, unfolds in and around Paris where, the fortunes of the rich and poor are intertwined. Sue brought together many characters from different levels of society within one novel. His book became popular with readers from all classes. The story of the hero, Rodolphe, influenced political change, and inspired successors, including Les Misérables and The Count of Monte Cristo. Eugène Sue became the hero of the working class as well as of the rich. Each volume is a separate novel.

4416 | Harkins | KTD | AC 102
7 Tuesdays 2:10-4pm | Mar 31-May 12
$114 | ESCOM $89

NEW | EC | Boule De Suif: Short Story by Guy De Maupassant
In “Boule de Suif,” Guy de Maupassant tells the tale of a French prostitute, fleeing Germans during the 1870 Franco-Prussian War. Seemingly immoral by profession, Boule de Suif adheres to a code of ethics. Maupassant is known for insightful descriptions of characters and actions. His ability to capture a scene earned him a notable place in Literature. "Boule de Suif" is not only a reflection of retreating France during the Franco-Prussian War, but an exploration of morality in a divided society. The title character is caught in self-examination that forced her into ethical challenge. All the while, her position is created not on her own accord, but through the manipulation of spiteful members of the respectable social order. Join us in analyzing and discussing the characters and actions in this short story.

4415 | Harkins | KTD | AC 102
7 Tuesdays 2:10-4pm | Jan 28-Mar 10
$114 | ESCOM $89

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.
Marin Adventures

Fly Fishing 101
Join the 10% of fly fishers who catch 90% of the fish! In this class about catch-and-release fly fishing, you learn the basics: use of equipment, rigging and casting with dry flies or nymphs, and how to “read the waters” to find fish and select the appropriate flies and strategies. Learn the magic of the 3 P’s: Preparation, Position, and Presentation on moving or still water. Class is limited to 14 students. Gear will be provided to those who need it, and equipment will be discussed in class. A supply list will be distributed.

Fly Fishing 102
Fly Fishing 102 is a “follow-up” designed to aid students on their journey toward becoming part of the “10% of Fly Fishers who catch 90% of the fish.” Participants should have completed FF 101 or similar basic course. This more advanced course will include advanced casting techniques including Reach, Wiggle, Switch, and Spey casts. Additional knots will include Duncan’s Loop, Perfection Loop, and Bimini Knot as well as Blood Knot. Participants will also have an opportunity to learn how to tie some basic flies used for Steelhead as well as trout and the basics of Steelhead fishing on Coastal rivers.

EC | Meandering in Marin: Natural History and Hiking
If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. The instructor will send field trip itineraries to enrolled students before the first class. Participants should be comfortable hiking 4-6 miles with an elevation gain of up to 1000 feet at a pace of about 45 minutes per mile.

EC | Exploring Ship Operations in the Bay
This class will provide a general overview of commercial shipping operations in the Bay. The course will include a presentation on types of ships, ship construction and manning, and commercial and operational requirements of these vessels. There will also be a review of the types and locations of terminals and international, U.S., and California regulations. A typical voyage for a tanker and container ship into the bay, on to a terminal (including cargo operations), and heading back to sea will be provided. Come with a curious mind!

Hiking Marin Trails
Explore some of the many open spaces in our county on these guided nature hikes. Along the way, we’ll discuss plants, birds, insects, and whatever else may catch our eyes. This is not a beginning course. Participants must be in good physical condition and capable of hiking without undue fatigue, at a 30-minute mile pace, 5-7 miles and on uneven terrain with about 1,000 feet of elevation gain. The
instructor will send field trip itineraries to enrolled students before the first class.

4458 | Barnett | OFF | TBA
5 Saturdays 10am-2pm | Feb 1-Mar 14
(No class Feb 22)
1 Saturdays 10am-4pm | Mar 21
$161 (Includes FF $2)

4459 | Barnett | OFF | TBA
3 Saturdays 10am-2pm | Apr 18-May 2
1 Saturdays 10am-4pm | May 9
$126 (Includes FF $2)

Bird-Watching in Marin: A Field Exploration
Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. The first class meeting will be held at the Kentfield campus. Itineraries will be provided by the instructor. Class is limited to 16 students.

