### #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 (913-631-2323)

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

**Sec. A:** 1 session; Thursday, May 11; 6:00 PM - 8:00 PM; 14,003 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

### #3003 B Ethnic Food

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 (913-268-3608 or 913-963-1787) E-mail: ajayp2123@yahoo.com

**CLASS FEE:** $9 + $10 material fee = $19

**Sec. A:** 1 session; Monday, March 27; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, 3001 Roanoke, KC, west on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 2 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 15

### #3003 C 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:** Kimsel Fard (913-281-3848) E-mail: Kimsal@InstituteOLivingRight.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: wisdom-ways@planetek.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

### #3003 D 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 1; 11:30 AM - 12:45 PM; US Bank Bldg., 4901 Main, #401, KCMO (take elevator to 4th floor); LIMIT: 15

### #3003 E Yoga

**#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 (816-931-2131) E-mail: lrd@alliancekc.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 Holsten

**CLASS FEE:** $9

**Sec. B:** 1 session; Saturday, April 1; 11:30 AM - 12:45 PM; US Bank Bldg., 4901 Main, #401, KCMO (take elevator to 4th floor); LIMIT: 15
#4307 B
**Introduction to Reiki I**
Curious about Reiki, want to have a better understanding of what it is and what it does? This class is the first in a series for obtaining first degree Reiki. We will discuss the origins of Reiki, the attunement process and basic hand positions. Recommended reading: Essential Reiki, by Diane Stein.

**CONVENER:** Tori
**CLASS FEE:** $9
Sec. B: 1 session; Thursday, April 6; 7:00 PM - 8:30 PM; White Light Holistic Resource Center, 1607 W. 39th St., KCMO; LIMIT: 15

**AFFORDABLE CHIROPRACTIC HEALTH CARE**

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Initial Visit</td>
<td>$50</td>
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<tr>
<td>Individual Visit</td>
<td>$35</td>
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</tbody>
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#4311 B
**Vitamin Therapy—Be in Control of Your Health**
Vitamin deficiencies can cause PMS, insomnia, leg cramps, fatigue, and a long list of other problems. But with so many brands on the market, it can be confusing. How do you choose the one that’s best for your age, weight and gender? We’ll take the guess work out of choosing vitamins and teach you the benefits of vitamin therapy.

**CONVENER:** Dr. Ella Ladd (913-341-4224)
**CLASS FEE:** $9
Sec. B: 1 session; Tuesday, May 23; 7:00 PM - 9:00 PM; Synergistic Medical Care, 6383 W 110th St. OPKS; LIMIT: 10

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Call for schedule for ongoing classes


#4304 A  
On Being a Healer
Healing is 80% intention and 20% technique. Learn basic principles that the Masters of the Healing Arts have used over the centuries to heal pain and restore balance in the mind and body. We will discuss mindfulness, clearing, intentionality, disturbance patterns, blessing and Karmic responsibility. This inspiring class will be both lecture and hands-on, so wear comfortable clothing and bring a large towel or yoga mat to lie on. Rev. Plunkett is a Christian mystic, healer and ordained priest, as well as a certified neuromuscular massage therapist and the co-director of Kansas City Center of Light in Overland Park.

CONVENER: Rev. Marion Plunkett  (913-851-3204) E-mail: reverendmarion@core.com Web site: www.centersoflight.org  
CLASS FEE: $9  
Sec: A; 1 session; Saturday, April 22; 2:00 PM - 5:00 PM; Haag Hall, Rm. 310, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#4312 B  
Anti-Aging the Safe Way from the Inside to the Outside  
We’ll discuss how a youthful complexion, a lean body and increased energy are among the rewards of taking care of your body on the inside as well as the outside. Learn how natural hormone supplements, weight loss and exercise, stress relief, vitamins, herbs, therapeutic massage, spinal manipulation therapy and ancient Chinese methods like acupuncture can slow aging.

CONVENER: Dr. Ella Ladd  (913-341-4224)  
CLASS FEE: $9  
Sec: B; 1 session; Tuesday, May 2; 7:00 PM - 9:00 PM; Synergistic Medical Care, 6363 W 110th St. OPKS; LIMIT: 10

#4313 B  
Acupuncture and Acupressure  
Come learn from Dr. Ella Ladd some common acupressure techniques for headaches, sinus pressure, carpal tunnel syndrome, stress anxiety, low back and neck pain. The basic principles of acupuncture will also be discussed. Please dress comfortably as you will practice some “hands-on” acupressure techniques with others in the class.

CONVENER: Dr. Ella Ladd  (913-341-4224)  
CLASS FEE: $16  
Sec: B; 4 sessions; every other Tuesday, beginning April 11; 7:00 PM - 9:00 PM; Synergistic Medical Care, 6363 W 110th St. OPKS; LIMIT: 10

#4501 B  
Herbal Soap Making  
Natural Soaps made easy! In this class each participant will learn to select quality base soaps and hand mill them into custom herbal soaps (both bars and liquid) for gifts and their own personal needs. Students will make and sample more than three of their own herbal soap blends. We will discuss the benefits of herbs in soaps and how to combine herbs with other natural ingredients to produce natural healing soaps. This is a hands on class! Bring $15 for soap making supplies and refreshments.

CONVENER: Kimse Fard  (913-281-3848)  
E-mail: Kimse@InstituteOfLivingRight.com  
CLASS FEE: $9  
Sec: B; 1 session; Saturday, May 20; 10:00 AM - 12:00 PM; Institute of Living Right, 641 Freeman Court, KCK; LIMIT: 15

#4316 A  
Herbal Home Remedies  
Learn what our grandmothers don’t teach us any more. You can use poultices, compresses, soups and salves to facilitate your own healing. There will be hands-on demonstration, samples and handouts, and we will take a walk in the woods to identify medicinal and edible plants.

CONVENER: Regina Compernolle  (816-561-2882)  
E-mail: reginacom@aol.com Web site: sacredeartharts.com  
CLASS FEE: $14 + $20 material fee = $34  
Sec: A; 1 session; Saturday, April 22; 11:00 AM - 3:00 PM; Convenor will call with location; LIMIT: 20

#4317 A  
Herbal Wine Tasting  
Join us as we explore the delicious world of herbal wine infusions. We’ll taste a variety of simple-to-make beverages prized for their flavor and medicinal properties. Chef Rebecca Miller will prepare sensational seasonal foods to complement the wines.

CONVENER: Regina Compernolle  (816-561-2882)  
E-mail: reginacom@aol.com Web site: sacredeartharts.com  
CLASS FEE: $9 + $20 material fee = $29  
Sec: A; 1 session; Saturday, April 22; 5:00 PM - 7:00 PM; Convenor will call with location; LIMIT: 10

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