

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