

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 Barnet

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