

me & you

Singles

#5002 B

What's Happening in Greater K.C. for Singles?

This class is for singles who want to know about singles groups, events and activities taking place in Kansas City. Convener is publisher of "Guide to Singles Groups in Kansas City," a directory of local singles groups. Material fee includes cost of the directory and other materials.

CONVENER: Don Davidson

CLASS FEE: \$9 + \$6 material fee = \$15

Sec. B: 1 session: Tuesday, April 17: 7:00 PM - 9:00 PM; Plaza Library, Room A, 48th & Main, KCMO; LIMIT: 25

Self Development

#5306 B

Starting Over

What is a Life Coach and how can one help you create the life you want by helping you reach your goals? Each class participant will receive an individual coaching session and a follow-up session. These sessions will be scheduled with the instructor the day of the class. Chuck Franks is a KC native who received his masters in counseling psychology at UMKC.

CONVENER: Chuck Franks (816-885-2526)

CLASS FEE: \$9

Sec. B: 1 session: Friday, April 20: 2:00 PM - 4:00 PM; Royall Hall, Rm. 214, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

#5309 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)

CLASS FEE: \$14

Sec. A: 2 sessions: Tuesdays, beginning April 10: 7:00 PM - 9:00 PM; Haag Hall, Rm. 302, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#5501 B

Appreciative Loving

Mother, Father, Child, Parent, Significant Other. How do some individuals in relationship with others find and keep the bond that holds them together. Sign up if you want to be the best Father, Mother, or Partner, that you can be. Chuck has a masters in Counseling Psychology from UMKC and is an Executive Coach specializing in peak performance and relationship enhancement coaching. Each class participant will receive a free individual coaching session as a follow up to the class.

CONVENER: Chuck Franks (816-885-2526)

CLASS FEE: \$9

Sec. B: 1 session: Thursday, April 26: 7:00 PM - 9:00 PM; Royall Hall, Rm. 204, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

inner paths

Spirituality

#6001 A

Labyrinth Exploration

Explore the richness of an outdoor labyrinth, an ancient device used for centering the human spirit and connecting to the divine. In this class, participants will learn about the history of the labyrinth and have the opportunity to walk one. Dress for the outdoors.

CONVENER: Dave Mareske (913-441-0451)

E-mail: dmareske@kc.rr.com Web site: www.holliscenter.org

CLASS FEE: \$9

Sec. A: 1 session: Sunday, April 22: 2:00 PM - 4:00 PM; Hollis Renewal Center, 11414 Kansas Ave, KCKS (Call for directions), I-70 to 110th St. (exit #410) go away from KC speedway. Street before fire station is Kansas Ave, dead ends into Hollis Center (for a map visit the Hollis website); LIMIT: 12

#6015 A

Happiness: A Guide to Developing Life's Most Important Skill

Following the author's example, we will combine modern psychology research together with Buddhist thought to explore happiness or inner-well being of body and mind. Topics for discussion will include: Is happiness the purpose of life? Is happiness possible? How can thoughts become our worst enemies? Ethics as the science of happiness; and Happiness in the presence of death. Please bring \$22.95 to first class for text. Dr. Teri Brody is an MD physician and has been practicing Tibetan Buddhism for more than 20 years.

CONVENER: Teri Brody Web site: www.rimecenter.org

CLASS FEE: \$16

Sec. A: 6 sessions: Wednesdays, beginning March 28: 7:45 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennway, KCMO, (N. on I-35, exit on W. Pennway, take a left, RBC on right); LIMIT: 20

#6005 B

Developing a Daily Spiritual Practice

The choices we make and the attitudes we take either move us forward in our careers, relationships, health and so on, or impede us and limit our experiences. In this workshop you will learn to be in charge of your thinking. That you will discover the unwavering Presence of God as a wisdom and intelligence within us upon which we can rely are two of the goals of this class. Please bring \$5 for materials to first class. Rev. Peterson is the spiritual leader for Celebrate Life, Center for Creative Expression.

CONVENER: Rev. Susan Peterson (913-526-1183)

E-mail: spiritworks@kc.rr.com Web site: celebratelifecenter.org

CLASS FEE: \$9

Sec. B: 1 session: Wednesday, April 11: 7:00 PM - 9:00 PM; 11879 W. 112th St., Suite 100, Overland Park, KS, See website or call convener for directions; LIMIT: 20

#6003 A

Wicca, What is it All About?

