

#3306 A

**Tea Cupping 101**

Learn how to “cup” tea and evaluate its attributes, from flavor and smell to appearance of the tea leaves. We will sample teas from all over the world and make tasting notes in a cupping log. You will take a home a sample of your favorite to brew at home. Keith is Tea Wallah at the Teahouse & Coffeepot, a new café and tea shop in Midtown.

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, October 16; 10:00 AM - 12:00 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3307 A

**Introduction to Tea**

Did you know that tea is the second most popular beverage in the world after water? We will prepare, taste and discuss the different types of tea while learning about its history, varieties, cultural backgrounds and rituals, health benefits and different methods of preparation. Keith and his family just opened the Teahouse & Coffeepot, a new cafe in Plaza-Westport. It is next door to Temple Slug. The local retail store founded in 1970 by Bob Gamer, Keith's step dad. Being half British and Chinese, Keith represents two of the world's major tea cultures and has been drinking it all his life (you might say it's in his blood).

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, December 1; 6:30 PM - 8:30 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3308 A

**White, Green and Oolong Tea and the Chinese Tea Ceremonies**

Learn how to select, prepare and enjoy fine Chinese white, green and oolong tea. While not as elaborate or as spiritual as the Japanese tea ceremony, the Chinese have their own ritual revolving around tea. We will conduct a Chinese Gongfu tea ceremony, with fine loose leaf oolong tea and traditional teaware, as well as learn how to prepare tea in a “Gaiwan,” or covered cup. Join us, and enjoy some of the highest quality and most exclusive tea available in Kansas City. Being half British and Chinese, Keith represents two of the world's major tea cultures and has been drinking it all his life (you might say it's in his blood).

CONVENER: Keith Buchanan (816-806-8095)

E-mail: keith@teahousekc.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, November 13; 10:00 AM - 12:00 PM; Teahouse & Coffeepot, 4309 Jefferson, KCMO; LIMIT: 10

#3309 A or B

**Good Wine at a Good Price**

Anyone can spend \$20 and get a decent bottle of wine. The trick lies in spending \$5 or less for a decent bottle of wine. Join artist Linister in his studio where he will share some of his favorite inexpensive wines. Fruit, cheese and bread complete the evening.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, October 23; 6:00 PM - 8:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

Sec. B: 1 session; Saturday, November 20; 6:00 PM - 8:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

# health

## Yoga

#4001 A or B

**Pre-Natal Yoga**

Pre-natal yoga makes you more comfortable during pregnancy and prepares your body for delivery. You will increase flexibility and strength, release stress and enjoy the camaraderie of other moms-to-be. Visit [www.bodyandsoulkc.com](http://www.bodyandsoulkc.com) for more info.

CONVENER: Barbara Anderson (816-363-8282)

Web site: [www.bodyandsoul.com](http://www.bodyandsoul.com)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, September 29;

Sec. B: 1 session; Wednesday, October 20;

MEETS: 7:45 PM - 9:00 PM; Body & Soul KC, 649 E. 59th, KCMO, 59th & Holmes; LIMIT: 8

#4002 A

**Aerial Yoga**

Yoga poses are translated into aerial positions and sequences. You can enjoy the benefits of inversion while developing flexibility and strength. The fabric stretches and counteracts the effects of gravity. As your body is supported in the air, you will learn to enjoy the benefits of inversions and backbends with less effort. You will learn at your own pace and interest level. Beginners will focus on proper body position, muscle engagement and basic balances.

CONVENER: Sumya Anani (913-262-2600)

E-mail: [sumya\\_anani@msn.com](mailto:sumya_anani@msn.com);

Web site: [www.IAmLearning2Fly.com](http://www.IAmLearning2Fly.com)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, October 17; 4:00 PM - 5:00 PM;

Learning2Fly—Aerial Fitness, Circus Arts & Yoga Center, 4711 Lamar, Mission, KS 66202; LIMIT: 20

#4003 A

**Facial Yoga**

Stress can take a toll on the delicate muscles of the face and neck. Facial muscles benefit from exercise just like any other muscles. This class will flex, tone, stretch and improve circulation, lifting and re-energizing your face. After the facial yoga workout, we will let the cleansing, exfoliation and moisturizing effects of a mask enhance the experience in savasana. Bring clean skin and a hand towel. Leave with a happy, smiling refreshed and pampered face.

