

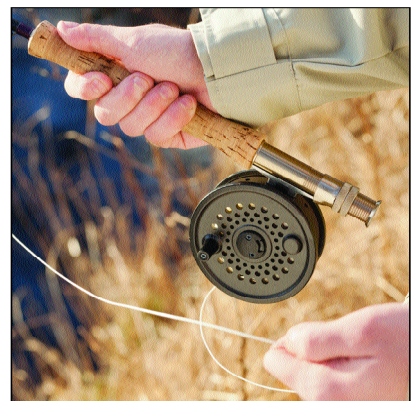
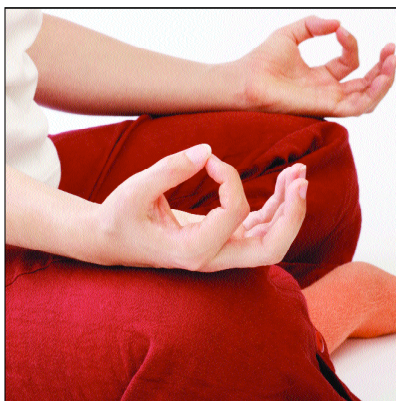
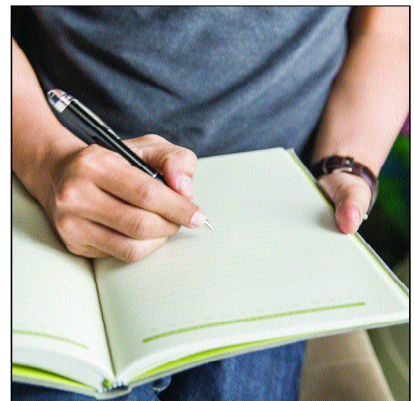
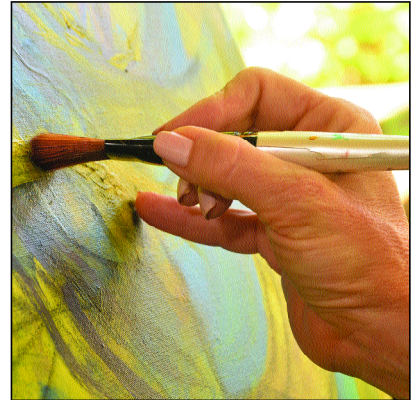
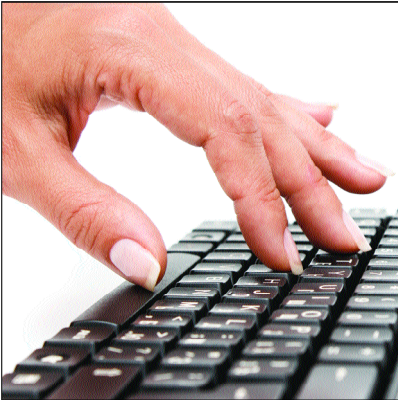


traditional and
online courses

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When I dance, I forget everything else and just feel completely happy." Katherine Jenkins

Meditation and Yoga | Carol Stefanelli

Combining both techniques of Meditation and Yoga to stretch, energize and refresh the body, release tension and tightness, and to calm and cultivate concentration for the mind. Invite and experience a deep stillness into your busy day, your busy life. This class is designed for all levels. Bring a sticky mat, water, blanket and/or shawl and a pillow and/or bolster.

#28440A 10 Thurs 5:15 PM-6:30 PM
1/28/16 - 4/21/16 Dance Studio \$149.00

Introduction to Mind Body Medicine & Self Healing | Paul Epstein

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

#27230A 2 Tues 5:45 PM-7:15 PM
2/23/16 - 3/1/16 Room 424 \$49.00

Meditation as Medication | Paul Epstein

Mindfulness, Stress, Healing and Happiness. The best of times is now, as you face life's challenges and experience life's joys! Our disease tells a story not just of our cells, but of ourselves. Through discussion, sharing, group support and learning the mind-body skills of meditation, and stress reduction, this class will help you focus on learning how to face stress, pain and illness and live life in the present moment and find joy, peace happiness and serenity in the midst of life's inevitable ups and downs. Visit www.drpaulepstein.com

#27210A 2 Tues 7:00 PM-9:00 PM
2/23/16 - 3/1/16 Room 424 \$49.00

Astrology 101 | Mary Francis Abbamonte

It's in the stars! You know your sun sign and you know there must be more to it than the horoscope you read in the newspaper, but what? Learn why it has been handed down through the centuries. Why it is used by presidents, kings, queens and the head of the largest corporations in the world. Find out how it can help you. You will have your birth chart done and learn how it affects your everyday life. **Recommended to have "Llewellyn's 2016 Daily Planetary Guide."**

#27020A 3 Mons 7:00 PM-9:00 PM
3/21/16 - 4/4/16 Room 401 \$59.00



Belly Dance: The Secret Desire | Aszmara

Unleash your inner Diva and connect with your Feminine Nature. The movements of this beautiful art form give you a safe whole body workout without strain to joints and muscles. Learn the specialized techniques as we build body strength, improve posture and body awareness while having fun dancing. Begin with warm-up exercises, the basic movements and short choreographies. All are welcome, no matter what age or life experience. Wear comfortable clothing (leotard, crop top, footless tights or leggings, a 35" scarf or shawl, ballet slippers or bare feet.

#28270A 10 Weds 8:00 PM-9:00 PM
2/3/16 - 4/20/16 Dance Studio \$149.00

Belly Dance: The Secret Desire Level II | Aszmara

With Movement Exploration, go past the basics with more advanced movements, more choreography and dance, dance, dance! Connect with the music, body, mind and soul. Go beyond movements and steps and unleash your soul's music. Aszmara's insight into movement, music and connecting emotions with dance marks her as an unforgettable teacher. **Prerequisite: Completion of Belly Dance Basics at GACE or equivalent experience**

#28280A 10 Weds 6:45 PM-7:45 PM
2/3/16 - 4/20/16 Dance Studio \$149.00