4460 | Hug | IVC/OFF | TBA
1 Tuesday 9:10am–1:10pm | Jan 28 | BLDG 28, Rm 201
4 Tuesdays 8:30am-12:30pm | Feb 4-25
$172 (FF S4) | ESCOM $148(FF S4)

4469 | Hug | IVC/OFF | TBA
1 Tuesday 9:10am-1:10pm | Mar 31 | BLDG 28, Rm 201
4 Tuesdays 8:30am-12:30pm | Apr 7-28
$172 (FF S4) | ESCOM $148(FF S4)

Music

Acoustic Jam Session
Learn what to do at a jam session: how to lead a song, how to follow other musicians, and basic jam session etiquette. Players of all acoustic instruments are welcome, plus electric bassists. Each student will have chances to lead a song, and it is OK to pass when it is your turn. The emphasis is on simple songs that other players can follow easily, like three-chord songs and 12-bar blues.

4470 | Hug | KTD/OFF | TBA
1 Wednesday 9:10am-1:10pm | Jan 29 | VS 1
4 Wednesdays 8:30am-12:30pm | Feb 5-26
$172 (FF S4) | ESCOM $148(FF S4)

4472 | Hug | KTD/OFF | TBA
1 Wednesday 9:10am-1:10pm | Apr 1 | VS 1
4 Wednesdays 8:30am-12:30pm | Apr 8-29
$172 (FF S4) | ESCOM $148(FF S4)

Beginning Ukulele
Absolute beginners are welcome! The ukulele is easy and fun to play. Learn some simple chords and strums that you can use to play your favorite songs. All you need to bring is your ukulele, music is provided. For adults and teens, 14-17, with minor consent form.

4473 | Miller | KTD | TBD in PA 177
4 Thursdays 6:30-7:40pm | Jan 30-Feb 20
$71

Piano Classes for Beginners to Advanced
Four different levels of piano instruction in both classical and popular music (chords and melody) are offered in a relaxed, supportive, and friendly environment with your own upright piano. For placement information visit Marincommunityed.com. Students will be required to buy music at an approximate cost of $25. Early registration is strongly recommended.

Level A: 7 Tue 7:40-9pm
Level B: 7 Tue 6:10-7:30pm
Level C: 7 Thu 7:40-9pm
Level D: 7 Thu 6:10-7:30pm

Winter Levels A & B
4485 | Bauman | KTD | PA 188
Jan 28-Mar 10
Winter Levels C & D
4487 | Bauman | KTD | PA 188
Jan 30-Mar 12
$104 | ESCOM $25* ANF (per section)

Spring Levels A & B
4486 | Bauman | KTD | PA 188
Mar 31-May 12
Spring Levels C & D
4488 | Bauman | KTD | PA 188
Apr 2-May 14
$104 per section

Journey through Jewish Music: A Musical Jewish Voyage from Ancient to Modern Times
This multimedia course will explore the rich relationship between Jewish history and music throughout time. The course will explore Sephardic (Spanish, and Ladino), Ashkenazi (North and Eastern Europe), and Middle Eastern music as well as music sung in historical, synagogue,
and modern styles. It will include Jewish composers of religious, classical, and secular music, and trace how eastern European immigrants to New York influenced Yiddish theater and Broadway musicals, leading eventually to Jewish singers and songwriters, pop and rock stars, and world music performers.

4573 | Rachelson | KTD | VS 1
4 Tuesdays 2-3:30pm | Mar 31-Apr 21
$73

The Rolling Stones
An in-depth overview of the history of the Rolling Stones, the most popular and influential rock group of all time besides the Beatles. Using both common and rare recordings and video clips, the course will trace their artistic evolution from the dawn of their career in the early 1960s, emphasizing their peak achievements in the 1960s and 1970s. The development of the numerous styles they pioneered and mastered will be explored in detail, from the relatively basic American blues interpretations of their first recordings through the blues-rock, hard rock, glam rock, and other styles they delved into during their prime.

4489 | Unterberger | KTD | VS 4
7 Tuesdays 7:10-9:30pm | Jan 28-Mar 10
$128

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.