CONVENER: Sumya Anani (913-262-2600)

E-mail: [sumya\\_anani@msn.com](mailto:sumya_anani@msn.com);

Web site: [www.IAmLearning2Fly.com](http://www.IAmLearning2Fly.com)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, September 26; 2:30 PM - 3:30 PM;

Learning2Fly—Aerial Fitness, Circus Arts & Yoga Center, 4711 Lamar, Mission, KS 66202; LIMIT: 20



#4004 A or B

**Yoga Basics**

This session will go over the basics of yoga. Learn about different styles of yoga, discover how to breath, listen to your body and find out what ‘your yoga’ is. Wear comfortable clothes that you can move in and bring a yoga mat if you have one. Catherine has been teaching yoga for over seven years, is certified and registered with Yoga Alliance and is the owner of Northland Yoga Center.

CONVENER: Catherine Martin

E-mail: [kcyogamama@yahoo.com](mailto:kcyogamama@yahoo.com)

Web site: [www.northlandyoga.com](http://www.northlandyoga.com)

CLASS FEE: \$9

Sec. A: 1 session; Monday, September 20;

Sec. B: 1 session; Monday, October 18;

MEETS: 6:30 PM - 7:30 PM; Northland Yoga, 700 Argosy Pkwy, Riverside, MO 64150; LIMIT: 15

#4005 A

**Gentle Yoga for Beginners**

Anyone can learn yoga and enjoy its many benefits and you don't have to be a contortionist or even be able to touch your toes! Using a gentle, compassionate approach, this class will explore basic yoga postures, as well as focused breathing and guided deep relaxation. Please wear comfortable, stretchy clothes and be ready to practice in bare feet. Yoga mats are provided. The teacher, Becky Holsen, is a registered yoga teacher (RYT500) who began studying yoga to relieve pain caused by scoliosis.

CONVENER: Becky Holsen (816-200-0654)

E-mail: [beckyholsen@beckyyoga.com](mailto:beckyholsen@beckyyoga.com)

Web site: [www.BeckyYoga.com](http://www.BeckyYoga.com)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, September 25; 11:00 AM - 12:15 PM; Convener will call with location; LIMIT: 14

#4006 A

**Yoga in the Park**

Come experience the soothing sounds of nature with yoga in the park. Meet at the shuttlecocks on the south lawn at the Nelson Art Museum. Bring a yoga mat, towel and water. Darryl is a certified yoga instructor with the Yoga Alliance and director of yoga teacher training at KCFitnessLink.

CONVENER: Darryl Olive (816-256-4443)

E-mail: [info@kcfitnesslink.com](mailto:info@kcfitnesslink.com); Web site: [www.kcfitnesslink.com](http://www.kcfitnesslink.com)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, September 25; 9:00 AM - 10:00 AM;

Nelson Atkin Museum, lawn, 4525 Oak St, KCMO; LIMIT: 30

I started taking Communiversity classes in the late 1970s. ... I have taken so many good classes (and yes, I took some that were not so good), but the one I think I got the most use from was “Yoga for All Ages,” which I took in 2006. I learned a yoga routine that did not require me to go out and buy a bunch of stuff ,, , all I need is a towel. When I took the classes, I noticed that I felt better, so I kept doing the routine—and I'm still doing it six days a week four years later. ~Larry Roth

#4007 A

**Partner Yoga & Thai Massage Workshop**

Thai bodywork focuses on pressure points situated among ten energy lines across the body. It creates a powerful release of stress and tension. This course begins with a hour long partner yoga class, followed by two hours of Thai yoga massage (a mini-practice for both partners). Bring a yoga mat, sheet, blanket, comfortable clothing (layers), towel and water. Darryl Olive, E-RYT, LMT, is a licensed massage therapist who teaches yoga and Thai massage certification programs at KCFitnessLink.

