

Community Education



Summer

June 12-July 22



ChiWalking

PAGE 19

**Meandering
in Marin**

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Mindful Biology and
The Body Beloved



Fitness Swim



Yoga Power Sculpt

We hope this message finds you well and enjoying the warm summer days. As the new term begins, we are delighted to welcome you back for another season of thinking, creating and moving. Whether you're interested in learning a new skill, exploring a new subject, or just having some fun, we've got something for everyone. We also have a variety of classes to help you get "summer strong".

As a community of lifelong learners, we understand the importance of fostering curiosity and staying active throughout our lives. We are grateful for the opportunity to learn alongside you. Thank you for allowing us to be a part of your journey and for being a valued member of our community.

We look forward to seeing you soon.

Lori Friedman
Director of
Community Programs



Website remodel—be on the look out!

We are taking steps to make marincommunityed.com easier to navigate. Please take a look around while we work on giving you an even better online experience. Browse and register for classes; learn about college event spaces; new programs and more! We value your insights—please send your comments and suggestions to feedback@marincommunityed.com.

About

CONTACT INFORMATION

(415) 485-9305

info@MarinCommunityEd.com

[MarinCommunityEd.com](https://www.facebook.com/MarinCommunityEd)

[facebook.com/MarinCommunityEd](https://www.facebook.com/MarinCommunityEd)

Instagram: @Marincommunityed

KENTFIELD MAILING ADDRESS

835 College Ave

Kentfield, CA 94904

IVC MAILING ADDRESS

1800 Ignacio Blvd

Novato, CA 94949

REFUND POLICY

If you would like to drop a class and request a refund, make sure to review the refund policy at [MarinCommunityEd.com](https://www.MarinCommunityEd.com) and submit your request by 4pm at least three (3) business days before the class begins.

LIMITED IN PERSON SUPPORT AVAILABLE

Kentfield Campus: Welcome Center
830 College Ave., Kentfield, CA

Indian Valley Campus: Bldg. 27
1st Floor, 1800 Ignacio Blvd.,
Novato, CA

College of Marin Community Education offers short-term courses designed to meet the community's learning needs, from personal enrichment to career enhancement. College credit is not given and there are no tests or grades. EC-designated courses are lower-fee classes that are open to all ages and are especially designed to meet the needs of older adults.

Register online at [MarinCommunityEd.com](https://www.MarinCommunityEd.com). It's easy!

- Access step by step instructions on how to set up a student profile.
- Register for upcoming classes.
- Learn about requirements and guidelines for participating in online classes using Zoom. For registration support please email info@marincommunityed.com or call (415) 485-9305.

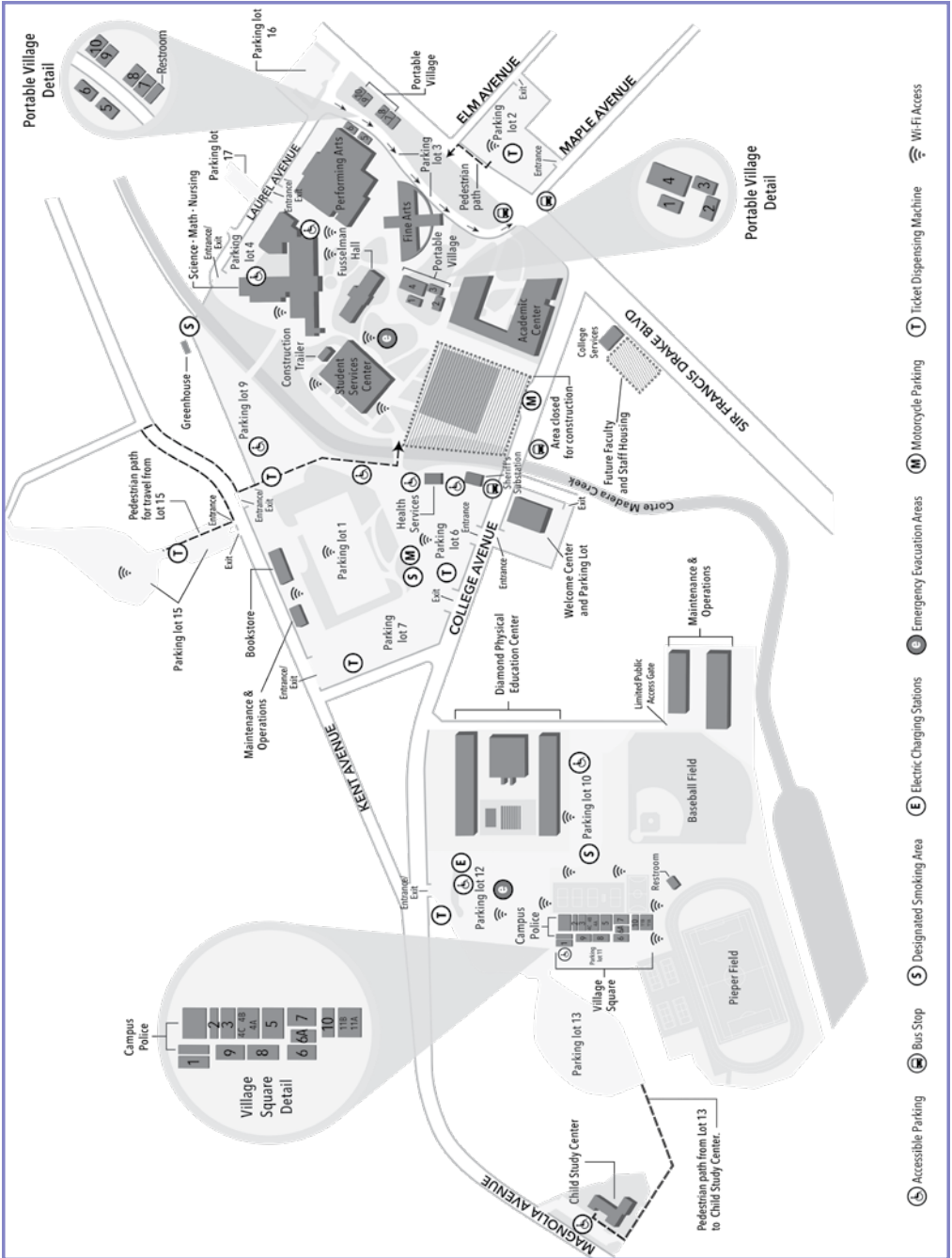
Class formats

Remote: Courses are offered online on Zoom. Participants are responsible for having the required software and device to participate in Zoom meetings.

