

Cher Hunter combines her knowledge as a certified yoga therapist and certified massage therapist to help clients relieve stress and develop body awareness and alignment.

Introduction to Natural Health and Healing

This course is designed for anyone who wants to learn how to promote wellness, balance and health in their daily lives and will provide students with a basic understanding of the field of natural health.

Cost: \$99 (MD Senior Adults: \$99)

Online; new sections begin monthly

For more information and course registration details go to www.ed2go.com/carrollcc

Body/Mind

Awareness Through Movement

Twisting the wrist, turning the head, lifting - what was once easy becomes difficult either through age, injury or the plain old daily stress of living. Discover a method to reclaim the ease of these movements through the Feldenkrais Method® of movement. Through simple, gentle movements that gradually evolve into greater range and complexity, participants reconnect with their natural abilities to move. Whether you wish to sit more comfortably at your computer, garden without aching knees and back, or improve performance in your favorite sport or job, these lessons can improve your ability to move with ease. Lessons are appropriate for any level of fitness; participants must be able to lie on the floor and bend the knees. *Instructor: Jeri Eaton*
Cost: \$60 (MD Senior Adults: \$60)

Course #: XXZ-558-A2

Tue., Sep. 22 - Oct. 27, 5:30 - 6:30 PM (6 sessions)

Washington Road Campus, Rm. N106

Course #: XXZ-558-B2

Tue., Nov. 3 - Dec. 8, 5:30 - 6:30 PM (6 sessions)

Washington Road Campus, Rm. N106

Jeri Eaton wears many hats - writer, real estate owner, chief-cook-and-bottle-washer - and finds that the Feldenkrais Method® of movement helps her in all of them. Having completed 400 hours of training as well as attended Awareness Through Movement® classes for more than 10 years, she is excited to bring the joy and discovery of Feldenkrais Method® classes to Carroll County.

Hatha Yoga (Beginning)

Transform your mind and body with yoga. Discover physical posture and breathing techniques, body awareness tips, and methods for releasing muscular tension. Apply yoga philosophy and techniques to develop a personal yoga practice. Beginners welcome.

Wear loose-fitting clothes and bring a yoga mat and blanket to each class. *Instructor: Tim Hurley.*

Cost: \$80 (MD Senior Adults: \$80)

Course #: XXQ-033-A2

Sun., Sep. 20 - Nov. 8, 12:00 - 1:30 PM

(7 sessions; no class 10/11)

Washington Road Campus, Rm. A202

Tim Hurley brings a compassionate and encouraging approach to teaching yoga. A certified yoga therapist and teacher Tim is able to tailor yoga practices to the individual student's physical needs. He has been teaching locally for several years and is an adjunct instructor for the college's Yoga Teacher Training.

Restorative Yoga

Feeling stressed and overworked? Restorative Yoga is a gift you give to yourself. This easy and relaxing class combines gentle movements and mindful breathing techniques with a series of passive, personalized postures supported by various combinations of rolled blankets. It's perfect for beginners, those with specific limitations or recovering from injury, or more experienced students desiring a relaxed pace. Introduce yourself to time-honored stress management techniques and experience greater wellness and relaxation. Wear loose-fitting clothes and bring a yoga mat and a twin-sized blanket to each class. *Instructor:*

Jeanne Deignan-Kosmidis

Cost: \$40 (MD Senior Adults: \$40)

Course #: XXZ-636-A2

Sat., Oct. 17 - Nov. 7, 9:00 - 10:15 AM (4 sessions)

Washington Road Campus, Rm. M157

Jeanne Deignan-Kosmidis, with almost 30 years experience in yoga, meditation, nutrition and alternative healing, brings a broad and unique quality of experience, knowledge and nurturing support to her yoga workshops. As a Certified Advanced Kripalu Yoga Instructor, Jeanne brings a supportive, individual approach to teaching yoga meeting each person's unique needs especially for restorative purposes. Jeanne is an adjunct instructor for the college's Yoga Teacher Training.

Yoga Teacher Training

Create a professional therapeutic healing practice using the tools of yoga, Ayurveda and the meditation arts. Offered in partnership with Yama Studio, this program incorporates the vast body of therapeutic wisdom that has been studied, practiced and taught by yogis and Ayurveda practitioners throughout the ages. Yama Studio is a registered yoga school

with Yoga Alliance (YA) and our graduates are eligible to apply for Registered Yoga Trainer (RYT) status with YA. You must complete both Parts in order to qualify for certification. For more background about this program and Yama Studio go to www.yamastudio.com.