CONVENER: Darryl Olive (816-256-4443)

E-mail: [info@kcfitnesslink.com](mailto:info@kcfitnesslink.com); Web site: [www.kcfitnesslink.com](http://www.kcfitnesslink.com)  
CLASS FEE: \$9

Sec. A: 1 session; Sunday, October 17; 1:30 PM - 3:00 PM; KC Fitness Link, 3909 Main, KCMO 64111; LIMIT: 20

#4008 A or B

**Relax and Renew with Yoga Therapy**

Reduce stress, pain and tension with this gentle and restorative yoga class. Beginners, advanced yogis and those suffering from chronic conditions alike can benefit from the exploration of breathing, mindfulness and relaxing yoga postures supported with props. Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of yoga. Instructor Darryl Olive is a registered yoga teacher and therapist with the Yoga Alliance and International Association of Yoga Therapists.

CONVENER: Darryl Olive (816-256-4443)

E-mail: [info@kcfitnesslink.com](mailto:info@kcfitnesslink.com); Web site: [www.kcfitnesslink.com](http://www.kcfitnesslink.com)  
CLASS FEE: \$14

Sec. A: 2 sessions; Sundays, beginning October 3;

Sec. B: 2 sessions; Sundays, beginning October 17;

MEETS: 11:00 AM - 12:30 PM; KC Fitness Link, 3909 Main, KCMO 64111; LIMIT: 30

#4009 A or B

**Power Yoga**

This fitness-based, athletic style of Yoga will get your heart-rate going while improving full-body strength and flexibility. Wear comfortable clothing in which you're able to move freely. Please bring water bottle and yoga mat (we do have in-house yoga mats for those who need to borrow).

CONVENER: David Lea (816-356-5100)

E-mail: [davidleatraining@gmail.com](mailto:davidleatraining@gmail.com)

Web site: [www.davidleatraining.com](http://www.davidleatraining.com)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, September 29; 6:00 PM - 7:00 PM;

Sec. B: 1 session; Saturday, October 2; 8:45 AM - 9:45 AM;

MEETS: DLT Studio, 6217 Blue Ridge Blvd. Raytown, MO 64133; LIMIT: 15

#4010 A or B

**Body Conditioning for Dancers**

A combination of dance, Pilates, yoga and strength training, the techniques learned in this class will help you achieve and maintain the strong, lean body of a dancer.

CONVENER: Haley Cheverny (816-561-2882)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, September 23; 6:45 PM - 7:30 PM;

Sec. B: 1 session; Thursday, November 25; 6:45 PM - 7:30 PM;

MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 20

## Massage

#4101 A or B

**An Introduction To Partner Massage**

In this course you will learn ways to incorporate touch into your everyday routine, how to judge what pressure to use and when to seek professional support. This is neither a romantic nor erotic massage instruction, but practical method of relief and touch that can help in any relationship. All walks of life and partnerships are welcome! Register with a partner and bring sheet, pillow and lotion (please no oils). A floor mat or pad is recommended. Jessica has been a practicing licensed massage therapy for over 10 years now and currently owns/operates "My Massage Therapist" in Kansas City. You can follow her on Facebook using the e-mail below.

CONVENER: Jessica Snyder (816-304-0991)

E-mail: [mymassage therapist.jessica@gmail.com](mailto:mymassage therapist.jessica@gmail.com)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, September 23;

Sec. B: 1 session; Saturday, October 16;

MEETS: 7:00 PM - 8:30 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#4102 A

**Head, Face and Neck Massage**

Learn easy methods for head, neck and face massage. Help family members and friends feel relaxed and refreshed. Head, neck and face massage can effect the entire body. Bring a yoga mat or sheet and \$5 for your handouts. Lotion and oil are provided. Molly O'Leary, DC, has practiced therapeutic massage, chiropractics and acupuncture for 23 years.

CONVENER: Molly O'Leary (816-444-4214 or 816-531-1180)

Web site: [mollyshealingworks.com](http://mollyshealingworks.com)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, October 16; 12:00 PM - 1:30 PM; O'Leary, 1733 W. 35th St KCMO, One block east of state line road at 35th and Bell; LIMIT: 8

Community is an excellent connection between the university and the community, involving both in community service and learning.  
~Arthur Benson, attorney-at-law

#4103 A

**Seated Massage: World Peace, One Set of Shoulders at a Time**

This class will teach you a simple, portable method for giving a massage to anyone sitting in a chair. Be everyone's favorite friend and/or co-worker, and do your part to reduce global tension, one pair of shoulders at a time! Dress comfortably. Necia has been practicing massage in the metro area for 29 years. She brings many layers of awareness to her massage work and workshops.