In-person: Courses are scheduled in-person. Students are responsible for following all current safety protocols for participation. In the event of campus closure or emergency, class sessions may be cancelled; in these instances, make-up classes will be provided as conditions allow.

Kentfield campus (KTD)

835 College Ave., Kentfield CA 94904



Parking information

Students wishing to park in student parking lots must have a valid parking permit. Student semester parking permits are now virtual and associated with your vehicle license plate. Permits can be purchased at marin.edu/permits. For Parking information and instructions on ordering a Community Education student parking permit visit <https://police.marin.edu/virtual-parkingpermits>.

Annual Security Report

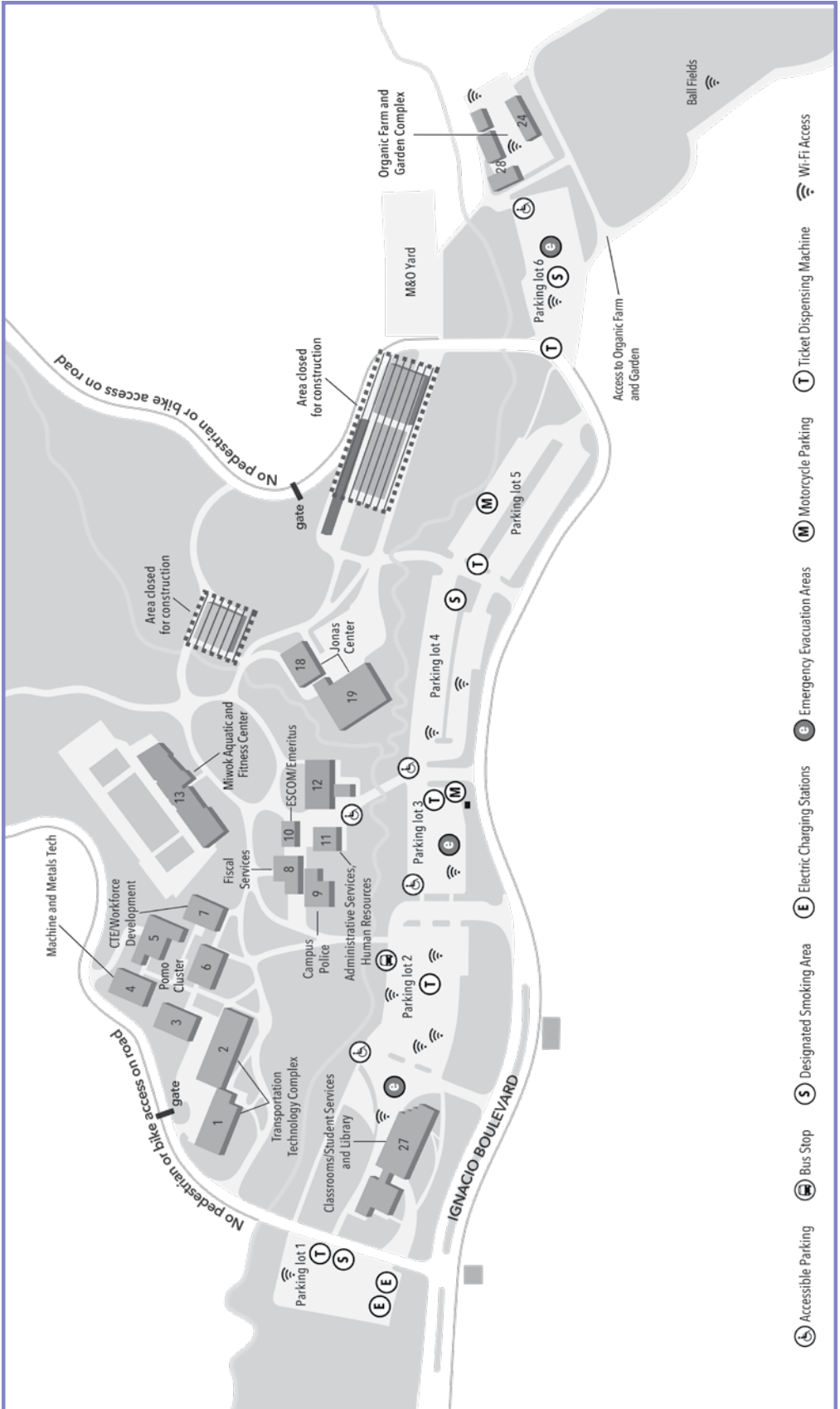
To access College of Marin's Annual Security Report with crime statistics visit https://police.marin.edu/sites/police/files/2022_COM_ASR_FINAL.pdf You may also request a paper copy from the College of Marin Police Department by calling (415) 485-9455.

COVID-19

Please refer to www1.marin.edu/strong for current information about COVID-19 and check MarinCommunityEd.com for any updates about Community Education classes and student services.

Indian Valley campus (IVC)

1800 Ignacio Blvd., Novato CA 94949



ESCOM CENTERS

INDIAN VALLEY CAMPUS

1800 Ignacio Blvd.
Bldg 10, Rm. 40
Novato, CA 94949
(415) 457-8811 x8322

KENTFIELD CAMPUS

835 College Avenue, SS 111
Kentfield, CA 94904
(415) 485-9652

Escom.Marin.edu



Photo: Paul Milholland

I encourage you to become part of our vibrant ESCOM community of Lifelong Learners.

Membership in ESCOM has enriched my life with friendships, purpose, fun and learning.

ANNE PEARSON

Past President

Have you joined ESCOM yet?

If you'd like to belong to an inspiring group of people who enjoy learning, social engagement and staying at the forefront of life, come join us at ESCOM (Emeritus Students College of Marin).

Our clubs, events, programs, and other activities, held on both COM campuses and online, will stimulate your knowledge, add to your experience and tickle your fancy.

Exclusive membership benefits include:

- Access to more than 30 clubs including those focused on the morality and ethics of our society, bridge, books, local history, opera, foreign languages, chess and food and wine.
- Access to the ESCOM Centers on both campuses.
- Publication in the ESCOM photography and creative writing journal.
- Access to monthly online news and newsletters.
- Invitations to author events, lectures, coffees offered virtually and/or in person.



Recent virtual programs included Safe Driving Certification with a CHP officer; the inside scoop on the COVID pandemic with a KQED Science Reporter; a perspective on longevity with Buck Institute's CEO; the latest on protecting your online security; book recommendations with the founder and owner of Book Passage; Stayin' Alive! Emergency Preparedness; and conversations with local, state and national political professionals.

What people are saying about ESCOM.

"We know that ESCOM as a whole - as well as individual members—are an army of influencers!"