Part I

Cost: \$1,248 (MD Senior Adults: \$275)

Course #: AHE-079-A2

Tue. & Thu., Oct. 13 - Dec. 17, 6:00 - 9:30 PM; and

Sat. & Sun., Oct. 10 & 11 and Jan. 9 & 10, 2009,

8:00 AM - 5:00 PM

(22 sessions; no class 11/26)

Washington Road Campus, Rm. M157

Part II

Cost: \$1,248 (MD Senior Adults: \$275)

Course #: AHE-080-A3

Tue. & Thu., Jan. 12 - Mar. 18, 2010, 6:00 - 9:30 PM; and

Sat. & Sun., Mar. 20 & 21, 2010, 8:00 AM - 5:00 PM

(22 sessions)

Washington Road Campus, Rm. M157

Integrative Health Lectures

Focus on health, including preventative and alternative ways of addressing typical health concerns. Instructor Jeanne Deignan-Kosmidis gives her broad and unique knowledge and experience to this timely topic and brings 30 years experience in yoga, meditation, nutrition and alternative healing to her classes. Come to one or come to all!

NEW! Healing Benefits of Honey and the Honeybee

Why is honey recommended for healing by doctors, acupuncturists and other health practitioners? Discover healing remedies using honey and honey recipes for cooking. Learn what is happening to the honeybee. Review what this beneficial insect gives to us and how we can help the honeybee.

Cost: \$20 (MD Senior Adults: \$20)

Course #: XXZ-694-A2

Mon., Sep. 21, 6:30 - 8:30 PM

Business Training Center, Rm. T315

NEW! First Aid Homeopathy

Expand your arsenal of first aid options with homeopathy. What is it and how can homeopathy help in the everyday first aid treatment of bruises, stings, colds and flues, falls, dental work and more? Learn how to use homeopathy, how to take a case and determine what remedy would be best.

Cost: \$20 (MD Senior Adults: \$20)

Course #: XXZ-695-A2

Mon., Sep. 28, 6:30 - 8:30 PM

Business Training Center, Rm. T317

NEW! The Fountain of Youth

Based on the bestseller *The Ancient Secret of the Fountain of Youth*, explore the healing benefits of the 5 Tibetan rites (ancient yoga exercises techniques) and how they can empower and enhance your life. Learn the health benefits of proper diet and food combining. Wear loose-fitting clothes and bring a yoga mat (optional) and blanket to class.

Cost: \$20 (MD Senior Adults: \$20)

Course #: XXZ-696-A2

Mon., Oct. 5, 6:30 - 8:30 PM

Washington Road Campus, Rm. A202

NEW! Rescue Remedy and the Bach Flower Remedies

Dr. Edward Bach believed that most illness began in a weakened emotional state. Learn how these 38 flower essences can strengthen your inner core and keep you healthier to face the stresses in your life. Each student can make their own remedy combinations.

Cost: \$25 (MD Senior Adults: \$25)

Course #: XXZ-697-A2

Mon., Oct. 12, 6:30 - 8:30 PM

Washington Road Campus, Rm. C073

Tai Chi

The gentle, slow, and energizing movements of Tai Chi have been shown to increase concentration and awareness, improve balance and flexibility, and provide greater vitality and overall health. Beginners practice simple breathing and learn the basic movements. Intermediate and advanced students will continue with a Yang style form, the energizing reeling silk exercises and a Chen style form as well as 2-person exercises.

Tai Chi: Beginning

For those who have no experience with Tai chi.

Instructor: Bill Whitenton

Cost: \$69 (MD Senior Adults: \$69)

Course #: XXQ-956-A2

Thu., Sep. 17 - Nov. 12, 7:00 - 8:00 PM (9 sessions)

Washington Road Campus, Rm. P527

Tai Chi: Continuing

For those who have some experience with Tai Chi, but are not ready for intermediate work.