CONVENER: Necia Gamby (913-232-9119)

E-mail: [necia@nrginmotion.com](mailto:necia@nrginmotion.com); Web site: [www.nrginmotion.com](http://www.nrginmotion.com)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, October 10; 1:00 PM - 2:30 PM;

3101 S. 7th St, KCK 66103; LIMIT: 16

## Nutrition

#4201 A

**Introduction to Health and Wellness**

This nutrition class includes: Understanding what science shows is the best diet for humans; How to evaluate health and nutrition information; Nutrition basics; Dietary myths; Super foods; Developing healthier habits; Understanding supplementation; Basic cooking skills; Meal planning tools and Healthy meals for kids. Caryl Lombard is a certified health educator with the Wellness Forum Institute. Her mission is to empower people to make the right choices in order to experience the health outcomes they desire for a lifetime. Bring \$15 to class for a book.

CONVENER: Caryl Lombard; E-mail: [caryl@nutritionisvital.com](mailto:caryl@nutritionisvital.com)  
CLASS FEE: \$14

Sec. A: 2 sessions; Mondays, beginning October 11; 7:00 PM - 8:30 PM; Plaza Library, Large Meeting Room, 48th & Main, KCMO; LIMIT: 20

#4202 A

**Overcoming the Sugar Blues**

Learn to identify hidden and addictive sugars in foods and their effect on the body, sleep patterns, stress, weight management and mood swings. Obtain techniques for overcoming sugar cravings and discover ways to incorporate sensational sweet alternatives into your daily diet. Be prepared to have some fun while you're at it! Aubry is a certified holistic health counselor, a graduate of the Institute for Integrative Nutrition in New York City, and is accredited by the Association of Drugless Practitioners.

CONVENER: Aubry Hoffman

Web site: [www.kansascityhealthcoach.com](http://www.kansascityhealthcoach.com)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, October 2; 1:00 PM - 2:30 PM; Plaza Library, Large Meeting Room, 48th & Main, KCMO; LIMIT: 15

#4203 A

**Deconstructing Cravings**

Chocolate, bread, french fries, potato chips, ice cream... It doesn't really matter what the craving is. Your body is always trying to achieve balance. Trusting your body and understanding that the cravings are signals of what is your body needs helps you in making better food choices -- less bingeing, and being more satisfied. Sherree is a certified holistic health coach through the Institute for Integrative Nutrition and accredited through the American Association of Drugless Practitioners. She is also a Reiki/Seichim master/teacher, EFT-ADV practitioner and herbalist. Bring \$2 for materials to class.

CONVENER: Sherree Ross (816-808-6606)

E-mail: [sherree@sherreeross.com](mailto:sherree@sherreeross.com)

Web site: [www.sherreeross.com](http://www.sherreeross.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 28; 6:30 PM - 8:00 PM; Plaza Library, Large Meeting Room, 48th & Main, KCMO; LIMIT: 25

**#4204 A  
Alkalize for Health**

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

CONVENER: Martha Anderson (913-631-3615)

E-mail: martha2@juno.com

Web site: www.kangenkeytohealth.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, October 2; 2:00 PM - 4:00 PM; 10400 W 52nd Terr., Shawnee, KS; LIMIT: 15

**Healing**

**#4301 A  
Genotyping Workshop—Genetic Correction Reaction to Food Intake**

"Let thy food be thy medicine." Learn the various genotypes, how to calculate which one you are, and how to fully recover your health to perfection. You will learn how to use food as medicine, and most important, learn which foods are toxic and poisonous to your particular genetic typing. You will now be able to get relief from long-term debilitating plagues that you thought you had to live with for the rest of your life. Bring \$15 to class for materials. Dr. Lupe is a fourth generation spiritual Curandero, naturopathic doctor/researcher, sclerologist, sound therapist and master health evaluator in the Loyal Order of the Imperial Healers.