This class is for all of those with questions about what Wicca is, and exactly what Wiccans believe and do. Whether you have heard about Wicca through news reports or from Hollywood, in the movie "The Craft" or the TV show "Charmed" or perhaps you have a loved one or friend who is either Wiccan or expressed an interest in Wicca. This is your opportunity to learn about real Wiccans and common misconceptions. Then you can have your questions answered by a panel of practicing Wiccans.

CONVENER: Jeff E-mail: Jeff@earthsongflutes.com

CLASS FEE: \$9

Sec. A: 1 session: Saturday, March 24: 1:00 PM - 2:30 PM; Royall Hall, Rm. 305, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 25

#6006 A

"The Greatest American Buddhist"

Alan Watts wrote the groundbreaking book "The Way of Zen" and introduced many Americans to Buddhism. His powerful writing may be an authentic voice of the Buddha from 2,500 years ago. We will look at his life and his teachings.

CONVENER: Rev Vern Barnett

CLASS FEE: \$9

Sec. A: 1 session: Wednesday, May 9: 7:45 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennway, KCMO, (N. on I-35, exit on W. Pennway, take a left, RBC on right); LIMIT: 50

#6009 A

Women's Re-Birthday of Sacred Play

Eleven hours of Meditation: silent, guided, moving; Art: clay, paint, collage; Play: singing bowls, sacred bells, healing drums, women's voices; Vision: astrology, tarot, shamanic journey, intuitive healing; nourishing food and laughing women. Bring a vegan dish to share.

CONVENER: Regina Compennolle (816-561-2882)

E-mail: reginacom@aol.com

CLASS FEE: \$14 + \$20 material fee = \$34

Sec. A: 1 session: Saturday, April 28: 12:00 PM - 10:00 PM; Call Convener for Location; LIMIT: 10

#6012 A

Introduction to the Mystery School of Ancient Egypt

Come and learn what the ancient Egyptians thought about magic and why they didn't need to hide their mysteries. This class will include the first mystery lesson exactly as it was taught in the Egypt of the Pharaohs (except in English). We strongly encourage you to come prepared to participate as well as observe. Bring \$2 for materials to class. Tape recorders are welcome.

CONVENER: Jerry White, Druce Cohoon & Michael White

(816-331-4715) E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session: Sunday, March 25: 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park (call convener for directions); LIMIT: 15

Meditation

#6201 B

Science of Breath

Sudarshana Kriya is a powerful practice that combines ancient knowledge with the rhythms of the breath. It has a profound effect on the mind, body and spirit. Sunil is a teacher with the Art of Living Foundation. He has taught the Art of Living Part I course in the US and India for over 4 years. Sunil has been associated with the Art of Living Foundation for over 9 years and teaches courses both in North America and India.

CONVENER: Sunil Prabhu (816-217-7669)

CLASS FEE: \$9

Sec. B: 1 session; Wednesday, March 28; 7:00 PM - 8:30 PM; Haag Hall, Rm. 310, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 12

#6202 A

Peace Within: Learning to Meditate

Don't be put off by thinking that meditation is not for you because you can't still your mind. It's easy and enjoyable and produces many benefits: less stress, better health, more wisdom and guidance, feelings of joy and connection, inner strength and more. I will teach you all you need to know to do it successfully, whether for spiritual purposes or simply for relaxation. Carol Meyer, MA in Theology, is a spiritual teacher and counselor with a passion for meditation and sharing this gift with all.

CONVENER: Carol Meyer (913-677-8672)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, March 27; 7:00 PM - 9:00 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 15

Psychic

#6310 A

Reincarnation, Karma and the Meaning of Life

Reincarnation and Karma are more than just another set of religious beliefs. An understanding of these concepts can help you make sense of the way our universe works. Come learn what the ancient Egyptians knew and see how this knowledge can help you. Bring \$10 material fee to first class. (Ninth through twelfth weeks of Inner Space Connection).

CONVENER: Jerry White (816-331-4715) E-mail: danceofflife@kc.rr.com

CLASS FEE: \$16

Sec. A: 4 sessions; Saturdays, beginning March 24; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park (call convener for directions); LIMIT: 15

#6403 A

The Open Heart: Gratitude, Love, & Forgiveness

We will explore the causal thoughts that bring about wholeness. We will experience using all of the elemental forces to bring us into a state of wholeness. Come join us in this two hour adventure into the depths of who you are.