David Wain Coon, Ed.D., President, College of Marin

"I am so glad ESCOM has deepened my roots into COM where I graduated in 1959. I enjoy the art classes."

Marilyn Bagwell, Long-time ESCOM member

"As a new ESCOM Council member, I look forward to helping to advance the benefits of ESCOM and to include more people in this unique social and educational environment."

Bernie Cookson, new member, ESCOM Council

Get in touch.

To be part of our strong community of lifelong learners visit Escom.Marin.edu, or email us at escom@marin.edu. Visit us at one of our welcoming ESCOM offices:

Kentfield Campus

Deedy Lounge (near the cafeteria cashier in the Student Services Building)

Indian Valley Campus

Building 10 Room 40

About ESCOM.

ESCOM (Emeritus Students College of Marin) was formed in 1973 by a group of Marin residents who wanted to broaden the use of its community college. It has since become a national leader in lifelong learning that fosters quality of life and personal growth.



Photo: Marian Mermel

How to use our class listings

There will be no classes held on the following days: June 19 for the Juneteenth holiday and July 4 for Independence Day.

Class title

ESCOM courses

Featured class

Class description

Class ID, instructor, location

Days, times, dates

Course cost; Course fees do not include additional materials required for some classes unless otherwise noted. Please see online class listings for required materials.

NEW | EC | Book Making

This class will introduce you to the inspiring world of art. Using mixed media such as collage, photos, found objects, metal, and fabric, you will discover how to create unique artists' books and journals. We will cover how to combine mono-printing, stitching, photo-transfer, and a variety of binding techniques to create a different type of book each week.

**0099 | Jones | Zoom Virtual Classroom
6 Wednesdays, 2:40-5:30pm | Sept 3-Oct 8
\$100**

NOTE: Class details, including dates, times, and location are subject to change. Please refer to the online class registration page for the most current information about class details.

What our symbols mean

AC = Academic Center
EC = ESCOM Designated Course
FA = Fine Arts Center
FF = Facility Fee
IVC = Indian Valley Campus
IVORG = Indian Valley Organic Farm and Garden

KTD = Kentfield Campus
MF = Materials Fee
MAFC = Miwok Aquatic and Fitness Center
OFF = Off Campus
PA = Performing Arts
PE = Physical Education Center

SMN = Science Math Nursing
SF = Special Fee
SS = Student Services Center
VS = Village Square

Classes

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Registration starts May 9 at 9 AM
Register at MarinCommunityEd.com

Aquatics

Please check with your physician before you register for any Aquatics classes. If you have any questions about the level of difficulty of the class, please email info@marincommunityed.com to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at MarinCommunityEd.com.

NEW | Aqua Yogilates

Aqua Yogilates exercise is a non-impact, full-body workout in water. Yoga poses and pilates exercises are performed in the water where your body becomes weightless, giving you a new kind of workout challenge. While Aqua Yogilates has a low impact on your joints, it has a high impact on your cardiovascular system. Gain core strength, stability, flexibility, and mental control.

5853 | Lyonnet | IVC | MAFC Pool
6 Wed 5:40-6:30pm | June 14-July 19
\$73

Fitness Swim

This class will help you discover the best specific movements for you in the water. We will be focusing on the techniques, tricks and subtleties that can markedly improve your swimming ability. The class will combine both group and individualized workouts, focusing on what you need to do to improve your performance given your skill and experience level. Please note that participants may be required to share lanes.

5858 | Rossi | KTD | KTD Pool
5 Tues & 6 Thurs 2-3pm | June 13-July 20
\$111

EC | Deep Water Aqua Exercise

Submerge yourself in the deep end of a pool for a full body water fitness workout. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. Students will wear a flotation belt for support in the deep water to perform aerobics routines. An aqua exercise belt may be required at a cost of \$25-\$35; belt recommendations will be provided by the instructor.

5874 | Murphy | KTD | PE Pool
5 Mon, 6 Wed & 6 Fri 7:20-8:20am | June 12-July 21 (no class June 19)
\$102

5875 | Murphy | KTD | PE Pool
5 Mon, 6 Wed & 6 Fri 8:30-9:30am | June 12-July 21 (no class June 19)
\$102

5876 | Murphy | IVC | MAFC Pool
5 Tues, 6 Thurs & 6 Fri 1-2pm | June 13-July 21 (no class July 4)
\$102

EC | Aqua Exercise for Older Adults

The purpose of this class is to experience health-providing exercises in a relaxing medium: the water. This active class strengthens, creates greater flexibility, and promotes a peaceful state of mind. Students should be in good cardiovascular health, with the ability to walk in the water.

5877 | Murphy | KTD | PE Pool
5 Mon, 6 Wed & 6 Fri 9:40-11am | June 13-July 21 (no class July 4)
\$143

5878 | Murphy | IVC | MAFC Pool
5 Tues, 6 Thurs & 6 Fri 2:10-3:30pm | June 12-July 21 (no class June 19)
\$143

Art

For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

Figure Painting

This studio course is an opportunity to explore materials, color, composition and agenda in any medium of the student's choice, while painting the figure. Class time will be devoted to painting but will also include discussions, demonstrations, and critiques. You will work from undraped models every session and also have the option of working on your own projects from photos. Please bring your own supplies you wish to work with.

5822 | Bencich | KTD | FA 301
5 Saturdays 9:10am-1pm | June 17-July 22 (no class July 15)
1 Saturday 9:10am-5:30pm | July 29
\$283

Beginning Oil Painting

This class will cover the fundamentals of painting: color, composition, palette and mixing, as well as developing an understanding of properties unique to oil paints. Students who prefer to work in acrylics are also welcome, though oil is used for most instruction and demonstration. This class involves some technical instruction, but students furthering their own artistic inquiry and developing their own voice will be encouraged. Students must purchase their own art supplies (approx \$80-\$100). A materials list will be emailed before the first class.

5828 | Bailliere | KTD | FA 301
6 Wednesdays 2:40-5:30pm | June 14-July 19
\$144

Painting with the Masters

This course will help you appreciate some of your favorite "master" painters; study and copy paintings from different time periods; and match some original elements but learn to make them your own. Our studies will include classic and contemporary artists from different eras. We will follow in the well-established tradition of learning to appreciate and reproduce some of the things that make paintings great!

5879 | Tsark | Zoom Virtual Classroom
2 Tuesdays & 2 Thursdays 9:30am-11:30am |
July 11-20
\$83

EC | Watercolor Basics and Beyond

An all-levels class, however, beginners will receive the very basics. More advanced students are encouraged to work on their own projects or, if desired, the instructor will provide specific assignments. How to "control" the paint or let it "flow," color mixing, and composition will be covered. We will work from still lifes and landscapes. Come and paint in a very supportive atmosphere.