4490 | Unterberger | KTD | VS 4
7 Tuesdays 7:10-9:30pm | Mar 31-May 12
$128

Beginning Folk and Blues Harmonica Workshop
Breathing is our foundation as we take folk, pop, and blues melodies, invigorate them with easy but powerful techniques, and make any song deeply expressive! Learn the many tricks and techniques to make the harmonica cry, laugh, moan and wail. Both puckering and tongue blocking approaches are taught. No experience necessary! Students must provide their own harmonica. Questions about harmonicas? Call instructor Dave Broida at 916.996.5222.

4491 | Broida | KTD | VS 5B
1 Monday 6-8pm | Mar 16
$51 (includes MF $20)

EC | Chorus Emeritus
If you like to sing, or think you might, come and join the Chorus Emeritus! The music is fun, encompassing diverse styles and eras. Come sing with us!

4492 | Paul | KTD | PA 72
7 Thursdays 2:30-5pm | Jan 30-Mar 12
$135 (includes MF $22) | ESCOM $37* ANF (includes MF $22)

4493 | Paul | KTD | PA 72
7 Thursdays 2:30-5pm | Apr 2-May 14
$135 (includes MF $22) | ESCOM $37* ANF (includes MF $22)

Piano Duets
Playing piano duets is a thrilling musical experience. Combining your intermediate (or higher) classical piano skills with another pianist on one or two pianos while exploring the music of the great masters brings an enormous sense of communication and accomplishment. Music for two or more pianists will be studied in this seven-week class with an optional performance. No partner required to join. If new, please contact instructor Paul Smith (pianosmith@aol.com) to arrange an interview.

4494 | Smith | KTD | PA 75
6 Mondays 12:10-2pm | Mar 30-May 4
$107

Personal Enrichment

NEW | Freedom from Resentment: The Art of Forgiveness
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. Guided visualization brings the course to a close.

4467 | Jones | IVC | Bldg 27 116
7 Fridays 1:40-3pm | Jan 31-Mar 20
$105

4468 | Jones | IVC | Bldg 27 116
7 Fridays 1:40-3pm | Apr 3-May 15
$105

EC | Mindfulness-Based Self-Compassion and Self-Empowerment
Would you like to feel more calm, capable, and present for your life? By offering relaxation training, guided mindfulness, gentle movement, and group discussion, this class encourages self-compassion and self-empowerment while diminishing self-criticism and self-doubt. It will help you relieve stress, improve focus, and feel more comfortable with your body and mind. Taught by a retired mind-body medicine psychologist and a retired surgeon, it has been taken by more than 300 students since its inception in 2015.

4339 | Berkelhammer & Meecham | KTD | PE 22
7 Thursdays 1:10-2:30pm | Jan 30-Mar 12

4340 | Berkelhammer & Meecham | KTD | PE 22
7 Thursdays 1:10-2:30pm | Apr 2-May 14
$105 | ESCOM $79 (each section)

NEW | EC | Charismatic Mindfulness
This class trains students in a mind-body integration practice for healing, self-mastery, and greater feelings of aliveness. Students who have adopted this practice have noticed improvement and even resolution of various conditions that had not responded to medical treatment. Feeling is healing, and wellbeing improves as we learn to feel more, think less, and release tension. The practice is based on the Chu Shong Tin lineage of the internal martial art of wing chun, which is known for its focus on health and healing. A more in-depth course description can be found on the instructor’s website: larryberkelhammer.com.

4341 | Berkelhammer | KTD | PE 22
7 Thursdays 2:40-3:30pm | Jan 30-Mar 19

4342 | Berkelhammer | KTD | PE 22
7 Thursdays 2:40-3:30pm | Apr 2-May 14
$76 | ESCOM $54 (each section)

EC | Mindful Body, Artful Life
The human body is a natural work of art. Even as our own body ages or struggles with health issues, we can appreciate it in a spirit of gratitude and awe. Led by a retired surgeon, this class combines lovely biological imagery with guided mindfulness meditation. You will learn to use basic knowledge about how the body works, along with mindful self-compassion, to gently explore your body’s rich, sensuous interior. Suitable for those new to mindfulness as well as advanced practitioners, this half-day retreat on the idyllic Indian Valley Campus will help you find ease, vitality, and support within your own precious body.

