

Drink

#3305 B

Authentic Masala Chai

Do you enjoy drinking "chai"? Did you know that REAL Masala Chai doesn't come out of a box of concentrate? Learn how to prepare and enjoy masala chai made from scratch using loose tea, whole spices (e.g. cardamom pods, stick cinnamon, fresh ginger, peppercorns), milk, water and sweetener. We will experiment by making chai and sample the results in class. If you haven't tasted real masala chai before, you will be amazed at how much better it tastes than the premixed concentrate that is served at Starbucks or many other coffeehouses. Keith, the "Chai Wallah," manages Temple Slug, a local retail store and plans to open The Teahouse next door in the Spring which will serve fine teas, signature hot drinks and foods.

CONVENER: Keith Buchanan (816-531-5147)

E-mail: keithb@templeslug.com

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

Sec. B: 1 session; Wednesday, May 7; 6:00 PM - 8:00 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

#3306 B

Real Drinking Chocolate

RTThea ble sDt rhoint ckhioncgol aCteh ios criochla, ttheick and very dark. And it doesn't come out of an envelope. Learn how to prepare and enjoy hot chocolate made from scratch using dark chocolate, milk, cream, sugar and spices. We will explore the history of drinking chocolate, sampling recipes from Mexico, Europe and North America and experiment with different ways of making this heavenly beverage. We'll also learn how to make Crème de Chocolate—a cross between chocolate mousse and pudding—that is made by simply cooking hot chocolate then chilling it. Keith, the "Chai Wallah," manages Temple Slug, a local retail store and plans to open The Teahouse next door in the Spring which will serve fine teas, signature hot drinks and foods.

CONVENER: Keith Buchanan (816-531-5147)

E-mail: keithb@templeslug.com

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

Sec. B: 1 session; Wednesday, April 9; 6:00 PM - 8:00 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

"I got to thinking about relationships and partial lobotomies. Two seemingly different ideas that might just be perfect together—like chocolate and peanut butter."

~Sara Jessica Parker

health

Healing

#4202 A

To Do or Not Do Dairy?

That is the question! Milk: skim, low fat, whole, powdered, cultured, soured; it does make a difference! In this class we'll discuss pros and cons of pasteurization, homogenization, factors of lactose intolerance, absorption of calcium and the one nutrient you can only get from milk. Dr. Grace Brewer has degrees in microbiology, clinical laboratory science, and chiropractic, plus extensive postdoctoral study in nutrition. Her wholistic health practice provides nutritional counseling, clinical laboratory testing, whole food supplements, and herbal remedies.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, March 30; 2:00 PM - 3:30 PM; Flarshiem Hall, Rm. 260, 5110 Rockhill Rd., UMKC Campus, KCMO, Rockhill Rd. south of 51st.; LIMIT: 20

#4203 A

Soy Story

Soy Truths and Myths. What you don't know about soy can hurt you. Discussion of traditional vs. modern use, fermented vs. processed, soy isolates, soybean oil. Effect on hormones, thyroid, immune system, thyroid, digestion, and more. Dr. Grace Brewer has a wholistic health practice with nutritional counseling, clinical laboratory testing, whole food supplements, and herbal therapy.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, April 20; 2:00 PM - 3:30 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#4204 A

Cholesterol Facts and Fallacies

Fear Factor: good vs. bad cholesterol. What does diet have to do with it? Are low fat diets healthy? The significance of dietary trans fats. Is high cholesterol a disease? Making sense of contradictory reports. Sounds simple, but is it? Dr. Grace Brewer has a wholistic health practice that utilizes nutritional counseling, laboratory testing, whole food supplements, and herbal therapy.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, May 6; 6:00 PM - 7:30 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#4205 A

Detoxify or Die

Dr. Sherry Rogers used this attention-getting book title to heighten awareness of our toxic chemical burden we receive from just living on Planet Earth. Dr. Roger's book and other sources will start discussion of everyday risks and practical steps to lower our exposure and to help our bodies detoxify. Convener studied brain chemistry for her MA and is a certified clinical nutritionist.

CONVENER: Pamela Gifford (913-341-8949)

E-mail: pgifford@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, April 8; 7:00 PM - 8:30 PM; Midtown Psychological Service, 3914 Washington, KCMO; LIMIT: 20

Nutrition

#4301 A

Eliminating Allergies Naturally

Learn about a comprehensive drug-free approach to eliminating allergies. We will be discussing the impact of Candida overgrowth (yeast syndrome) infectious agents, heavy metals and environmental toxins on allergies. You will learn a simple self-test to determine if you have an allergy. You will also have an opportunity to be tested for Candida. As a chiropractic physician, Alain Salas uses gentle, non-force techniques focusing on the underlying physical, emotional, and chemical inflammatory stressors that can manifest as acute pain and chronic disease.

CONVENER: Alain Salas DC (816-842-7246)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, May 7; 7:00 PM - 8:30 PM; Location to be announced; LIMIT: 30

#4303 A

Treating ADD/ADHD and Autism Naturally

This class will focus on the links between ADD/ADHD/Autism and Candida, allergies, cranial stress, toxicity, brain chemistry "neurotransmitters" and diet. We will also discuss how to eliminate infections, toxicity, allergies and Candida naturally. As a chiropractic physician, Alain Salas uses gentle nonforce techniques focusing on the underlying physical, emotional and chemical inflammatory stressors which can manifest as acute pain and chronic disease.