5823 | Meade | Zoom Virtual Classroom
6 Fridays 10am-1pm | June 16-July 21
\$105

5824 | Johnson | KTD | FA 312
6 Saturdays 10:10am-1pm | June 17-July 22
(no class July 8)
\$95

EC | The Flow of Watercolor: Plein Air Painting and Travel Sketching

Watercolor is the perfect medium to bring outdoors. Learn how to paint loosely, and develop skills to show how light and shadow fall on natural forms. Paint on separate sheets of watercolor paper and in a watercolor sketchbook. For travel sketching, include various media with watercolor, such as permanent markers, watercolor pencils, gouache and graphite. Working on your lap, you can make this experience easy and fun. Just bring a fold up chair that sits close to the ground and a hat. Please see online description for supply list to help prepare for this adventure. Classes take place at offsite locations (full location details will be emailed before the start of class). All levels are welcome, however, some watercolor experience is recommended.

5839 | Cohn | OFF
6 Thursdays 2:40-5:30pm | June 15-July 20
\$115

The Language of Drawing

No doubt you have looked at great drawings and felt the tug of their beauty, regardless of the "what" of the picture. We have a sense that we are responding to the "how"—the tapestry of marks that magically coalesce into a whole. This class explores the expressive potential of a mark, with special emphasis on line. All class work will be from life, with a non-linear approach to technique development. Beginning students will be offered training in close seeing; more advanced students will be challenged to transcribe the seeing with varied and expressive mark-making. Master drawings will be our inspiration; tried-and-true, as well as less traditional exercises, will help train hand and eye. Art history will be our guide, both to cultivate a nuanced sensitivity and aid in the expression of our artistic vision! For more information about the instructor, please visit deepening.net.

5841 | Bala | KTD | FA 214
6 Fridays 2:10-5pm | June 16-July 21
\$138

EC | Visual Journaling Workshop: Self-Discovery Through Creative Play

This mixed media workshop is for anyone who wishes to discover a window into their inner life and free their creativity. Come and learn the basics of visual journaling and play with an assortment of art materials and writing exercises in a supportive, non-judgmental environment. No art or writing experience required! Please bring a blank sketchbook to class and visit <https://marinartherapy.com/com-journaling-supplies/>.

5829 | Danberg | KTD | FA 312
1 Saturday 11:10am-4pm | July 8
\$49

Crafts

For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

Jewelry and Metalsmithing: Beginners/Beginners Plus

The beginners/beginners plus class focuses on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor. There will be one on-one discussion between student and instructor and an evolving menu of new techniques. Class size is limited to 20; early enrollment is advised.

5845 | Haiman | KTD | FA 123
6 Tuesdays 7:10-10pm | June 13-July 25 (no class July 4)
\$184 (includes MF \$32)

Jewelry and Metalsmithing: Intermediate/Advanced

This course is for students who have soldering experience. Each session consists of one project that can be completed in the allotted time, with weekly attendance. Projects/techniques are chosen at the discretion of the instructor. Materials are supplied. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques. Class size is limited to 20, and early enrollment is advised. Please note that there is a 1-hour lunch break from 12-1pm.

5848 | D'Agostino | KTD | FA 123
6 Wednesdays 9am-4pm | June 14-July 19
\$256 (includes MF \$35)

Woodworking Studio 1

Woodworking Studio 1 is a beginner-level woodworking class that focuses on the proper and safe operation of the common machines found in a typical woodshop. The class will address basic techniques for using the miter saw, table saw, jointer, planer, and router table. We will use these techniques to make a beautiful box. Students will also learn about different types of wood, methods for gluing, and machine safety, and discuss strategies for planning out a project. Class size is limited to 8; early enrollment is advised.

**5880 | Monley | OFF | Tamalpais High School
Woodshop****
6 Tuesdays 6:30-9:30pm | June 13-July 25
(no class July 4)
\$283 (includes MF \$24)

****700 Miller Avenue, Mill Valley, Room 416**

Woodworking Studio 2

You design the project and provide your own materials. Instructors will go over machine safety and reinforce throughout the class. On the first evening, we will help you to design your project, advise on which materials to get, and check you out on the equipment, if needed. After that, we will guide and assist you with your project. Participants should have experience attending a prior woodshop class (taking Woodworking Studio 1 prior to participating is recommended). Class size is limited to 8; early enrollment is advised.

**5881 | Monley | OFF | Tamalpais High School
Woodshop****
6 Thursdays 6:30-9:30pm | June 15-July 20
\$269

****700 Miller Avenue, Mill Valley Room 416**

Financial Planning

NEW | Combating Cyber Threats For Older Adults Workshop

Examine what has been referred to as the "Crime of the 21st Century"...elderly financial exploitation. Identify various types of cybercrime and financial fraud schemes that target the aging population in particular. Utilizing the "Money Smart for Older Adults" training program that has been jointly developed by the Federal Deposit Insurance Corporation (FDIC) and Consumer Financial Protection Bureau (CFPB), learn about steps that can be taken to reduce your exposure. The goal of the class is to empower you to identify and address issues associated with common frauds, scams, and schemes that could threaten your personal, business, and retirement assets by developing a roadmap of cyber tools and solutions to mitigate threats.

5873 | Cote/Vinson | AC 245
4 Thursdays 5:30-7pm | June 29-July 20
\$78

Your Investment Portfolio: Crafting Your Strategy

To have a winning portfolio, you need a clear understanding of today's fundamental investment principles and concepts. In this course, you will learn how to understand asset classes and how to classify assets by type; evaluate asset allocations and diversification; establish time horizons; measure return and performance and whether, when and how to rebalance. Learn how seasoned investors are generating investment returns to grow their wealth over time. Gain a framework of understanding in order to craft an investment strategy for yourself.

5887 | Campbell | Zoom Virtual Classroom
4 Tuesdays 6-7:30pm | July 18-Aug 8
\$78

Understanding Reverse Mortgages

Reverse mortgages are designed for homeowners aged 62+ who would like to utilize a portion of their home equity to increase their income and cash flow without having a required monthly repayment.

There is a lot of misinformation from the past surrounding reverse mortgages and this course will clear all of that up and give you the real facts on how these modernized loans now work. They are HUD/FHA government insured with numerous consumer safeguards in place. You will learn the best way to maximize their benefits, the pros and cons, eligibility, options for receiving your money and how they can enhance living on a fixed income.