4417 | Meecham | IVC | Bldg 7 101
1 Saturday 9:40am-1pm | Feb 1

4418 | Meecham | IVC | Bldg 7 101
1 Saturday 9:40am-1pm | Apr 4
$67 | ESCOM $45 (each section)

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 bring a blank sketchbook to class. See http://www.anniedanberg.com/visual-journaling-supplies. E-mail connecting@anniedanberg.com with questions.

4337 | Danberg | KTD | FA 214
1 Saturday 1:30-4:30pm | Mar 14

4338 | Danberg | KTD | FA 214
1 Saturday 1:30-4:30pm | May 2
$68 | ESCOM $49 (each section)
Intuitive Communication with Animals Level 1
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 to your animal and how to receive information that the animal is sending back to you. This exploration asks us to be present and responsible for our own thoughts, feelings, treatment of ourselves and treatment of animals. Bring a pen, notebook, and photos of your animal companions. (Please do not bring your animals to this session.)
4568 | Gallegos | IVC | Bldg 27 Rm 116
1 Saturday 10:10am-3pm | Feb 29
$71

NEW | Intuitive Communication with Animals Level 2
Prerequisite: Level 1
Level 2 is intended to deepen your connection and understanding with your animal 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 questionable behavior and explore what the animal needs to find a solution to change the behavior. We’ll discuss possible health issues that your animal might be experiencing. This is not to diagnose, only to assist in animal well-being. (Please do not bring your animals to this session.)
4567 | Gallegos | IVC | Bldg 27 Rm 116
1 Saturday 10:10am-3pm | Mar 21
$71

Self-Healing Through Intuition Medicine
This class will teach you a simple beginning meditation practice to ground your body for mental and emotional health, and self-healing tools to help you access that place of inner peace that resides within all of us. Learn to detect and address energy blockages or imbalances in your body, chakras and aura using Intuition Medicine. Classes will include lecture, guided meditation, lab practice and discussion. Please see online description for book to purchase.
4343 | Prodromou | IVC | BLD28A 102
6 Saturdays 10:10am-noon | Feb 1-Mar 14
4344 | Prodromou | IVC | BLD28A 102
6 Saturdays 10:10am-noon | Apr 4-May 9
$101 (each section)

Photography

Using Your Smartphone to Capture the World Around You
Do you want your smartphone’s pictures to match what you see—or improve upon it? Learn to improve your photography skills, regardless of what smartphone you use. Learn about the array of special apps available to enhance your images, capture panoramic vistas, and display the rich detail in the extreme lights and darks. Students will learn the fundamentals of composition and point of view, as well as form, texture, and color principles. Then learn how to enhance your images using affordable apps to add creative effects to convey emotion and passion. Please bring a smartphone. Emphasis will be on the iPhone, although photography principles apply to all smartphones.
4451 | Thaler | KTD | AC 116
3 Wednesdays 7:10-9:30pm | Jan 29-Feb 12
$77

Macro Photography
Come celebrate the natural world and learn how to photograph close up where the inside of a flower becomes a world of its own. Receive group and individual support with time split between learning the tools and techniques of macro photography and shooting in the field. You’ll need a camera that can focus to within a few inches of the lens (hopefully using a macro lens), extension tube or close-up lenses, a tripod, and patience to explore, practice, and play.
4452 | Thaler | KTD | AC 238
1 Saturday10:10am-4:30pm | Mar 28
$70
Up and Rolling with Adobe Photoshop Lightroom
Learn the power and elegance of Adobe Photoshop Lightroom, a superb photo organizer and impressive image processing powerhouse. 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 bring to class.

4453 | Thaler | KTD | AC 102
5 Tues and Thurs 7:10-9:30pm | Apr 7- May 7
$155

Physical Fitness

EC | Restore and Improve Your Balance
Learn how balance works, why your balance may be deteriorating, and how you can safely implement very simple exercises to train your balance. Improve your stability and prevent falls; regain your confidence and independence. Please bring water and any one or two pound weights you may already have to class.