CONVENER: John Harrison (913-236-9292)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, April 18; 7:30 PM - 9:30 PM; School of Metaphysics, 4323 Rainbow Blvd., Westwood, KS; LIMIT: 15

outer paths

Martial Arts

#7002 C

Traditional Shaolin Kung Fu

Learn self defense based on the original eight animals of Kung Fu: leopard, crane, dragon, tiger, snake, praying mantis, monkey and eagle. Join us for a great aerobic workout!

CONVENER: Elisha Wampler

CLASS FEE: \$9

Sec. C: 1 session; Tuesday, April 3; 8:00 PM - 9:00 PM;

Sec. D: 1 session; Saturday, April 7; 12:00 PM - 1:00 PM;

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

Recreation

#7101 A or B

Introduction to Horsemanship

Always wanted to learn to ride? Learn about the safe handling of the horse covering grooming, saddling, history and behavior. This is not a trail ride! You will actually learn something about horses in this fun-filled class, located on 300 acres north of the river. Ages 5 years and up, welcome. Participants will be eligible to sign up for additional riding lessons, separate from Communiversity. Call Communiversity for a map to the farm. Please bring carrots for the horses and \$15 to class for horse and equipment rental and refreshments. Jeri has an Animal Science and Veterinary Industry degree and has taught horsemanship for over 20 years.

CONVENER: Jeri Lee Yagello (1-877-468-5858)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, April 7;

Sec. B: 1 session; Saturday, May 5;

MEETS: 1:00 PM - 3:00 PM; Wind in the Willows Farm, near KCI Airport (contact Communiversity for map), KCMO; LIMIT: 15

Kids

#9101 A

Vegan Cookie Making

For young people 10-14. Come for a great time making and eating cookies. Not just any cookies, VEGAN cookies: Fructose Cookies, Turbinado Cookies, and Living Lemon Cookies, that you will decorate, eat and take home (at least one dozen per child). All children must be accompanied by an adult, and children must dress for the occasion. Material Fee \$20.

CONVENER: Kimsé Fard (913-281-3848)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 31; 11:00 AM - 1:30 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfy North 7th St. Trfy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct.

(the 2nd Townhome on the right side with the trees and plants); LIMIT: 15

#9005 A

Edible Treats

Designed for children 5 - 12 and will cover decorating Easter Treats. You will be able to take home the treats you decorate and package.

CONVENER: Traci Williams (816-694-3412)

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

Sec. A: 1 session; Saturday, March 31; 4:00 PM - 5:00 PM;

Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

#9009 A

Lady Tenderheart's School of Magic for Little Witches

Fairies delight and entice us with their mysterious ways and magical play. We will dress like the fairies with wings, glitter, and pretty things, learn a little about the World of Fairy, and create an altar for the fairies to invite them in to our homes. This class is for children ages 3 to 10 years.

CONVENER: Kim Oursler (913-663-2951)

E-mail: koursler@wildoats.com

CLASS FEE: \$9 + \$5 material fee = \$14

Sec. A: 1 session; Sunday, April 15; 4:00 PM - 6:00 PM;

Aquarius, 3936 Broadway, KCMO (Enter from 3937 Washington, back door of Aquarius); LIMIT: 16

Young People

#9109 A

Females: Fix-it Yourself

Why wait for the landlord when you can do it yourself? This class will cover changing/installing a bolt lock, patching Invaluable Assistants a hole in dry wall, and knowing you shut valves in order to prevent excessive damage and possible injury.

CONVENER: Dawn Colbert

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 22; 6:00 PM - 8:00 PM;

University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 10

#9110 A

Female: Fun, Folly, and Finesse-- Frank-Lee Speaking

This course will explore the sex, relationships, and the choices we make as woman that lead to fun, folly, and we hope to finesse in these areas.

CONVENER: Linda Joselyn Bishop Web site: www.personalandfamily.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, April 1; 2:00 PM - 4:00 PM; Location to be announced.; LIMIT: 10

#9111 A

Female: FREEDOM-What holds YOU down?

This class will be in an open group discussion format covering topics such as how do you learn to love and understand yourself, what are the challenges that might keep you from attaining your goals, and how can we empower ourselves and others to overcome challenges? Discussion may also cover how our feelings and our fights restrict our ability to be internally and externally FREE.

CONVENER: Cynthia Taylor

CLASS FEE: \$9

Sec. A: 1 session; Thursday, April 12; 6:00 PM - 8:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 10