Instructor: Jerry Diamond

Cost: \$61 (MD Senior Adults: \$61)

Course #: XXQ-151-A2

Thu., Sep. 24 - Nov. 12, 7:00 - 8:00 PM (8 sessions)

Washington Road Campus, Rm. P527

Tai Chi: Intermediate/Advanced

Cost: \$61 (MD Senior Adults: \$61)

Course #: XXQ-957-A2 (Instructor: Jerry Diamond)

Thu., Sep. 24 - Nov. 12, 7:30 - 8:30 PM (8 sessions)

Washington Road Campus, Rm. P527

Fitness

Aerobic Dancing

Offers a progressive multi-level course professionally choreographed for the "non dancer" by Jackie Sorenson. Exercise at your own level (walk, jog or run) as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and socialize with friends. Programs are medically tested for your safety. Instructor: Nancy Brett

Cost: \$78 (MD Senior Adults: \$78)

Course #: XXQ-979-A2

Mon. & Wed., Sep. 14 - Dec. 14, 6:00 - 7:00 PM

(26 sessions; no class 11/25)

Washington Road Campus, Rm. P527

NEW! Sit and Stay Fit

Relieve the cricks and creaks caused by all the sitting in today's lifestyle. Hours at desks, in cars and in front of the computer or TV restricts our ability to move without pain, stiffness or tension. Learn gentle, easy to perform movements along with the personal ergonomics of sitting that will help you improve your overall coordination and flexibility. Improve your movement... improve your life! Instructor: Jeri Eaton

Cost: \$40 (MD Senior Adults: \$40)

Course #: XXZ-656-A2

Sat., Oct. 3 - 31, 9:00 - 10:00 AM

(4 sessions; no class 10/17)

Washington Road Campus, Rm. M157

YMCA

NEW! Aqua-Noodle Workout

This low-impact, cardiovascular, aquatic workout uses foam noodles to improve muscle tone and increase flexibility and strength. Self-paced workout great for all levels of fitness.

Cost: \$64 (MD Senior Adults: \$64)

Course #: XXZ-699-A2

Mon. & Wed., Aug. 31 - Oct. 21, 9:00 - 9:45 AM

(16 sessions)

YMCA

Course #: XXZ-699-B2

Mon. & Wed., Oct. 26 - Dec. 16, 9:00 AM - 9:45 PM

(16 sessions)

YMCA

Aquatic Seniorize

A gentle warm-water workout takes place in a friendly and supportive atmosphere, where participants can make friends. Program focuses on flexibility, muscle tone and cardiovascular health.

Cost: \$59 (MD Senior Adults: \$59)

Course #: XXQ-224-A2

Mon. & Wed., Aug. 31 - Oct. 21, 11:00 AM - 12:00 PM (16 sessions)

YMCA

Course #: XXQ-224-B2

Mon. & Wed., Oct. 26 - Dec. 16, 11:00 AM - 12:00 PM (16 sessions)

YMCA

Beginning Belly Dancing

This specialty fitness class is a great cardiovascular workout guaranteed to target and tone the stabilizing muscles for the body.

Cost: \$75 (MD Senior Adults: \$75)

Course #: XXZ-350-A2

Fri., Sep. 4 - Oct. 23, 7:10 - 8:00 PM (8 sessions)

YMCA

Course #: XXZ-350-B2

Fri., Oct. 30 - Dec. 18, 7:10 - 8:00 PM (8 sessions)

YMCA

NEW! Belly Dance Level II

Experienced beginner belly dancers: Take it to the next level! Some knowledge of basic belly dance moves required.

Cost: \$75 (MD Senior Adults: \$75)

Course #: XXZ-698-A2

Fri., Sep. 4 - Oct. 23, 7:10 - 8:00 PM (8 sessions)

YMCA

Course #: XXZ-698-B2

Fri., Oct. 30 - Dec. 18, 7:10 - 8:00 PM (8 sessions)

YMCA

Body Sculpt

This muscle conditioning class increases muscular strength and endurance by challenging all the major and minor muscle groups through the utilization of free-weights, dyna-bands, body bars and/or stability balls.

Cost: \$90 (MD Senior Adults: \$90)

Course #: XXZ-382-A2

Mon., Wed. & Fri., Aug. 31 - Oct. 23, 4:30 - 5:20 PM

(24 sessions)

YMCA

Course #: XXZ-382-B2

Mon., Wed. & Fri., Oct. 26 - Dec. 18, 4:30 - 5:20 PM

(24 sessions)

YMCA

NEW! Yogalates

The best of both worlds is fused together to improve posture, strength, flexibility, and focus! No yoga or Pilates experience necessary. Led by a certified Yoga & Pilates instructor.

Cost: \$75 (MD Senior Adults: \$75)

Course #: XXZ-700-A2

Wed., Sep. 2 - Oct. 21, 8:15 - 9:05 AM (8 sessions)

YMCA

Course #: XXZ-700-B2

Wed., Oct. 28 - Dec. 16, 8:15 - 9:05 AM (8 sessions)

YMCA