4495 | Owens | KTD | PE 22
7 Tues & 6 Fri 11:45-12:45pm | Jan 28-Mar 13
$107 | ESCOM $83

4496 | Owens | KTD | PE 22
7 Tues & 6 Fri 11:45-12:45pm | Mar 31-May 12
$107 | ESCOM $83

Joy of Tennis
Joy of Tennis, a mastery-based approach to learning, eliminates the biggest obstacle to playing your best—competition. We were all thrown into competition before we learned how to play the game. Competing before learning the fundamentals makes learning more difficult, inhibits performance, limits potential, undermines self-esteem and confidence, diminishes enjoyment, and makes people way too tense. Come learn the FUNDamentals without competition impeding your progress. You’ll love it!

For Intermediate classes: Students not previously enrolled in a Joy of Tennis class must consult with the instructor, Brent Zeller, before enrolling, call 415.717.5446 or e-mail effortlesstennis@comcast.net.

BEGINNING
4497 | Zeller | KTD | Tennis Courts
7 Tuesdays 9:40-11am | Jan 28-Mar 10
$142 (Includes SF $10)

4498 | Zeller | KTD | Tennis Courts
8 Tuesdays 9:40-11am | Mar 31-May 19
$154 (Includes SF $10)

INTERMEDIATE 1
4499 | Zeller | KTD | Tennis Courts
7 Tuesdays 11:10am-12:30pm | Jan 28-Mar 10
$142 (Includes SF $10)

4500 | Zeller | KTD | Tennis Courts
8 Tuesdays 11:10am-12:30pm | Mar 31-May 19
$154 (Includes SF $10)

Introduction to Pilates
This popular mind/body exercise conditioning program was developed by Joseph Pilates. We focus on deep breathing while strengthening the core muscles of the trunk of the body, allowing the limbs to move more freely and in proper alignment. Learning to move through Pilates training allows for better function and control of muscles for sports and is now practiced by many athletes, dancers, and office workers, not only to increase performance, but also to rehabilitate the body after injury. Be sure to arrive on time for warm ups to prevent injury.

4505 | Laws | KTD | PE 22
7 Mondays 10:10–11am | Jan 27-Mar 16
$93

4506 | Laws | KTD | PE 22
7 Mondays 10:10–11am | Mar 30-May 11
$93

EC | Movement and Music for the Older Adult: A Universal Language
This class is especially geared for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable pace to meet individual needs. Chair exercises (to tone both upper and lower body) will comprise a portion of the class. This class will also cover joint flexibility, muscle strengthening, balance, breathing, coordination, and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.
4507 | Hain | **OFF** | Whistlestop*
7 Mondays 11am-12pm | Jan 27-Mar 16
$85 (FF $14) | ESCOM $66 (FF $14)

4508 | Hain | **OFF** | Whistlestop*
7 Mondays 11am-12pm | Mar 30-May 11
$85 (FF $14) | ESCOM $66 (FF $14)

**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.

4509 | Binnings/Clifford | **KTD** | PE 60
7 Wednesdays 12:40–2pm | Jan 29-Mar 18
(No class Feb 19)
$101 | ESCOM $76

4510 | Binnings/Clifford | **KTD** | PE 60
7 Wednesdays 12:40–2pm | Apr 1-May 13
$101 | ESCOM $76

**EC | Wild Goose Qigong**
Wild Goose Qigong is an ancient practice, 1,700 years old. It is a non-strenuous discipline which generates health and well-being. We will cover a lovely set of 64 flowing movements that imitate the daily activities of a wild goose, a bird venerated in China. Warm-up stretches, balance, self-massage of acupressure points, and meditation are included in this daily routine of self-care.

4511 | Govrin | **KTD** | PE 60
7 Fridays 9:45–11:10am | Jan 31-Mar 20
$95 | ESCOM $75

4512 | Govrin | **KTD** | PE 60
7 Fridays 9:45–11:10am | Apr 3-May 15
$95 | ESCOM $75

4513 | Govrin | **IVC** | BLDG 7, Rm 100
7 Tuesdays 1-2:30pm | Jan 28-Mar 10
$95 | ESCOM $75

4514 | Govrin | **IVC** | BLDG 7, Rm 100
7 Tuesdays 1-2:30pm | Mar 31-May 12
$95 | ESCOM $75

**EC | Advanced Wild Goose Qigong**
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.

4515 | Govrin | **KTD** | PE 60
7 Fridays 11:20–12:45pm | Jan 31-Mar 20
$95 | ESCOM $75

