## 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. The facilitator will discuss various social and special interest singles groups with an emphasis on groups sponsored by faith communities. Convenor 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.

**CONVENOR:** Don Davidson  
**CLASS FEE:** $9 + $6 material fee = $15  
**Sec. A:** 1 session; Monday, April 12; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 48th & Main, KC; LIMIT: 20

### #5002 A
**Advantages and Disadvantages of Being Single**

There are pros and cons of being single. Come and share your thoughts and get the facilitator’s take on the topic. Your fee includes a new booklet by the same title by the facilitator which will be used in the class discussion. Don is a long-time area singles leader, seminar presenter and author of materials for singles.

**CONVENOR:** Don Davidson  
**CLASS FEE:** $9 + $2 material fee = $12  
**Sec. A:** 1 session; Monday, April 12; 7:00 PM - 8:30 PM; Plaza Library, Large Room, 48th & Main, KC; LIMIT: 20

## Relationships

### #5103 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, taking care of yourself, as well as your significant other(s). 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.

**CONVENOR:** Sionna Lohmann  
**E-mail:** sionnako@kc.rr.com  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Wednesday, March 24; 7:00 PM - 9:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KC; LIMIT: 12

### #5402 B
**Acupuncture for Everyday Living**

Learn what the Chinese have been doing for 3,000 years. This class will go through the theory of Chinese acupuncture, Chinese Herbology, demonstration of acupuncture, and most importantly what you can do for yourself with acupuncture for sprains, sore muscles, colds, headaches, toothaches, colicky babies, sore throat, stop bleeding, hiccups, asthma, and nausea. Travis has a Bachelors of science in biology and minor in chemistry from UMKC, a Masters in oriental medicine from Denver, CO, and is a licensed acupuncturist and herbalist. He is currently practicing in Kansas City, MO.

**CONVENOR:** Travis Spiersweet  
**E-mail:** spiersonac@gmail.com  
**CLASS FEE:** $9  
**Sec. B:** 1 session; Monday, April 19; 6:30 PM - 8:30 PM; Boulevard Yoga, 215 Southwest Blvd. Kansas City, MO; LIMIT: 10

## Parenting

### #5201 A
**Interested in Homebirth?**

Come explore the option of a homebirth. We will discuss safety issues, insurance payments, the differences between Certified Nurse Midwives and lay midwives, and reasons to transfer from the home. Videos and educational material will be reviewed. Suzanne has been a Certified Nurse Midwife since 2000 doing home and hospital births.

**CONVENOR:** Suzanne Ryan  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Monday, April 12; 7:00 PM - 8:00 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KC; LIMIT: 15

## Self-Development

### #5307 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. You need some understanding of NLP to utilize this class. Tape recorders welcome. $25 material fee includes book.  

**CONVENOR:** Jerry White  
**E-mail:** dancelife@kc.rr.com  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Tuesday, April 20; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 24th & Charlotte, KC; LIMIT: 20

### #5401 A
**Self Hypnosis**

You will learn how to put yourself into a relaxing state of self hypnosis and give yourself suggestions to become more successful in all areas of your life. You can improve your memory, stop smoking, eat less, sleep better, enhance performance in sports, music, arts, and more. Carol is a Certified Hypnotherapist and owner of New Day Hypnotherapy, LLC in Overland Park.

**CONVENOR:** Carol Henderson  
**E-mail:** carol@newdayhypno.com  
**Web site:** www.NewDayHypno.com  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Saturday, March 27; 10:00 AM - 12:00 PM; Cloverleaf Office Park, Bldg. #3, 6405 Metcalf, #114, Overland Park, KS; LIMIT: 25

### #5402 B
**Magic Mirrors**

We will meditate upon our inner wisdom and focus our mirror to class. Bring small space, meditate on our intent and personal direction in life, then construct a wand using wood, crystals, feathers and a variety of magic materials.

**CONVENOR:** Regina Compernolle  
**E-mail:** ReginaCompernolle@gmail.com  
**CLASS FEE:** $9 + $20 material fee = $29  
**Sec. A:** 1 session; Wednesday, April 14; 8:30 PM - 10:30 PM; Good JuJu, 1412 W. 12th, KCMO 64101; LIMIT: 10

## Spirituality

### #6004 A
**Conscious Language**

In this course, students will learn how their language effects their current life and how to change their language to create the life they want. Bring $3 for materials.

**CONVENOR:** Diane Edmiston  
**E-mail:** charmedone@kc.rr.com  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Thursday, March 18; 7:00 PM - 9:30 PM; Haag Hall, Rm. 315, 52nd & Rockhill Road, UMKC Campus, KC; LIMIT: 12

### #6005 A
**Spiritual Amnesia**

Spiritual amnesia is recognized as suffering from illness, depression, abusive relationships (even with yourself), lethargy, apathy, or feeling lost. This course will help you begin to gain clarity in your life, give you suggestions on how to recall your spiritual purpose and to integrate spirituality into your daily life.

**CONVENOR:** Diane Edmiston  
**E-mail:** charmedone@kc.rr.com  
**CLASS FEE:** $14  
**Sec. A:** 2 sessions; Thursdays, beginning April 8; 6:45 PM - 9:00 PM; Royal Hall, Rm. 202, 52nd St. Between Rockhill and Holmes, UMKC Campus, KC; LIMIT: 20

## Make a Full Moon Magick Wand

Under the light of a silvery moon we’ll learn about the folklore of a variety of trees and the symbolism and uses of a magic wand. We will create sacred space, meditate on our intent and personal direction in life, then construct a wand using wood, crystals, feathers and a variety of magic materials.

**CONVENOR:** Regina Compernolle  
**E-mail:** ReginaCompernolle@gmail.com  
**CLASS FEE:** $9 + $20 material fee = $29  
**Sec. A:** 1 session; Wednesday, April 14; 6:30 PM - 8:30 PM; Good JuJu, 1412 W. 12th, KCMO 64101; LIMIT: 10

## Magic Mirrors

**CONVENOR:** Regina Compernolle  
**E-mail:** ReginaCompernolle@gmail.com  
**CLASS FEE:** $14 + $15 material fee = $29  
**Sec. A:** 2 sessions; Wednesdays, beginning May 12; 6:30 PM - 8:30 PM; Good JuJu, 1412 W. 12th, KCMO 64101; LIMIT: 10