CONVENER: Dr. Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Thursday, November 18; 6:30 PM - 9:30 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30

**#4302 A  
Hum Healing Like the Monks—Sound Therapy**

Produce a healing tone with your vocal cords like the monks. This ancient Chinese art was one of many used by the Imperial healers to bring about healing to the physical body as well as the emotions, brainwaves and chakras. Research has shown that Monks can produce two of many resonant frequencies that mimic the frequency of bone and cell regeneration. Bring \$50 (optional) for bone frequency CD and cell regeneration frequency CD. Dr. Lupe is a fourth generation spiritual Curandero, naturopathic doctor/researcher, sclerologist, sound therapist and master health evaluator in the Loyal Order of the Imperial Healers.

CONVENER: Dr. Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Friday, November 19; 6:30 PM - 9:30 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30

**#4303 A  
Chinese Eye Analysis for Evaluating Health Issues**

This ancient Chinese eye analysis technique was used by the Loyal Order of Imperial Healers (IHW) over 3000 years ago. It is a most efficient and accurate technique for disclosing health challenges that can be caught ahead of time—anywhere from five to ten years before they are discovered by common medical means. The ancient healers were not just good at eliminating the symptoms, but could get down to the origin of a health issue using various ancient modalities. They disclose your body's health challenges, presenting you with an accurate evaluation to easily address with a natural remedy.

CONVENER: Dr. Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Monday, November 22; 6:30 PM - 9:30 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

**#4304 A  
Chinese Pulse Reading**

Learn the art of Chinese pulse reading. By easily recognizing the three possible pulse combinations, you'll be able to accurately pinpoint stressed organs that may be contributing to possible compromising health challenges.

CONVENER: Dr. Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$18

Sec. A: 4 sessions; Wednesdays, beginning November 3; 6:30 PM - 9:30 PM; UMKC School of Medicine, Theatre A, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 30

**#4305 A  
Medicinal Herbs for Beginners**

Students will be given information pertaining to various herbs, the illnesses they cover and the contradictions of prescription medications. How to purchase herbs will be discussed, along with websites to explore for first class herbs and publications that are great sources of information. Class will also cover the best herbs to keep in your herbal cabinet. Please bring \$5 cash to class for handouts.

CONVENER: Dr. Kymberli Stone M. (816-529-3562)

E-mail: DrKayMS@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, October 23; 1:00 PM - 3:00 PM; Haag Hall, Rm. 212, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 15

**BARB HOFFMAN, MA**  
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#4306 A

**Chakras Tune-Up—For Better Health and Vigor**

Each individual chakra will be described and applied in this workshop: root, navel, solar plexus, heart, throat, brow and crown. Bring \$75 (optional) for chakras kit, 8 CDs, notebook and handouts. Lupe is a fourth generation spiritual Curandero, naturopathic doctor/researcher, sclerologist, sound therapist and master health evaluator in the Loyal Order of the Imperial Healers.

CONVENER: Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Monday, November 15; 6:30 PM - 9:30 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#4307 A

**Mien Shiang—Chinese Face Analysis**

Mien Shiang is an ancient Chinese technique used by the Imperial Healers for evaluating health. You will develop skills to accurately evaluate anybody immediately and be able to gauge the health of any individual. We will also cover tongue and nail analysis and touch on pulse analysis which will support the verification of facial analysis findings. \$75 material fee (optional) includes class book, laminated charts for face, fingernail, tongue and evaluation sheets. Dr. Lupe is a fourth generation spiritual Curandero, naturopathic doctor/researcher, sclerologist, sound therapist and master health evaluator in the Loyal Order of the Imperial Healers.

CONVENER: Dr. Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 16; 6:30 PM - 9:30 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30



**WHOLISTIC HEALTH FAIR**  
SUNDAY, NOVEMBER 14<sup>TH</sup>  
11 AM - 6 PM  
UNIVERSITY CENTER,  
50<sup>TH</sup> & ROCKHILL RD., KCMO  
60 EXHIBITORS—20 WORKSHOPS—GIANT SILENT AUCTION

#4308 A

**Chinese Kinesiology, Muscle Response Testing (MRT)**

Chinese kinesiology is an ancient Chinese art of the Imperial Healing Warriors which discloses body stresses, easily presenting you with an accurate evaluation to address. You'll learn to use the arms, legs, fingers and other MRT points to test the compatibility of your best path and intake for health disclosure and recovery. Bring any supplements, foods, natural remedies and even medication for testing, to see if they are compatible and beneficial for your individual needs. You'll learn to test adults, kids, pets, environment, etc. Bring \$55 (optional) for Chinese analysis charts.

