

me & you

Singles

#5001 A

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. A: 1 session; Tuesday, June 19; 7:00 PM - 8:45 PM; Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 25

#5002 A

101 Fun & Clever Ways to Get Noticed By the Opposite Sex

The first step in starting a relationship is getting noticed. This workshop will discuss fun and clever ways to get the attention of those you wish to meet. The material is presented by Don Davidson, singles leader and publisher of "Guide to Singles Groups in Kansas City." Come and have fun meeting others and contributing your own clever ways of getting noticed.

CONVENER: Don Davidson

CLASS FEE: \$9 + \$4 material fee = \$13

Sec. A: 1 session; Monday, July 9; 7:00 PM - 8:45 PM; Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 20

Relationships

#5101 A

Calling in "The One", 7 Weeks to Attract the Love of Your Life

This course is designed to explore the process of clearing obstacles keeping you from attracting love into your life. If it is a good fit for you, there will be an ongoing opportunity to get the knowledge, support and discipline to continue to reach your goal. I am a graduate of Theocratic Ministry School and have indulged my passion of teaching and helping others to better themselves for 22 years. 13 months ago I received education from Katherine Woodward Thomas to facilitate her material from her book, Calling in "The One." 2 people I worked with are engaged!!! Bring \$3 cash to class for materials.

CONVENER: Jill Mesmer E-mail: jmesmer@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 11; 7:00 PM - 8:00 PM; Royall Hall, Rm. 203, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

#5102 A

Practical Polyamory: The Practice of Many Loves



Discover a lifestyle beyond monogamy. Ethics, health, relationship dynamics and spirituality will all be included in our discussion. There will be practical tips on dealing with jealousy, communication, dating and taking care of yourself, as well as your significant other. At the end of the class Sionna will provide an open forum for questions. An optional handout packet will be available for \$5. Sionna and her husband have been providing workshops on polyamory since 1990.

CONVENER: Sionna Lochlainn E-mail: sionna@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 17; 3:00 PM - 5:00 PM; Haag Hall, Rm. 212, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 12

#5103 A

Communication & Relationships Between the Sexes

Men and women have brains that have been programmed to operate differently. Learn to understand these differences and improve your relationships, from the bedroom to the office. Learn how to interrupt, how not to and why! Learn to celebrate our differences and enjoy the uniqueness of each other. Tape recorders are welcome. Please bring \$5 for materials to class. Additional books available for purchase.

CONVENER: Jerry White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 19; 7:00 PM - 9:00 PM; Royall Hall, Rm. 311, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 15

#5104 A or B

Tired of Finding Mr./Ms. Wrong?—Improve Your Chances of a Good Relationship



Are you tired of relationships that start out great and never work out? Using techniques of NLP (Neuro Linguistic Programming) and the work of Barbara De Angelis, participants learn how to find more compatible and fulfilling relationships. You'll explore your own values, and how to identify them quickly in others to create more powerful lasting connections. Convener is a certified hypnotherapist and a master practitioner of NLP.

CONVENER: Ellen Jacobs-Imber (913-648-1011)

CLASS FEE: \$14

Sec. A: 2 sessions; Mondays, beginning June 11;

Sec. B: 2 sessions; Mondays, beginning July 16;

MEETS: 7:00 PM - 9:00 PM; 1118 1/2 W 45th (2nd Floor - SE Corner of 45th & State Line); LIMIT: 14

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For More Information

Self Development

#5301 A

Intro to LifeSkills Playshops



Join in a series of fun, interactive "playshops" designed to enable participants to reshape their automatic responses. Through interacting in simple activities you'll reduce stress, build self-confidence, enhance communication, and just have fun! Like a master martial artist or expert musician, you can develop everyday responses that are more confident, more complete, more accurate, and more honest, and live Life freely!

CONVENER: Brett Varney

E-mail: brettv@livelifefreely.com Web site: www.livelifefreely.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 16; 2:00 PM - 4:00 PM; Blufford Library, Rm. A, 31st St. & Prospect Ave., KCMO; LIMIT: 30

#5302 A

Learn Easier/Remember Longer

By understanding how the brain stores information, you can take better notes from books or lectures and retain what you learn. I will introduce you to the technique and provide a manual to help you develop it. Tape recorders are welcome. Bring \$17 for book and material fee to class.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 5; 7:00 PM - 9:00 PM; Haag Hall, Rm. 212, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#5303 A

Make Your Emotions Work for You Instead of Against You

Learn to take control of your emotions, using them as teachers and guides. They don't need to run you; you can run them. Tape recorders are welcome. Please bring \$2 material fee to class.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 10; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park; LIMIT: 15

#5304 A

Living in the Moment: No More Stress and Worry



If you want to be more peaceful, worry-free, and self-realized, nothing beats learning how to be in the NOW. This enables you to deal only with current reality, and not the burden of past or future, and negative, repetitive, untrue thoughts. It also helps you get in touch with your true self and not live out of your ego. Learn a whole new way to see and live reality that produces serenity. Great masters have shown us the way to freedom, so come learn timetested approaches from them. Bring \$3 to class for materials. Carol Meyer is a spiritual teacher and guide with an MA in Theology.

