

health me & you

Yoga

#4003 B

Laughter Yoga

Laughter is the best medicine! Laughter Yoga is a fun new exercise system that anyone can do. Our Laughter Leaders will guide the group through simple, playful movements that initiate laughter, alternating with deep yoga breathing. Humor is not required. By laughing, even "fake" laughing, we initiate powerful changes in our body, mind and emotions. And since laughter is contagious, real laughter quickly develops, resulting in feelings of joy and vitality. Laughter Yoga was developed by a physician, Dr. Madan Kataria, in Mumbai, India, and has become a grass-roots social movement with over 6000 laughter yoga clubs in 60 countries.

CONVENER: *Becky Holsen* (816-363-3433)

Web site: www.beckyyoga.com

CLASS FEE: \$9

Sec. B: 1 session; Friday, November 7; 6:00 PM - 6:45 PM; Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 25

Healing

#4302 A

Medicinal Herbs for Beginners

Ever wonder what herbs to take for a cold? Ever wonder what you can do for an upset stomach or indigestion without having to take OTC drugs or prescription drugs? This class will cover herbs used for these ailments, in addition to colds, eye problems, menopause and more. Students will receive a text with information on specific herbs, recipes, uses and contraindications. Please bring \$25 cash to class to be collected at the beginning of the class, to cover the cost of the text and any additional handouts. Dr. Kymberli Stone is a Naturopathic Doctor extensively trained in Medicinal Herbalism.

CONVENER: *Dr. Kymberli Stone M.* E-mail: DrKayMS@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 8; 1:00 PM - 3:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#4307 A

Transform Your Life Through Reiki

Reiki, (Ray'-key), a Japanese word for "universal life energy," is a simple, yet immensely powerful system of energy healing. Reiki is not a religion and is offered to all people from all walks of life. While the primary focus is physical healing, Reiki can also be used to heal relationships and bring about "highest good" in life situations and circumstances, including the flow of abundance. Come and learn more about traditional (Usui) Reiki and experience a sample of the Reiki energy in beautiful sacred space in the River Market. Convener will call registrants with exact location and directions.

CONVENER: *Antonia Marie* (913-209-3939)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, November 16; 1:00 PM - 4:00 PM; Convener will call those who register with the location and directions.; LIMIT: 20

Relationships

#5102 A

Communication & Relationships Between the Sexes

Men and women have brains that have been programmed to operate differently. Learn to understand these differences and improve your relationships, from the bedroom to the office. Learn how to interrupt, how not to, and why! Learn to celebrate our differences and enjoy the uniqueness of each other. Tape recorders are welcome. Please bring \$5 for materials to class. Additional books available for purchase.

CONVENER: *Jerry White* (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 4; 7:00 PM - 9:00 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

Parenting

#5201 A

Proud Parenting

Mr. Klamm, a master high school teacher for twenty years, is an award-winning author and has mentored children of all ages for over fifty years. Drawing on his experience with children and youth of all ages, he has written several books that include information about how to watch your children grow into responsible, productive adults, while having great family fun! You will love the little stories, parental wisdom and humorous ways. Join this workshop to learn valuable tips and engage in discussions about how to have fun while parenting! Please bring \$13 per person (or per couple) to class for material fee. Adults only please.

CONVENER: *Robert Klamm* (816-461-4595)

E-mail: klamm@klamm-magic.com

CLASS FEE: \$9

Sec. A: 1 session; Friday, November 7; 7:00 PM - 8:30 PM; Magic Shop, 1412 Appleton, Independence, MO; LIMIT: 14

Self Development

#5305 A

Change Your Life By Learning to Reprogram Your Brain

Your brain is a biological computer, and you can only get out of it the programs that have been put in, mostly by others. Take over and start putting in programs that will help you achieve what you want from life. This is hands-on NLP. Tape recorders are encouraged. Bring \$25 fee for book and materials.

CONVENER: *Jerry White* (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$16

Sec. A: 5 sessions; Tuesdays, beginning November 11; 7:00 PM - 9:00 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#5307 A

Advanced Happiness (NLP)

Would you like to live in a permanent state of worth, inner peace, joy? At work? In your personal life? Come to this class and walk out living in one or more of your core states. Tape recorders welcome. \$25 material fee includes book.

CONVENER: *Jerry White* (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$14

Sec. A: 2 sessions; Tuesdays, beginning December 16; 7:00 PM - 9:00 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#5309 A

Claim Your Authentic Masculinity

Do what's yours to do in the world without sacrificing your family relationships. Find your courage and confidence. Live a life with no regrets. Learn to live from your heart, AS A MAN, while feeling connected to those you love. We challenge you to develop your skills as a son, father, grandfather, partner, and leader. Experience a local circle of men who meet on an ongoing basis to empower each other in their lives. James and Doug are two of the 150+ local men who are members of the ManKind Project. The Kansas City Metro area MKP is a diverse non-religious organization committed to claiming our authentic masculinity in the world.

CONVENER: *James Mayfield Smith* (816-645-2600)

E-mail: jamesmayfieldsmith@gmail.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, November 6; 7:00 PM - 9:00 PM; 11401 W. 131st St., Overland Park, KS; LIMIT: 10

When I let go of
what I am, I become
what I might be.
~ John Heider

#5311 A

Finding My Voice

There are many things happening within us which are not yet clear to us and for which we do not have the right words. As we find the words for these awarenesses and feelings, and as we speak them to an accepting listener, we feel relief from that sense of dilemma and a readiness to move forward in our process. We will review a variety of approaches to clarifying our inner life and speaking of it. Dr. Dybicz has been involved in developing the capacity to speak of inner realities, both personally and professionally, for over 30 years.

CONVENER: *Dr. Marty Dybicz* (816-590-9545)

Web site: www.martydybiczphd.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, November 6; 7:00 PM - 8:30 PM; Unity Temple on the Plaza, 707 W. 47th St., KCMO; LIMIT: 20