5859 | Schwartz | IVC | Bldg 27 Rm 118
1 Saturday 12:30-4:30pm | June 17
\$72

WISE UP: Financial Education For Women

This course is a financial education program for women of all ages. The class will help you gain knowledge, skills, and confidence. By the end of the class; you will have in place a road map to achieve your most important personal financial goals. Each week, students will review basic information that will help to build a foundation in the following areas of: money, credit, debt, savings, insurance, investments, and financial security. This course came about as a result of a focus group held by the US Dept. of Labor with women across the United States. Your instructor, Helen Abe, has over 20 years experience in wealth and retirement management.

5830 | Abe | KTD | AC 105
4 Saturdays 1:30-3:30pm | June 17-July 22
(No class July 1 & 8)
\$89

Farm and Garden Programs

Summer IVC Farm Tour

The Indian Valley Organic Farm and Garden (IVOFG) supports and sustains local food systems and organic agriculture, to help educate and develop the local agricultural workforce and to provide fresh and healthy food for local residents. Come tour the farm and learn about how we organically grow vegetables, flowers, herbs, fruit, and more! All participants will have the opportunity to take home produce or a plant from the farm. The tour brings participants over uneven ground and may occur in hot or cold weather.

5884 | Farm Staff | IVC | IVOFG
1 Saturday 10-11am | July 8
\$10

Floral

How to Make Store Bought Bouquets Look Great!

Buying bouquets at the supermarket is how most of us bring flowers into our homes. It's so easy; take the wrapper off and plunk it in water. But how to make them look better? In this beginning class, we make a simple arrangement in a glass Ball jar, using store bought bouquets, supplemented with some special flowers and botanicals provided by the instructor. You'll learn how to assess the freshness of flowers, where they come from, local versus imported, how to prepare and compose them, plus tips for making them last longer. Please bring: One bunch of mixed flowers (that includes five or more varieties of flowers) from a grocery store or farmers market, and a pair of pruners or sturdy kitchen scissors that will cut stems.

5821 | Nardo | KTD | FA 312
1 Saturday 2:10-5pm | June 17
\$110

Food and Wine

Food & Wine classes are offered with generous support from Nugget Markets, providing funding for fresh, quality ingredients and cooking supplies to meet community needs.

The History of Wine in 150 Minutes!

Wine has been made for over 7,000 years, and has shaped cultures and civilizations throughout recorded human history—but what do you really know about it? Come take a whirlwind ride through the history of one of the planet's most exciting and intriguing beverages in this fast-paced, fun and slightly irreverent presentation—all in 150 minutes!

5851 | Sandri | IVC | BLDG 28A 101
1 Thursday 6:30-9pm | June 15
\$68

Great Summer White Wines

On our warm summer evenings, nothing beats a refreshing, crisp white wine. But if that Chardonnay is too big and oaky, what do you choose? This tasting class explores some wonderful white wine varietals to have during summer, and the regions they come from. Students should bring 2-3 wine glasses to class, and must be at least 21 years old.

5849 | Sandri | IVC | BLDG 28A 101
1 Thursday 6:30-9pm | June 22
\$80

Red Wines of the Mediterranean

Some of the most exciting wines in the world are coming out of the Mediterranean countries, including Spain and Italy. Join us as we discover the land, the history, and of course the wines of this sun-soaked region of our world. Students should bring 2-3 wine glasses to class, and must be at least 21 years old.

5850 | Sandri | IVC | BLDG 28A 101
1 Thursday 6:30-9pm | June 29
\$88

NEW | Summer Entrée Salads

Join us at the Nugget Demonstration kitchen to learn to create a variety of delicious salads for dinner on warm summer evenings.

Recipes will include:

- Mango Mint Chicken Salad
- Asparagus, Shrimp and Papaya Salad
- Lamb, White Bean and Arugula Salad with Rosemary Dressing
- Warm Pork Salad Dijonnaise
- Grilled Steak on Summer Chopped Salad

5882 | Lavagetto | IVC | BLDG 28A 101

1 Saturday 10:10am-2pm | June 17

\$168

NEW | Wild About Crêpes

Explore the world of sweet and savory crepes in this hands-on cooking class. Students will learn recipes for a variety of dishes and enjoy them together at the end of class.

- Banana Crêpes with Orange Sauce
- Salmon and Melted Leeks Crêpe Bundles
- Crab and Shrimp Crêpes
- New Orleans Crêpes with Creamy Chicken, Ham and Mushrooms
- Cheese Blintzes with Strawberry Compote

5883 | Lavagetto | IVC | BLDG 28A 101

1 Saturday 10:10am-2pm | July 8

\$168

Health Education

EC | Pharmacology (Study of Drugs) for Everyone

A reality of modern western life is that most citizens will, during the course of their lifetimes, be exposed to a multitude of pharmaceutical agents for maintaining health and/or treating disease. Unfortunately, the average person often has little foundation or understanding of the medicines that are offered to them. While not necessarily a bad thing, this places them in a position of trusting healthcare providers, without the background to ask reasonable, appropriate questions of those providers. The class provides fundamental knowledge and principles of drugs, drug actions and drug side effects, thus empowering the attendee to research their own specific

situation and ask appropriate questions, to better participate in their health care and that of their loved ones. (This class is not a substitute for medical advice).

5857 | Romson | KTD | AC 245

5 Tuesdays 2:10-4pm | June 13-July 18

(No class July 4)

\$108

History

EC | History of Armenia, Part 1: 1500 BCE-1375 CE

The Armenian Highlands were home to early Bronze and Iron Age societies who later united to ward off enemy attacks. Over the centuries, the Armenians were conquered by the Assyrians, Medes, Romans, Persians, Arabs, Turks, and Mongols. Armenia was influenced by these great Empires while curating a unique culture of its own--an ancient Indo-European language, a distinctive alphabet, and a legacy of being the first Christian Nation. Join us and learn about an ancient people and their contribution to the human story!

5842 | Hajinian | IVC | BLDG 28B 202

4 Tuesdays 1:10-3pm | June 13-July 11

(No class July 4)

\$61

NEW | EC | Socrates, Plato & Aristoteles: Their Biographies and Work

The philosophy of Ancient Greece provides the background of Western thoughts and politics. Join us in learning about the biographies of three world famous philosophers who lived during that period, along with the general scope of their philosophies: Socrates, Plato and Aristoteles. We shall discuss what they had in common, and how they differed. Debates and discussions on the subjects are encouraged during class.