CONVENER: Carol Meyer (913-677-8672)

E-mail: wisdomways@planetkc.com

Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, August 8; 7:00 PM - 8:30 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 15

#5305 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)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$14

Sec. A: 2 sessions; Tuesdays, beginning July 31; 7:00 PM - 9:00 PM; Haag Hall, Rm. 212, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#5306 A

How to Handle Impossible People



Do you have to deal with someone who is illogical, rude, self-centered, or not empathetic? Learn the reasons behind their impossible behavior and what you can do to keep your cool. This class will explore options and methods to change behavior. Bring examples to class and we will develop action plans.

CONVENER: Virginia Bruce-Wolfe (913-384-5514)

E-mail: vbrucewolfe@kc.rr.com

CLASS FEE: \$15

Sec. A: 3 sessions; Tuesdays, beginning June 26; 7:00 PM - 8:30 PM; Flarshheim Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KCMO, South of 51st. On Rockhill Rd.; LIMIT: 12

#5307 A

Change Your Life By Learning to Reprogram Your Brain

Your brain is a biological computer, and you can only get out of it the programs that have been put in, mostly by others. Take over and start putting in programs that will help you achieve what you want from life. This is hands-on NLP. Tape recorders are encouraged. Bring \$25 fee for book and materials.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$16

Sec. A: 5 sessions; Tuesdays, beginning June 26; 7:00 PM - 9:00 PM; Royall Hall, Rm. 311, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 15

#5401 A

"Looking For That Open Road?"



Motoring on life's highway and constantly being met with signs that read "road closed, dead end, no thru traffic?" Imagine finding a way to open up those avenues and streets. Seeing yourself cruising along easy, creating paths going where YOU want to go. Your body feels free, restored with the positive energy needed to make your own way. It is possible! EFT (Emotional Freedom Technique) is a new and unique method developed to eliminate the cause of negative emotion. The thoughts and feeling that keep those road blocks in your path. EFT is a method of applying both a mental and physical correction of thought and their effects in the body's energy system. Pull over for a couple of hours a week and experience how learning this technique can put you back on the right road. Please bring \$5 for handouts.

CONVENER: Junda Fuehrer (816-767-0755)

E-mail: junda@kc.rr.com

CLASS FEE: \$15

Sec. A: 3 sessions; Mondays, beginning June 4; 6:30 PM - 8:30 PM; Royall Hall, Rm. 202, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

#5402 A

Clay Therapy "Off on Wednesdays"

If you are the walking wounded, if you have lost a significant other through death, divorce, etc, this class is for you. Using Art Therapy and the clay medium, we will explore our feelings. The convener has a Masters in Community Counseling with a specialty in Art Therapy. This is a fun, no-experience necessary class with the potential to expand into an ongoing class. Please bring \$15 for materials and firing.

CONVENER: Marge Fleming

CLASS FEE: \$14

Sec. A: 2 sessions; Wednesdays, beginning July 11; 6:30 PM - 8:30 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: 6

Sexuality

#5501 A

Secrets of Sacred Sexuality for Women



Awaken to your Sacred and Sensual nature through this interactive class designed to help you live a more erotic life. Learn how to truly receive your partner and be fully present during intimacy.

Whether you are single or in partnership, this introductory class can assist you in developing delicious self pleasuring techniques or sharing your gifts with a partner. For women only. Kim Oursler is a Tantric Priestess who assists women and men in awakening and embodying their sacred, sexual nature. She creates a safe and sacred container for people to explore their beliefs about sexuality and facilitates deep healing by opening the chakras to our true nature. She assists in facilitating annual Tantra retreats to Costa Rica. Please bring \$15 for materials to class

CONVENER: Kim Oursler (816-510-4391)

E-mail: priestesskim@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 10; 6:00 PM - 8:30 PM; Aquarius, 3936 Broadway, KCMO (Enter from 3937 Washington, back door of Aquarius); LIMIT: 15

#5502 A

Secrets of 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. Kim Oursler is a Tantric Priestess who assists women and men in awakening and embodying their sacred, sexual nature. She creates a safe and sacred container for people to explore their beliefs about sexuality and facilitates deep healing by opening the chakras to our true nature. She assists in facilitating annual Tantra retreats to Costa Rica. Please bring \$15 for materials to class.

CONVENER: Kim Oursler (816-540-4391)

E-mail: priestesskim@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 23; 12:00 PM - 2:30 PM; Aquarius, 3936 Broadway, KCMO (Enter from 3937 Washington, back door of Aquarius); LIMIT: 15

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FENG SHUI



Photo by Rachael Jane

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