**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.

4516 | Govrin | **IVC** | BLDG 7, Rm 100
7 Thursdays 1:30–3pm | Jan 30-Mar 12
$95 | ESCOM $75

**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**

4517 | Govrin | **IVC** | BLDG 7, Rm 100
7 Thursdays 1:30–3pm | Jan 30-Mar 12
$95 | ESCOM $75

4518 | Govrin | **IVC** | BLDG 7, Rm 100
7 Thursdays 1:30–3pm | Apr 2-May 14
$95 | ESCOM $75

**EC | Energy Warm-ups for Older Adults**
A gentle, yet effective stretching and strengthening class for active adults which uses non-strenuous movement to increase flexibility, mobility, and range of motion with special attention paid to improving balance. Classes include a few minutes of light weight training, important for increasing upper body strength, as well as breath and relaxation.
techniques, which aid in reducing stress and increasing positive feelings of well-being.

4523 | Riswold | KTD | PE 22
7 Tues & 6 Fri 9:10-10am | Jan 28-Mar 13
$107 | ESCOM $15* ANF

4524 | Riswold | KTD | PE 22
7 Tues & Fri 9:10-10am | Mar 31-May 15
$110 | ESCOM $15* ANF

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!

4525 | Best-Martini | KTD | PE 22
7 Wed & 5 Fri 7:30-9am | Jan 29-Mar 11
$126 | ESCOM $101

4526 | Best-Martini | KTD | PE 22
7 Wed & Fri 7:30-9am | Apr 1-May 15
$142 | ESCOM $118

EC | Strength and Fitness Training

The class provides sensible and safe exercises for students of all ages for improving strength, cardio–respiratory endurance, flexibility, body composition, posture, and balance. Students use a combination of aerobic machines, free weights, floor exercises and more to address full body strength and fitness. The instructors will help you with a personalized fitness program to meet your individual needs and goals and help prevent—or even reverse—typical trends of aging. Contact Hazel@StridebyStride.com or call/text Jim Owens at 415.827.3987 to learn more about the class.

4527 | Wood & Owens | KTD | PE 20/22
6 Tue & 7 Thu 7-8:45am | Jan 28-Mar 12
(No class Feb 4)
$148 | ESCOM $124

4528 | Wood & Owens | KTD | PE 20/22
7 Tue & Thu 7-8:45am | Mar 31-May 14
$155 | ESCOM $130

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. Movements can be modified for individuals who use a chair. Zumba Gold I is a beginning class.

4529 | Scranton | KTD | PE 60
7 Tue & Thu 2:10-3pm | Jan 28-Mar 12
$110 | ESCOM $86

4530 | Scranton | KTD | PE 60
8 Tue & 7 Thu 2:10-3pm | Mar 24-May 12
$113 | ESCOM $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, for 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).

4531 | Scranton | KTD | PE 60
7 Tue & Thu 3:10–4pm | Jan 28-Mar 12
$110 | ESCOM $86

4532 | Scranton | KTD | PE 60
7 Tue & 6 Thu 3:10–4pm | Mar 31-May 12
$107 | ESCOM $83

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.

4535 | Baker | KTD | PE 22
6 Mon & 7 Wed 6:40-8pm | Jan 27-Mar 11
$137
**EC | Aqua Exercise for Older Adults**
The purpose of this class is to experience health-providing exercises in a relaxing medium: the water. This active class strengthens, creates greater flexibility, and promotes a peaceful state of mind. Students should be in good cardiovascular health, with the ability to walk in the water.

4536 | Baker | KTD | PE 22
7 Mon & 6 Wed 6:40–8pm | Mar 30-May 11
$137

**EC | Deep Water Aqua Exercise**
Submerge yourself in the deep end of a pool for a full body water fitness workout. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. Students will wear a flotation belt for support in the deep water to perform aerobics routines. An aqua exercise belt will be required at a cost of $25-$35; belt recommendations will be provided by the instructor.