CONVENER: Dr. Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, November 17; 6:30 PM - 9:30 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30

*My first C-U class was Frisbee throwing in Loose Park. There was no limit on the number who could attend; You just showed up. Over 400 people were there, it was a gorgeous day and loads of fun. Now it would be called a flash event. ~Fran Hess*

#4309 A

**Using Essential Oils for Healing**

Essential oils go back a long way. Some were found in vats along with King Tut's tomb. They had a wax covering and they were still good after 5,000 years. There have been many studies on their healing abilities. And that's what we are going to learn; how to use them for healing. Dr. Banuelos is a naturopathic doctor, sound therapy practitioner and master level in the Imperial Healing Warriors Fraternity. Bring \$15 (optional) for essential oils and hand-outs.

CONVENER: Dr. Lupe Banuelos (816-645-9630)

E-mail: ihwhealer@gmail.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 23; 6:30 PM - 9:30 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30

#4310 A

**Medicinal Aromatherapy**

Want to try a more natural approach to cold, flu, allergies, bruises, aches and pains and more? Learn to help yourself using aromatherapy instead of prescription drugs or over the counter medications. It is not meant to be a substitute for medical advice but methods to help you with everyday things. Dr. Kymberli Stone is a naturopathic doctor and has been a practitioner of holistic and alternative medicine for more than 20 years. Please bring \$10 cash to class for all handouts, recipes and aromatherapy information.

CONVENER: Dr. Kymberli Stone M. (816-529-3562)

E-mail: DrKayMS@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 13; 1:00 PM - 3:00 PM; Flarsheim Hall, Rm. 261, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#4311 A

**Tinctures, Poultices, Decoctions & More**

Learn the eight principles of excellent medicine making, what are tinctures, poultices and decoctions, as well as ointments, salves and infusions. Learn what they are used for, how to store them, along with methods and recipes to make your own at home. This class is not intended to be a substitute for sound medical advice, but a method to help yourself with the everyday things that happen using a more natural approach. Please bring \$10 cash to class, for all handouts, recipes and more. Dr. Kymberli Stone is a naturopathic doctor and a practitioner of holistic and alternative medicine.

CONVENER: Dr. Kymberli Stone M. (816-529-3562)

E-mail: DrKayMS@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, December 11; 1:00 PM - 4:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#4312 A

**The Role of Plant Chromatics in Evolutionary Change**

In this course we will take a quick look at aromatherapy, flower essences, homeopathy and the concept of vitalism. Then, we will look at the Doctrine of Signatures and beyond to see how plants are changing and in turn how we are changing with them. The science of plant chromatics allows us to utilize plant energy to heal our emotional and spiritual ties that bind us in old patterns. This is the first presentation of this material in the Kansas City area. Please bring a dish for our pot luck lunch. Class is being held at Dogwood Forest in Kansas City, Kansas. Please call Kahla for directions.

CONVENER: Kahla Wheeler (913-682-1198)

CLASS FEE: \$14

Sec. A: 1 session; Saturday, October 16; 10:00 AM - 4:00 PM; LIMIT: 20

#4313 A or B

**"The Lodge of the Butterfly Goddess" Women's Circle**

Facilitated by healer and teacher, Maya Zahira, "The Lodge of the Butterfly Goddess" is an ongoing Mystery School for women. In this circle, women learn how to heal their wombs, themselves, and the planet through nutrition, holistic health, and spiritual practice. Please bring a journal and \$20 for materials. You'll receive an information packet, herbal tea, essential oils, flower essences, and stones to assist in the healing journey.

