

#6016 A

**Exploring the Four Agreements/
Miguel Ruiz**

We will discuss "The Four Agreements" by Miguel Ruiz and explore their impact on our attitudes and actions in daily life. Experience the difference that putting these agreements into practice makes: Be Impeccable with your Word; Don't take anything Personally; Don't make Assumptions; Always do your Best. Ahura has been teaching meditation, psychic development and Reiki healing for over 20 years. She has been living with and teaching about the Four Agreements for nearly a decade.

CONVENER: Ahura Basir (816-374-5988)

E-mail: ahurabasir@yahoo.com

Web site: www.soulescencehealing.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 19; 6:30 PM - 8:30 PM;
CoreStar, 6045 Martway, SMKS 66202; LIMIT: 10

#6019 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 (816-441-0451)

E-mail: holliscenter@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, April 26; 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: 20**Meditation**

#6205 A

**Women's Re-Birthday of Sacred
Play**

Eight hours of Meditation: silent, guided, moving;
Art: clay, wise-woman weed walk; Play: sing-
ing 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 Compernelle (816-547-0266)

E-mail: sacredeartharts@aol.com

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

Sec. A: 1 session; Saturday, April 18; 12:00 PM - 10:00 PM; Call
Regina for directions.; LIMIT: 10

#6207 B

Meditation for Everyone

This is an experiential class for beginners and
experienced meditators alike. We will incorporate
a brief walking meditation, a relaxation medita-
tion, an energy center/chakra meditation as well
as a guided meditation into the evening with some
discussion. Ahura has been teaching meditation,
psychic development and Reiki energy healing for
over 20 years.

CONVENER: Ahura Basir (816-374-5988)

E-mail: ahurabasir@yahoo.com

Web site: www.soulescencehealing.com

CLASS FEE: \$9

Sec. B: 1 session; Thursday, April 16; 6:30 PM - 8:30 PM;
CoreStar, 6045 Martway, SMKS 66202; LIMIT: 15**Psychic**

#6302 A

Clairvoyance and Astral Travel

Clairvoyance and astral travel is an ancient Chinese
art of the Imperial Healing Warriors. Since they had
to know where to go, to seek the sick, they used a
form of clairvoyance and astral projection. Bring a
picture of anyone, anything or any place to use in
the psychic portion of the workshop. Dr. Banuelos
is a naturopathic doctor, sound therapy practitioner,
and master level in the Imperial Healing Warriors
Fraternity. Bring \$35 (optional) for 2 books on CD,
"Astral World" and "Clairvoyance," and handouts.

CONVENER: Lupe Banuelos (816-645-9630)

E-mail: healer@usmo.com

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

CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 21; 7:00 PM - 9:00 PM;
Royall Hall, Rm. 212, 52nd St. Between Rockhill and Holmes,
UMKC Campus, KCMO; LIMIT: 15

#6303 A

**Aura Training—Learn to See and
Read Auras**

The Imperial Healing Warriors developed a form
of training the pupil to be able to see the Aura
and interpret the colors around the Aura. We'll be
practicing, seeing the Aura on humans then take the
colors and interpret their meaning. Anybody can do
this with practice. Dr. Banuelos is a naturopathic
doctor, sound therapy practitioner, and master level
in the Imperial Healing Warriors Fraternity. Bring
\$35 (optional) for color interpretation charts and
hand-outs.

CONVENER: Lupe Banuelos (816-645-9630)

E-mail: healer@usmo.com

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

CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 28; 7:00 PM - 9:00 PM;
Royall Hall, Rm. 212, 52nd St. Between Rockhill and Holmes,
UMKC Campus, KCMO; LIMIT: 30

#6310 A—#6316 A

**The Inner Space Connection:
Psychic Bites**

Learn what being psychic is and how to bring it
out. You will be reading tarot, doing psychometry,
using numerology and more. Each week we will
cover different aspects of ESP. Call or email conve-
ner for directions. Classes meet from 2-4 PM.

CONVENER: Jerry & Michael White & Linda Wilkes
(816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$9

#6310A; Handwriting Analysis; 1 session; Saturday, March 14;
Mat fee \$5

#6311A; Numerology; 1 session; Saturday, March 21; Mat fee \$5

#6312A; Reincarnation Karma & The Purpose of Life;
4 sessions; Saturdays, beginning March 28; Mat fee \$10

#6313A; Out-of-Body; 1 session; Saturday, April 4;

#6314A; Dowsing; 1 session; Saturday, April 11; Mat fee \$5

#6315A; Soul Ages w/ Michael Charts; 1 session; Saturday,
April 18; Mat fee \$15

#6316A; Astrology; 1 session; Saturday, April 25;

MEETS: See Class #6302 A for directions; LIMIT: 12

outer paths**Martial Arts**

#7003 A

Beginning Self Defense

This course is intended to help give the tools of
basic self defense to those who want to learn. It
will cover simple, practical physical techniques for
self defense, as well as strategies for avoiding and
diffusing dangerous situations. Barrett will teach
specific techniques, but welcomes student input as
to what they would like to learn also. The instructor
is a long-term martial artist who has studied many
different styles of self-defense. She looks forward
to sharing her knowledge with you!

CONVENER: Elizabeth Barrett (816-524-0646)

E-mail: ebbhwf@umkc.edu

CLASS FEE: \$15

Sec. A: 3 sessions; Mondays, beginning April 6; 6:00 PM - 7:00
PM; Convener will call with location; LIMIT: 12

#7004 C or D

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, March 31; 8:00 PM - 9:00 PM;

Sec. D: 1 session; Friday, April 3; 6:30 PM - 8:00 PM;

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

#7104 A or B

Learn to Curl: An Olympic Sport

The sport of Curling will experience its fourth
time as an Olympic Medal Sport in 2010 but did
you know that this 400 year old Scottish sport is
played by over 1.5 million people worldwide?
Taught alongside actual curling matches each
week, our "Learn to Curl" program consists of a 15
minute video tape on the sport of curling, followed
by a question and answer period. Those who are
comfortable standing on ice will use the remaining
time trying the various techniques (delivery of the
rock, sweeping and game strategy) demon-
strated by curlers of the Kansas City Curling Club. You are
encouraged to join us after the games as we social-
ize (broomstack). Wear loose fitting clothes that
will keep you warm to 40 degrees and a clean pair
of rubber soled shoes (i.e. sneakers).

CONVENER: Bill McBride (816-599-9965)

E-mail: wam@kccurling.com Web site: www.kccurling.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, March 22; 10:45 AM - 12:30 PM;

Sec. B: 1 session; Sunday, March 22; 12:15 PM - 2:00 PM;

Pepsi Ice Midwest, 12140 W Quivera & 135th St., OPKS;

LIMIT: 12