5844 | Harkins | KTD | AC 102

6 Mondays 2:10-4pm | June 12-July 24

(No class June 19)

\$88

Introduction to Jungian Dream Analysis: A Journey Into the Unconscious

When Sigmund Freud published his groundbreaking work, *The Interpretation of Dreams*, he famously declared that dreams were the "via regia" (royal road) to the unconscious. By this he meant that through consistent dream analysis, a hidden dimension of human psychic reality could be accessed and known, resulting in broader awareness and self-knowledge. The famous Swiss psychiatrist, C. G. Jung also offered practices for plumbing the depths of our dreams. In this course, students will learn about these methods set forth by the founding fathers of Depth Psychology and learn to engage with their dreams using these methods, which are aimed at uncovering the often befuddling symbolic meanings hidden in dream images. Please see online class description for book information.

5836 | Khoie | KTD | AC 102
5 Tuesdays 5:10-7pm | June 13-July 18
\$108

Transcendental Love

Love sustains our passions and yearnings, holds us in times of joy and loss, nourishes our hearts, and melts our fears. It opens us to our deepest self and steadily supports us as we navigate the uncertainties of everyday life and re-create a world of wholeness. Through world poetry and references to ancient literature, we'll explore the mysteries of the human heart from its initial urges to passionately cling to its graceful awareness of the love that is ever-present and beyond name and form. Within these explorations, we'll consider humans throughout history who have role modeled pure love

5866 | Vogt | Zoom Virtual Classroom
3 Thursdays 3:10-4:30pm | June 22-July 6
\$72

Fly Fishing 101

Join the 10% of fly fishers who catch 90% of the fish! In this class about catch-and release fly fishing, you learn the basics: use of equipment, rigging and casting with dry flies or nymphs, and how to "read the waters" to find fish and select the appropriate flies and strategies. Learn the magic of the 3 P's: Preparation, Position, and Presentation on moving or still water.

5885 | Dempsey | AC 255/OFF
4 Thursdays 7:10-9pm | June 29-July 20
1 Saturday 8-10am | July 8
2 Saturdays 8-12pm | July 22 & 29
\$189

Bird-Watching in Northern California

Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. The first class meets in the classroom for a slide show and lecture, featuring local seasonal birds, to be followed by a bird-watching walk. All other classes meet at field sites. Be sure to bring binoculars to the first day of class. An itinerary and directions to field sites will be distributed at the first class meeting. Students are responsible for their own transportation.

5846 | Hug | IVC | BLDG 28B 201/OFF
1 Tuesday 9:10am-1:10pm | June 13
1 Thursday 8:30am-12:30pm | July 6
3 Tuesdays 8:30am-12:30pm | June 20-July 11
\$167

5847 | Hug | IVC | BLDG 28B 201/OFF
1 Wednesday 9:10am-1:10pm | June 14
4 Wednesdays 8:30am-12:30pm | June 21-July 12
\$167

Meandering in Marin: Natural History and Hiking

If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. Hikes are four to six miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine.

5838 | Dreskin/Clark | OFF
6 Thursdays 9:45am-1:45pm | June 15-July 20
\$156

Music

NEW | Introduction to DJ'ing

Whether you already DJ or are a complete beginner, this course is a great place to develop your skills. Learn how to download and organize your music collection, use Rekordbox to prepare your playlists, and mix harmonically. Prepare your set by learning about the different formats and how to download and organize your music library. Organize playlists in Rekordbox and set cue points. Understand harmonic mixing by learning to analyze the key of your tracks using Mixed in Key and how to plan and mix harmonically. Become familiar with the industry standard Pioneer DJ decks and mixer. Get your hands on the controls and learn how to load your tracks. From there we will go over how the DJ equipment is setup and go over some options so that if you decide to buy your own you'll be set to play in no time. Class is in a computer lab, or bring your laptop, and have a USB drive to learn about sorting and setting up your music ready to play. You will have a chance to play a track on a Pioneer DDJ mixer.

5869 | Yu | KTD | PV 8
1 Tuesday 5-7pm | July 11
\$64

Chamber Music Workshop

Musicians! Join us for a weekend chamber music workshop to study works from the standard instrumental chamber music repertoire. Musicians are assigned music from different periods and styles, and for different instrumental combinations. Participants are expected to be at an advanced or advanced intermediate level on their instrument, and to have prior experience playing chamber music. Enrollment is limited by instrument. Call 415.485.9460 for further information and to make an appointment for an audition.

5886 | Pinckney | KTD | PA 72
1 Saturday 8:45am-11pm | June 3
1 Sunday 8:45am-5pm | June 4
\$50

NEW | Raga and Rock 'n Roll: The History of Indian Music in 60's Rock

Pop music in the 1960's was a time of irrefutable experimentation and exploration. One of this era's distinct influences was that of the music of North India, known as Hindustani music. How did purely Indian instruments like the sitar, tabla and tanpura find their way into 60's rock and roll? This class will explore those steps and unique moments that bore fruit to a historic cultural exchange. In addition, explore staple works of this style by artists like the Beatles, the Rolling Stones and Traffic, this class will also cover the foundations of Hindustani music so that students can better appreciate raga music in its traditional form.

5852 | Marsh | KTD | VS 3
5 Mondays 5:30-6:30pm | June 12-July 17
(No class June 19)
\$78

Piano Classes for Beginner to Advanced

Piano instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive and friendly environment. You will have your own upright piano in the classroom. Students will be required to buy music at an approximate cost of \$25. See online class listings for more information and registration.

Section A is for the student with little or no knowledge of the piano.

Section B assumes the student has knowledge of note reading and basic piano skills.

Section C is for the student who can proficiently play and count, hands together, pieces of moderate difficulty.

Section D is for the advanced student. Emphasis is on musical interpretation, technique and expression.

A: 5 Tues 7:40-9pm | KTD | 5832 | \$86
B: 5 Tues 6:10-7:30pm | KTD | 5833 | \$86
C: 6 Thurs 7:40-9pm | KTD | 5834 | \$105
D: 6 Thurs 6:10-7:30pm | KTD | 5835 | \$119

Personal Enrichment

Total Enneagram

This comprehensive enneagram class will provide useful tools for finding your personality type and your instinctual subtype. We will begin with detailed information on the nine personality types including the wings and connecting lines. By identifying type tendencies, you will learn to appreciate the gifts of each type while better recognizing their unique challenges. Understanding how types differ can help us reduce the day-to-day conflicts we may encounter at home, at work, or in our significant relationships. In addition to identifying basic type structures, we will see how instinctual variants and enneagram triads influence our behaviors. Along the way, we'll discuss ancient historical roots of the system and the evolution of the modern enneagram. We conclude it all by mapping out type-to-type interactions, revealing how the enneagram shows up in our relationships. This class covers it all!