CONVENER: Maya Zahira (785-979-4681)

E-mail: info@mayazahira.com

Web site: www.mayazahira.com

CLASS FEE: \$14

Sec. A: 1 session; Saturday, October 2;

Sec. B: 1 session; Saturday, October 30;

MEETS: 1:00 PM - 5:00 PM; Maya's Oasis, 5604 NE 63rd St., KCMO 64119; LIMIT: 6

#4314 A

**Green Mental Health: Drug-Free Approaches to Depression, Anxiety and ADD**

Are you or a loved one depressed, anxious or driven to distraction? Learn why to choose treatments that nurture the immune, gastrointestinal and endocrine systems. What about meditation, exercise and spending time in nature? We'll look at some research, discuss what you can do and explore resources for further learning. Sue Westwind, MA, is a holistic mental health coach through the Mindhance Learning Center, an ecotherapist and a depression survivor.

CONVENER: Sue Westwind Elkins, Lisa Everett, C.C.N., and Jude LaClaire, Ph.D.

E-mail: sue@naturalmindwellwind.com

Web site: www.naturalmindwellwind.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, September 20; 7:00 PM - 9:00 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 50

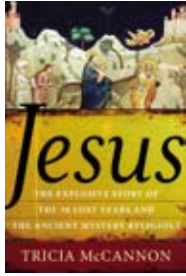
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**JESUS**  
 by Tricia McCannon

Where was Jesus for the first thirty years of his life? Where and what was he taught? Who were his teachers? This fascinating volume offers startling new evidence culled from hard-to-find Vatican texts, theological classics, legends and hermetic symbolism to construct radical new picture of Jesus and his times.




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#4315 A

**Jin Shin Jyutsu**

A life energy circulates throughout the universe and within each individual organism. Daily stresses and strains can cause disharmonies in our energy that result in various discomforts and even disease. The Art of Jin Shin Jyutsu teaches us to tune into the body's wisdom, interpret its messages and restore harmonic balance by simply using our hands. Join us and learn about this easy, yet powerful, tool to enhance health and well-being. Please bring a blanket/mat and pillow for this experiential class.

CONVENER: Linda Meserve (913-706-3107) & Nancy Steele (913-244-9551)

E-mail: [imeserve@gmail.com](mailto:imeserve@gmail.com) or [nans88@gmail.com](mailto:nans88@gmail.com)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, October 28; 7:00 PM - 9:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

Online Catalog!  
[www.umkc.edu/commu](http://www.umkc.edu/commu)

#4316 A

**Emotional Freedom Technique (EFT) Basics**

"The cause of all negative emotions is a disruption in the body's energy field." EFT is based on acupuncture points but uses gentle tapping to help realign the body and emotions to relieve discomfort. Used by yourself, or with an EFT practitioner, it is effective in helping to relieve stress, anxiety and emotional trauma. You'll learn the basic tapping points in this class. Sherree is a certified holistic health coach through the Institute for Integrative Nutrition and accredited through the American Association of Drugless Practitioners. She is also a Reiki/Seichim master/teacher, EFT-ADV practitioner and herbalist. Bring \$2 to class for materials.

CONVENER: Sherree Ross (816-808-6606)

E-mail: [sherree@sherreeross.com](mailto:sherree@sherreeross.com); Web site: [www.sherreeross.com](http://www.sherreeross.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 26; 6:30 PM - 8:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#4317 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: Antonia Marie (913-209-3939)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 6; 1:00 PM - 3:30 PM; Convener will call those who register with the location and directions.; LIMIT: 12

#4318 A or B

**T'ai Chi for Health**

Many forms of exercise tear down your body at the same time you're building it up. The combination of T'ai Chi movements can help you gain awareness of breath, posture and stress. As you learn to move in a coordinated way, you stretch and strengthen your muscles, increase the flexibility in your joints and even revitalize your organs. Even dancers can gain strength and flexibility from practicing T'ai Chi on a regular basis. In this introductory session you'll learn some basic principles which, if practiced, can improve your health.

CONVENER: Rick Mareske (816-235-1407)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 21;

Sec. B: 1 session; Tuesday, November 16;

MEETS: 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#4319 A

**Introduction to Energy Healing**

If you've ever been curious about energy healing, or your own energetic make-up, this primer is for you! In this workshop you will learn about chakras and the aura and experience how to use your boundless divine energy to elevate your vibration and integrate your higher self more fully with your mind, body, and emotions to create a greater state of well-being in your life. Shani Enns is a certified Neshamah Healing practitioner and national team lead with the Institute of Transformational Studies. She has been studying and practicing energy healing for 30 years.