4541 | Murphy | KTD | Pool
6 Mon, 7 Wed & 6 Fri 8:30-9:30am | Jan 27-Mar 13
$136 | ESCOM $102

4542 | Murphy | KTD | Pool
7 Mon, Wed & Fri 8:30-9:30am | Mar 30-May 15
$142 | ESCOM $118

**NEW | An Introduction to Vedic Chanting**
The Veda-s are a huge collection of texts in the form of chants that were believed to be heard by ancient Indian sages when they were in a deep meditative state. In India the Veda-s have been the primary source of reference for life for thousands of years as they contain wisdom on a vast range of topics from everyday life to the cosmos. The Veda-s were composed in the Sanskrit language, the ancient language of India, and transmitted orally from teacher to student long before it was written down. Vedic chanting links body, mind and emotions in a profound way. It produces certain vibrations that enhance physical and mental health. The close attention required to listen and reproduce accurately is useful in improving memory and concentration. Chanting also helps relieve stress and promotes clarity; it is a useful tool in yoga therapy.

4574 | BayLaurel | KTD | PE 22
6 Thursdays 7-8:30pm | Feb 6-Mar 12

**Yoga**

**NEW | 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, belt, block and strap to class. Instructor will email students prior to the start of class about materials.

4547 | Jakobsen | KTD | PE 60
7 Tues 6–7:15pm | Jan 28-Mar 10
$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.

4558 | Knox | KTD | PE 60
7 Wed 6:45–8:15pm | Jan 29-Mar 11
$101

4559 | Knox | KTD | PE 60
7 Wed 6:45–8:15pm | Apr 1-May 13
$101

NEW | Yoga for Men
Envision a new physical, mental and spiritual challenge in your life. Let’s learn some of the aspects of the ancient discipline of Hatha Yoga to become more flexible, stronger and mentally empowered. Through the practice of asanas (Yoga poses), pranayama (breathing techniques) and zazen (seated meditation) we will learn to live a focused life of vitality and well-being and begin a process of self-transformation. Remember that the success of Yoga does not lie just in the ability to perform postures but in how with a more enlightened perspective it positively changes the way we live our life and deepen our relationships. All levels and genders are welcome. Bring a yoga mat.

4550 | Knox | KTD | PE 22
7 Mon 6:45–8:15pm | Mar 30-May 11
$94

NOTE: Please check with your physician before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please call 415.485.9305 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com.

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 to all genres.

4324 | Centolella | OFF | Redwoods*
7 Mondays 5:30–8:30pm | Jan 27-Mar 16
$159 | ESCOM $139 (each section)

4325 | Centolella | OFF | Redwoods*
7 Mondays 5:30–8:30pm | Mar 30-May 11
$159 | ESCOM $139 (each section)

*40 Camino Alto, Mill Valley

EC | Poetry Writing Master Class
“Poetry is 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.

4326 | Centolella | KTD | AC 249
7 Wednesdays 2:10-5pm | Jan 29-Mar 11
$159 | ESCOM $139 (each section)
**EC | The Poetic Pilgrimage: Writing Poetry as Spiritual Practice**

Winter theme: Living the Questions
Spring theme: The Poem Only You Can Write

As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves. Winter term we will take Rilke’s advice to the young poet—to discover and explore our deepest questions, but leave them unanswered; to live them. In Spring, we’ll delve into our nuanced subjective experiences along life’s path, each of us finding our way into the poems only we could write, in cadenced voices that are ours alone. As always, we will practice the Art of Being Surprised by Our Own Poems, and we’ll read and write to our hearts’ content. All experience levels and styles welcome.

4322 | Sereno | KTD | PE 91
7 Tuesdays 2:10-4:30pm | Jan 28-Mar 10
$129 | ESCOM $104 (each section)

4323 | Sereno | KTD | PE 91
7 Tuesdays 2:10-4:30pm | Mar 31-May 12
$129 | ESCOM $104 (each section)

**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.

4463 | Vetter | KTD | VS 11
5 Fridays 10:10am-noon | Feb 21-Mar 20
$103 (MF $2) | ESCOM $77 (MF $2)

4465 | Vetter | KTD | VS 11
5 Fridays 1:10-3pm | Feb 21-Mar 20
$103 (MF $2) | ESCOM $77 (MF $2)

**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.

4328 | Kudler | KTD | VS 6
7 Mondays 1:40-3:30pm | Mar 30-May 11
$113 | ESCOM $88

**EC | My Letter to the World: The Personal Essay, Prompted by Poetry**

Using fresh, accessible poetry as writing prompts, this class will help you tease out the most charming and poignant facets of your unique personal story. See how looking in a different window can alter the interior picture, and how you express it to the world. Class will focus on creating one personal essay each week. We will seek inspiration from Emily Dickinson, Walt Whitman, Raymond Carver, W.H. Auden, William Carlos Williams, Langston Hughes, Meghan O’Rourke, and others. Bring a notebook, a pen, and your life’s stories.