5825 | Hoiland | Zoom Virtual Classroom
6 Thursdays 6-7:30pm | June 15-July 20
\$105

Happier Hour: Life Hacks for Well-being

Happier Hour is a fun, interactive and practical course that takes the "woo-woo" out of well-being. The workshop—created by a cognitive behavioral psychologist and curated from the latest research—teaches easy and effective micro-habits that improve short-term mood and long-term life satisfaction. Each week, a new skill is introduced and practiced. By the end of the course, participants will have the tools to feel happier. To learn more about Happier Hour, visit: www.Happierhour.com.

5812 | Engelman | Zoom Virtual Classroom
5 Thursdays 10-11:30am | June 22-July 20
\$86

A Course in Miracles

"There is an ancient peace you carry in your heart and have not lost"

A Course in Miracles, workbook lesson 164
Since its first publication in 1976, over 2 million people have bought the book *A Course in Miracles*, and many more have become its students. In this class, we will

discuss how we are too readily at the effect of outside circumstances. We will learn how to be more at peace amid the turmoil of our daily lives and the noisy pull of contemporary culture, and how better to appreciate the importance of honest relationships. Although there is a recommended text, the primary mode of instruction will be class discussions. No prior familiarity with *A Course in Miracles* is required.

5827 | Frishman | KTD | VS 11
5 Tuesdays 6:10-7:40pm | June 13-July 18
(no class July 4)
\$86

Mindful Biology & The Body Beloved

When we meet the body as a beloved partner, we renew zest and joy. Best of all, our wellbeing doesn't depend on how others view us, but only on our own relationship with our own body. This class uses basic biology and inspiring imagery to help us understand the body, while guided mindfulness helps us meet it with tenderness and compassion. We will support one another as we lovingly connect with our vibrant mammalian nature. Mind and body grow ever more intimate, until—as with every profound partnership—the two become as one!

5814 | Meecham | KTD | VS 11
5 Thursdays 11:10am-1pm | June 22-July 20
\$108

Mindful Biology & The Enchanted Now

During this mini-retreat, we'll grow enchanted with the present moment. Using inspiring imagery and guided mindfulness, we'll let our body's innate joy lead us away from the sad but common view of life as grim, uncaring, or broken. Instead, we'll experience it ecologically, as a beautiful, supportive whole. Simple and accessible—but also profound—the enchanted now feels similar to mystical states triggered by entheogens, emotional shock, hypnotic rituals, etc. Though subtler than its exotic cousins, the enchanted now can be transformative, enabling us to meet daily life as a beautiful, supportive whole.

5815 | Meecham | KTD | PE 22
1 Saturday 9:30am-2:30pm | July 15
\$75

Animal Communication

This experiential class will enhance your natural ability to telepathically connect and communicate with your domestic animal companions (pets). Animals are intuitive beings who respond to human emotions, thoughts, and feelings. In the first class, you will learn how to send information non-verbally and receive information that the animal is sending back to you. Session two is intended to deepen your connection and understanding with your own animal companions. We'll review your technique to connect and discuss any blocks or doubts that could be preventing you from sending and receiving information. Bring a pen, notebook, and photos of your animal companions.

**5826 | Gallegos | Zoom Virtual Classroom
2 Saturdays 10am-12pm | July 8-15
\$72**

Photography

Using Your Smartphone to Capture the World Around You

With excellent image quality, portability, and easy image-sharing, the smartphone has become the camera of choice for many. And, while you can get good images with the native camera app, to unlock the full potential of the camera, free or low-cost third-party apps excel at bringing out the most it can offer. You'll also learn the techniques and settings to get consistently sharp images, optimize them with tone and color adjustments, and back up your images to your computer for free. Participants should download the Adobe Lightroom app before the first class (requires iPhone 6s or newer with iOS13 or newer, or Android 6.0 or later).

**5819 | Thaler | KTD | AC 245
2 Thursdays & 1 Monday 7:10-9pm | July 13,
17 & 20
\$81**

Physical Fitness

Please check with your physician before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please email info@marincommunityed.com to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com. Please refer to "Aquatics" section for classes in the water.

EC | ChiWalking: Walk with Ease, Energy and Avoid Injury

The ChiWalking® Program emphasizes walking form—the proper and effective biomechanics of walking and draws from the principles of Tai Chi to make walking easier on the body by promoting energy efficiency and injury prevention. Through innovative walking drills and exercises you will learn and practice how to: develop and maintain good posture, use the power of your core for walking and balance, engage efficient arm swing for different walking speeds, loosen joints, breathe more freely and increase endurance. Bonus—includes detailed materials to support your walking practice.

**5867 | Wood | KTD | PE 22
1 Saturday 9am-12pm | June 17
\$62**

NEW | EC | ChiRunning: Run with Ease, Energy and Avoid Injury

The ChiRunning technique emphasizes running form and draws from principles of Tai Chi to make running easier on the body by promoting energy efficiency and injury prevention. You will be guided through exercises and drills designed to leave you with a clear sense of what the Chi Running technique feels like in your body. You will learn and practice how to: develop, maintain, and body sense good posture and alignment; avoid over-using your legs by moving forward from your center; use upper and lower body focuses and visualizations to conserve energy and vary speed. You'll also learn unique tips and visualizations to help you run and walk with a relaxed, fluid and safe stride. For runners of all abilities.

**5868 | Wood | KTD | PE 22
1 Saturday 9am-12pm | June 24
\$96**

Peaceful Warrior Woman: Protector of Your Body and Boundaries

This class is based on the principles of wing chun, the only martial art created by women for women. Learn to enforce clear emotional and physical boundaries, how to trust your intuition, and how to spot, deter, and evade human predators. Train in pragmatic women's self-defense techniques and learn to access your innate internal abilities. For detailed information about class and instructor, visit: <https://larryberkelhammer.com/peaceful-warrior-woman>.

5820 | Berkelhammer | KTD | PE 60
6 Saturdays 1:10-2pm | June 17-July 22
\$78

EC | Joy of Tai Chi

Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The course is open to adults of all ages.

BEGINNERS/INTERMEDIATE

5855 | Rolston | KTD | PE 60
5 Mondays 3:40-5pm | June 12-July 17
(No class June 19)
\$60

INTERMEDIATE/ADVANCED

Students should have familiarity with a 24 movement form of Tai Chi.