CONVENER: Shani Enns (816-739-9949)

E-mail: [shani.enns@gmail.com](mailto:shani.enns@gmail.com)

Web site: [www.neshamahhealing.com](http://www.neshamahhealing.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 9; 6:30 PM - 9:30 PM;

A Pilates Space, 406 Armour Rd #260 North KCMO 64116;

LIMIT: 20

**Fitness**

#4401 A

**Cardio Conditioning**

Mix up your workouts with interval training. Each class begins with a warm-up, then moves into a high-intensity phase where we elevate the heart rate with full-body exercises. Next we'll strengthen our core with ab work and finish with a cool down. These classes do use high-impact movements, which can be hard on joints. (We do our best to give low-impact alternatives for each exercise.) This class will strengthen your heart and lungs and can help you tone and lose weight. Mr. and Mrs. Middleton have over 20 years of experience motivating and teaching others.

CONVENER: Sam and Katie Middleton (816-682-2428)

E-mail: [akkanorthland@gmail.com](mailto:akkanorthland@gmail.com)

Web site: [www.akkanorthland.com](http://www.akkanorthland.com)

CLASS FEE: \$18

Sec. A: 4 sessions; Tuesdays & Thursdays, beginning September 21; 6:00 PM - 7:00 PM; AKKA Karate USA, 7711 N. Oak

Trafficway, KCMO 64118; LIMIT: 10

#4402 A

**The Joy of Movement with Nia**

Want to feel relaxed, energetic, focused, creative, fit, graceful, strong, stable, flexible and/or balanced? Experience fitness the body's way with Nia! You will flow through easy-to-learn dance steps, martial arts moves and mind-body awareness for a fun, low-impact, cardio workout set to inspiring music. Easily adaptable to all fitness levels, Nia delivers a unique approach that promotes health, well-being and joy. Sharon Bowman is a certified black belt Nia instructor who has been sharing the joy of movement with Nia since 2002.

CONVENER: Sharon Bowman; E-mail: [sbowmangt@kc.rr.com](mailto:sbowmangt@kc.rr.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 12; 5:30 PM - 6:30 PM;

Body & Soul KC, 649 E. 59th, KCMO, 59th & Holmes; LIMIT: 10

#4403 A or B

**Bosu**

Looking for a fitness class where you keep both sides up? Come to Bosu class, a unique all-around workout stressing balance, core and cardio. We supply you with a Bosu and then you make it your class and challenge yourself to the fullest.

CONVENER: David Lea (816-356-5100)

E-mail: [davidleatraining@gmail.com](mailto:davidleatraining@gmail.com)

Web site: [www.davidleatraining.com](http://www.davidleatraining.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 19;

Sec. B: 1 session; Tuesday, November 2;

6:00 PM - 7:00 PM; DLT Studio, 6217 Blue Ridge Blvd. Raytown, MO 64133; LIMIT: 15

#4404 A

**Start Running or Power-walking for Fitness, Fun & Friends**

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

CONVENER: Louis Joline (816-228-3842 or 816-679-8185)

E-mail: [ljoline@aol.com](mailto:ljoline@aol.com)

CLASS FEE: \$18

Sec. A: 10 sessions; Mondays, beginning September 20; 5:45

PM - 7:15 PM; Garry Gribble's Running Sports, Ward Parkway

Shopping Center, 8600 Ward Pkwy., KCMO; LIMIT: 30

**Beauty**

#4501 A

**Waxing**

If you've ever wanted to learn more about hair removal, now is the time! You can learn the techniques of one of the most popular hair removal services around. Shardae will be providing you with information and demonstrations. Bring \$5 to class for materials. Shardae was licensed as an esthetician (a.k.a. skin care professional) in January 2010.

CONVENER: Shardae Crabtree; E-mail: [sovigorous@gmail.com](mailto:sovigorous@gmail.com)

Web site: [facebook.com/thetouch](http://facebook.com/thetouch)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, September 25; 2:00 PM - 4:00 PM;

University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15