#3003 A

Barbeque
Learn my taste-tested techniques of smoking and grilling. We'll review sauces, marinades and dry rubs. Come hungry! Samples prepared prior to and during the class will include ribs, brisket, chicken, fish and more. The convener is an American Royal Rib Champion and winner of over 50 ribbons.

CONVENER: Guy Simpson (913-631-3233)
CLASS FEE: $9 + $15 material fee = $24
Sec. A: 1 session; Thursday, May 11; 6:00 PM - 8:00 PM; 14004 W 69th, Shawnee Mission, KS, take I-35, exit at 67th st; go west 3 miles until reaching Cottonwood (between Pflumm & Midland Dr.); left on Cottonwood; turn right on 69th St; corner house; LIMIT: 50

#3101 E

Indian Cooking
Learn to cook Indian dishes from scratch using traditional spices and techniques. Each section will delve into a unique world of cookery delights. Ajay ran an Indian Grocery store and was often asked how to use Indian spices. He now teaches cooking classes along with his wife and his mother. Learn to prepare goat curry and mint chutney in this hands-on class.

CONVENER: Ajay Sood (913-286-3689 or 913-963-1787) E-mail: ajaysood223@yahoo.com
CLASS FEE: $9 + $10 material fee = $19
Sec. E: 1 session; Monday, March 27; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, 5019 Roanoke, KC, 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: 15

#3103 B

Vegetarian Ethiopian Cooking
Learn centuries-old Ethiopian traditional cooking. Learn to use Ethiopian spices in this hands-on class. Learn to prepare injera (soft, spongy and flat national bread), gomen (Collard greens), and atiklet watt (cabbage, carrots and potatoes). You'll receive complete instructions on how to prepare this unique cuisine.

CONVENER: Daniel Fujin (816-283-6950)
CLASS FEE: $9 + $12 material fee = $21
Sec. B: 1 session; Wednesday, April 19; 5:00 PM - 7:00 PM; Blue Nile Cafe, 20 E 5th St. KCMO, River Market; LIMIT: 15

#3106 A

Midwest Mexican Cooking: “Zesty One-Pot Wonders”
Arroz con Pollo, Picadillo y Chilaquiles and just a few savory Mexican skillet dishes that became popular before their time. Together, we will show you the basics along with other suggested variations for each dish. This quick and easy, complete meal, user-friendly recipes are definitely outside the box!

CONVENER: Christina Gallegos & Anna Walker (913-262-7200) E-mail: a walkers2001@yahoo.com
CLASS FEE: $9 + $10 material fee = $19
Sec. A: 1 session; Thursday, April 20; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd., KC, e-mail see course # 3101 for directions; LIMIT: 12

Vegetarian

#3201 B

Introduction to a Life of Raw Living Foods
This class will cover; what the live-food diet is, what the benefits of live foods are, if it’s right for you, how to get started and what you need. We will also discuss the nutritional value of incorporating live foods into your diet. There will be demonstrations on how to prepare a basic live-food meal with samples of that meal and other live-food cuisine. Students will have the opportunity to assist with food preparation. Please bring $20 for food.

CONVENER: Kinsae Fard (913-281-3848) E-mail: Kinsae@InstituteOfLivingRight.com
CLASS FEE: $9
Sec. B: 1 session; Saturday, May 6; 10:00 AM - 1:00 PM; Institute of Living Right, 541 Freeman Court, KCK; LIMIT: 15

#3202 A

Vegetarian Eating: Better Health for You and the Planet
Adopting a partial or complete vegetarian diet is one of the best things you can do for your health, to save the environment and to relieve animal suffering. It is not as daunting and austere as it may seem. Come learn what to eat, how to cook it and ways to make a gradual transition. To get you motivated, we’ll also talk about why to do it and all its benefits. You'll receive two practical booklets on vegetarianism. Please bring $5 for materials. Carol Meyer, MA in Theology, has been into holistic health and natural eating for over 30 years.