4336 | Hamill | IVC | Bldg 7 Rm 101
7 Tuesdays 7:10-9pm | Feb 4-Mar 17
$113
class readings you’ll get a sense of which category interests you. By the end of the course you’ll have your own scenes and characters as well as a strategy for future writing. No previous writing experience needed.

4443 | Guest | KTD | AC 101  
7 Thursdays 1:40-3:30pm | Jan 30-Mar 12  
$114

The Emotional World of Picture Books: A Children’s Book Writing Workshop

The day-to-day life of young children is chock-full of emotion. They can express fierce anger, deep sadness, pure fear and irrepressible happiness on an hourly if not a minute-to-minute basis. In this writing workshop we’ll analyze outstanding picture books that convey and validate the momentous moments in a child’s life. We’ll explore universal themes of childhood including family, friendship, separation, problem solving and independence. We’ll consider how illustrations and text are interdependent and examine the page turn and its role in evoking tension and emotion. Through in-class writing exercises we’ll focus on developing characters and stories that pique children’s interests and validate their emotions. Students will write a story (under 500 words) and turn it into a 32-page (text-only) picture book.

4442 | Guest | KTD | AC 101  
7 Thursdays 1:40-3:30pm | Apr 2-May 14  
$114
ESCOM is the student organization of Marin’s mature adults affiliated with the Community Education Department of College of Marin. Founded in 1973, ESCOM provides diverse opportunities for lifelong learning, lifelong doing, and lifelong friends.

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An ESCOM Annual Membership is available to lifelong learners, provides valuable benefits:

• Access to over 30 ESCOM Clubs focusing on a wide variety of activities, from bridge to books to philosophy. See “Clubs” at escom.marin.edu for more information.

• Access to ESCOM Centers at Kentfield and IVC that incorporate Humiston Reading Room Libraries, communal spaces for learning and social activity.

• Invitations to ESCOM Art Exhibits and Member Socials.

• 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.

• Discounted tickets for older adults for College of Marin performances.

*For more information visit our new website escom.marin.edu*

Call ESCOM at (415) 485-9652 or email escom@marin.edu.

ESCOM CENTERS

Indian Valley Campus
1800 Ignacio Blvd.
Bldg 10, Rm. 40
Novato, CA 94949

Kentfield Campus
835 College Avenue, SS 111
Kentfield, CA 94904
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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 help students learn English quickly and gain valuable cultural insights to prepare for the future. Monthly start dates available.

For more information or to apply:
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If you enjoy Community Education at College of Marin and would like to provide enrichment in the lives of others in the community, please consider becoming a Community Education Sponsor. For $2,500, your generosity can support teaching and operations expenses for a community education course. Your gift will be recognized at the first class, and in the Community Education schedule.

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CONTACT
Community Education, Lifelong Learning and International Education Director
Carol Hildebrand
cphildebrand@marin.edu

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MINI-MEDICAL SCHOOL: MEDICAL SCIENCE AND AGING

College of Marin Mini-Medical School, Medical Science and Aging is an opportunity to focus on the second half of life and normal human aging. Program partners have included top medical school clinical professors as well as respected researchers from Stanford University, UC Davis, UCSF, and Kaiser Permanente.

Questions about this event? Please email minimed@marin.edu or call (415) 485-9500.

College of Marin
Kentfield Campus
James Dunn Theatre
Saturday, January 25
Morning Session: 9am–Noon
Afternoon Session: 1pm–4pm

Arrive early to check-in and enjoy coffee and tea with fellow attendees.

Register now to secure your spot! For more information and to register, please visit: www1.marin.edu/mms

No charge for attendance

Co-sponsored by College of Marin Community Education and Health Sciences Departments