CONVENER: Alain Salas DC (816-842-7246)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, April 16; 7:00 PM - 8:30 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#4305 A

Treating Chronic Diseases Naturally

This class will cover the impact of various issues such as lack of sleep, cranial stress, and inflammatory stressors (Candida/yeast overgrowth, allergies, infectious agents) on Fibromyalgia and other chronic diseases. We will also discuss a comprehensive drug-free approach for treating these physical, emotional and chemical stressors. You will have an opportunity to be tested for Candida. As a chiropractic physician, Alain Salas uses gentle non-force techniques focusing on the underlying physical, emotional and chemical (inflammatory) stressors which can manifest as acute pain and chronic disease.

CONVENER: Alain Salas DC (816-842-7246)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, March 26; 7:00 PM - 8:30 PM; Bloch School of Business, Rm 12, 5110 Cherry, between 51st & 52nd UMKC Campus KCMO; LIMIT: 20

#4312 A

Sacred Circles: Healing with Sound

Participate in a group experience of giving and receiving light and love. Enjoy the immediate benefits of being enveloped in Sacred chanting, singing bowls and vibrational intuitive healing. Each participant will experience a unique and healing treatment given by the group.

CONVENER: Regina Compennolle (816-547-0266)

E-mail: cityinmotion@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 27; 6:30 PM - 8:00 PM; Call Regina for directions.; LIMIT: 15

#4508 A

Living Beauty Blends

Living facial masks & gentle exfoliating cleansers can be created almost entirely from ingredients you can eat! When used in a relaxing facial, these delicious ingredients help stimulate circulation, promote deep cleansing, can heal blemishes, and tone the skin. In this session participants will customize their own spa quality masks and cleansers. You'll experience all the wonderful things that you can use to make your own living facials at home, using allnatural (mostly edible) ingredients. Bring material fee of \$20.00 to the session or call the convener to pay material fee via credit card.

CONVENER: Rebecca Miller

E-mail: a.rebecca.miller@wholefoods.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, May 3; 2:00 PM - 4:00 PM; Whole Foods Market, 7401 W. 91st St., OPKS; LIMIT: 20

"There is no cosmetic
for beauty
like happiness."

~Maria Mitchell

me & you

Relationships

#5102 A

Appreciative Loving

Chuck will discuss the theory of Appreciative Inquiry that helps people focus on the good in others. This class is an exploration about focusing on what is truly working in relationships. You have the power to teach others how you want to be treated, and to create loving relationships. Come learn how to harness that power. Chuck has a Masters in Counseling Psychology from UMKC and is also a Certified Professional Coach.

CONVENER: Chuck Franks (816-885-2526); E-mail: chuck@innerstrengthquest.com; Web site: www.innerstrengthquest.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, April 10; 10:00 AM - 12:00 PM; Royall Hall, Rm. 203, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 25

Self Development

#5302 A

So You're Over 40-50-60 or 70, Let's Live It Up

So you're over 60 that doesn't mean that you should stop enjoying life. This session will provide tips and information of how to live life to the fullest even though you may be over 40-50-60 or even 70.

CONVENER: Debbie Dunn (816-616-7699)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 20; 6:00 PM - 8:00 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#5304

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: danceofflife@kc.rr.com

CLASS FEE: \$14

Sec. A: 2 sessions; Tuesdays, beginning April 22; 7:00 PM - 9:00 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#5306 A

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 Certified Professional Coach with a Masters in Counseling.

CONVENER: Chuck Franks (816-885-2526); E-mail: chuck@innerstrengthquest.com; Web site: www.innerstrengthquest.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, April 8; 10:00 AM - 12:00 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

Sexuality

#5501 A

Introduction to Tantra

Inspire passion in your relationships through conscious, sacred sexual connection. Learn the principles of Tantric breath, intimate positions, and running Life Force Energy to experience a Heaven on Earth connection with your partner. Couples encouraged to attend.

CONVENER: Kim Oursler (816-510-4391 cell)

E-mail: priestesskim@yahoo.com

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

Sec. A: 1 session; Wednesday, April 2; 7:00 PM - 8:00 PM; Kafe Kiskeya, 3226 E 12th St., KCMO, 64127; LIMIT: 18

#5503 A

Sacred Sexuality for Men

Embody the Way of the Superior Man through deepening your understanding of your Sacred Sexuality. Learn the secrets of pleasuring your partner as the Giver and develop your gifts of intimate touch and connection. Light a fire of passion in your stagnant relationships. Class is beneficial for single or partnered men. For men only.

CONVENER: Kim Oursler (816-510-4391 cell)

E-mail: priestesskim@yahoo.com

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

Sec. A: 1 session; Wednesday, April 16; 7:00 PM - 8:30 PM; Kafe Kiskeya, 3226 E 12th St., KCMO, 64127; LIMIT: 18

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—Paramahansa Yogananda



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