CONVENER: Carol Meyer (913-677-8672) E-mail: wisdomways@planetem.com Web site: www.wisdom-ways.org
CLASS FEE: $9
Sec. A: 1 session; Wednesday, May 3; 7:00 PM - 8:30 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 15

Drink

#3304 A

It’s Tax Day, Let’s Drink! Wine Tasting for Beginners
A wine connoisseur of long standing will be our tour guide. A fine selection of wine worthy of our sampling will be our destination. You will learn how to buy and store wines, and how to order wine in a restaurant. Bread and cheese will be served along the way. Mr. Barnes is the director of the Vintage Wine Club and a respected Sommelier.

CONVENER: Barry Barnes
CLASS FEE: $9 + $22.50 material fee = $31.50
Sec. A: 1 session; Saturday, April 15; 6:00 PM - 8:00 PM; The Art Club of Kansas City, 1129 - 1131 W 41st St., KC, 5 1/2 blocks east of State Line Rd; LIMIT: 20

#3305 A

Good Wine at a Good Price
Anyone can spend $20 and get a decent bottle of wine. The trick lies in spending $5 or less for a decent bottle of wine. Join artist Linister in his studio where he will share some of his favorite inexpensive wines. Fruit, cheese and bread complete the evening.

CONVENER: Linister (816-753-2193)
CLASS FEE: $9 + $17.50 material fee = $26.50
Sec. A: 1 session; Saturday, March 25; 6:00 PM - 8:00 PM; The Art Club of Kansas City, 1129 - 1131 W 41st St., KC, 5 1/2 blocks east of State Line Rd; LIMIT: 20

Health

#4004 A

Day Long Meditation Retreat
Join us for a day long insight meditation retreat in the Theravada Buddhist tradition. There will be guided instruction for newcomers combined with meditation practice time and discussion. Benefits include reduced stress and better health. Bring a brown bag lunch for eating meditation. Robert teaches insight meditation in Kansas City and around the United States upon request.

CONVENER: Robert Brumet (816-531-2131) E-mail: irla@allisonink.org
CLASS FEE: $14
Sec. A: 1 session; Saturday, March 25; 9:00 AM - 4:00 PM; All Souls Unitarian Church, 4501 Walnut, KC, Main at 45th. Enter from parking lot; LIMIT: 20

#4006 B

Gentle Yoga for Beginners
Anyone can learn Hatha yoga and enjoy its numerous benefits, including greater strength, improved flexibility and inner calm. This class is non-competitive, allowing each student to progress at their own pace, and will include gentle postures, focused breathing and guided deep relaxation. Please wear stretchy clothes and be ready to practice in bare feet. Becky is a local yoga teacher who began studying yoga to relieve pain caused by scoliosis. Her teaching style combines skill, creativity and compassion.

CONVENER: Becky Holten
CLASS FEE: $9
Sec. B: 1 session; Saturday, April 1; 11:30 AM - 12:45 PM; US Bank Bldg., 4901 Main, #401, KC, (take elevator to 4th floor); LIMIT: 15

Yoga

#4303 B

Transform Your Life Through Reiki
Reiki, (Ráy-key), a Japanese word for “universal life energy,” is a simple, yet immensely powerful system of energy healing. Reiki is not a religion and is offered to all people from all walks of life. While the primary focus is physical healing, Reiki can also be used to heal relationships and bring about “highest good” in life situations and circumstances, including the flow of abundance. Come and learn more about traditional (Usui) Reiki and experience a sample of the Reiki energy in beautiful and serene space in the River Market. Convenuer will call registrants with exact location and directions. Optional text available for $13.

CONVENER: Riverheart (816-472-5549)
CLASS FEE: $9
Sec. B: 1 session; Sunday, April 2; 12:00 PM - 3:00 PM; Richard and Conover Lofts, River Market, Call convenuer for meeting room location and directions; LIMIT: 20