5856 | Rolston | KTD | PE 22
6 Wednesdays 10:45am-12:15pm | June 14-July 19
\$75

Joy of Tennis--Beyond Competition

Joy of Tennis eliminates the biggest obstacle to playing your best--competition. Competing before learning the fundamentals makes learning more difficult, inhibits performance, limits potential, undermines self-esteem and confidence, diminishes enjoyment, and makes people way too tense. Come learn the FUNdamentals without competition impeding your progress. You'll love it!

For Intermediate classes: Students not previously enrolled in a Joy of Tennis class should consult with the instructor, Brent Zeller, before enrolling, call (415) 717.5446 or email effortlesstennis@comcast.net.

BEGINNING

5870 | Zeller | KTD | Tennis Courts
8 Tues & 9 Thurs 9:10-10:30am | June 13-Aug 10 (No class July 4)
\$322

INTERMEDIATE 1

5871 | Zeller | KTD | Tennis Courts
8 Tues & 9 Thurs 10:40am-12pm | June 13-Aug 10 (No class July 4)
\$322

5872 | Zeller | KTD | Tennis Courts
9 Wed 6:10-8pm | June 14-Aug 9
\$214

Wado Ki Kai Karate

"At the end of a long day, it feels so good to move and stretch while learning something new!" --Christina

Wado Ki Kai means 'to learn from all things.' Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques. This class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility, and a powerful sense of awareness are all attributes of this class. Karate attire is optional.

5831 | Baker | KTD | PE 22
5 Mon & 6 Wed 6:30-8pm | June 12-July 19
(no class June 19)
\$128

EC | Zumba® Gold with Toning

Zumba® Gold with Toning offers dance-fitness choreographies to Latin and other international music, redefining total body workout. This course is tailored for active older adults; individuals beginning their journeys to a fit and healthy lifestyle; or anyone looking for a low-impact dance-fitness program. Movements can be modified for individuals who use a chair. Toning occurs in the latter portion of class with optional use of 1-2.5-pound Zumba® Toning Sticks (weighted maracas).

5860 | Scranton | IVC | MAFC 105
5 Mon & 5 Wed 3:40-4:30pm | June 12-July 17
(No class June 19)
\$78

5862 | Scranton | KTD | PE 60
5 Tues & 6 Thurs 2:10-3pm | June 13-July 20
(no class July 4)
\$81

5863 | Scranton | Zoom Virtual Classroom
5 Tues & 6 Thurs 3:10-4pm | June 13-July 20
(no class July 4)
\$81

EC | Functional Fitness

This fitness course offers opportunities to enhance cardiovascular endurance, muscular strength, flexibility, balance, coordination, and overall sense of well-being while participating in movement activities with music, while sitting or standing in a safe and friendly environment. The curriculum is designed to be appropriate for adults with physical disabilities or anyone who prefers a gentler, yet challenging, approach to exercise.

5861 | Scranton | Zoom Virtual Classroom
5 Tues & 6 Thurs 1:10-2pm | June 13-July 20
(no class July 4)
\$81

EC | Wild Goose Qigong

Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. This summer will be an introduction to beginners and a review for experienced students. We will practice a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care. Improves posture, balance, strength and flexibility.

5840 | Govrin | KTD | PE 60
3 Fridays 10am-12pm | July 7-21
\$64

EC | Strength Training, Balance Training and Spinal Health for Adults and Older Adults

This comprehensive and dynamic fitness class meets all current fitness industry standards and more. The routine begins with warmups, and moves into strength training, balance, spinal health techniques and stretching. Throughout the class, students will learn strategic moves and biomechanics to assure spinal alignment and spinal health. These techniques will help decrease back injuries. Fall prevention techniques are added into the routine also. This 1 ½ hour class is all about you, your health and fitness. At the end of class, you will be feeling strong, stretched out and ready for the day! Come and join us.

5837 | Best-Martini | KTD | PE 22
6 Wed & 6 Fri 8-9:30am | June 14-July 21
\$112

Writing

EC | The Poetic Pilgrimage: Poem-Making as Spiritual Practice, Summer Intensive

As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves. This one-week, four-session course lives up to its name: Intensive! Each 3-hour session we will explore poetic tools and themes with three unique writing prompts. As always, we will welcome the unexpected into our work, and we'll read and write to our hearts' content. All experience-levels and styles welcome.

5816 | Sereno | KTD | VS 1
1 Mon, 1 Tues, 1 Wed, 1 Thurs 10:10-1pm |
June 26-29
\$89

EC | Elements of Creative Writing

"There are three rules for writing well. Unfortunately, no one knows what they are."
Somerset Maugham

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you're just beginning or have been at it a while, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and to all genres.

5810 | Centolella | Zoom Virtual Classroom
6 Mondays 5:30-8:30pm | June 12-July 24
(no class June 19)
\$119

EC | Poetry Writing Master Class

"Poetry is language at its most distilled and most potent." Rita Dove

You don't have to be a master poet yourself, but you can get in-depth, encouraging feedback from one, and from supportive classmates as well. Just bring your works-in-progress, or the optional weekly assignment. Each meeting will begin with the discussion of a notable poem—all supplemented by examinations into poetic forms, the art of revision, and creative tactics for extracting the hidden gold of your imagination. For all poets, wherever you are on the journey.

5811 | Centolella | Zoom Virtual Classroom
6 Wednesdays 2:10-5pm | June 14-July 19
\$119

Writing a Book for Children

Do you have a children's book in your heart that you want to create? Most of us remember books from childhood that truly affected us. It's not just a matter of writing a story—children's books that find publication are fresh, innovative, and have a beginning, middle and end like good plays, movies, and novels. We will work on basic structure, on creating dynamic characters and scenes, pacing, voice, settings, and dialogue. Each class will contain revision and story development. Join our class and learn how to write stories that inspire and entertain children!

5817 | Hockinson | IVC | BLDG 7 101
6 Tuesdays 6:40-8:30pm | June 13-July 25
(no class July 4)
\$129

Yoga

Yoga for Every Body, Yoga for Every Mind

Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body's freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

BEGINNER: SOME EXPERIENCE

5864 | Stewart | KTD | PE 60
4 Saturdays 10-11:30am | June 24-July 15
\$73

INTERMEDIATE/ADVANCED

5865 | Stewart | KTD | PE 60
4 Saturdays 8-9:45am | June 24-July 15
\$76

NEW | Yoga Power Sculpt

A combination of Power Yoga, Core Training, and Pilates Mat. An upbeat and challenging class designed to strengthen your yoga practice, keep your heart healthy, strengthen your muscles and burn calories. Practice always ends with a deep relaxation for body & mind. All levels are welcome. Modifications and adaptations will be offered.

5854 | Lyonnet | IVC | MAFC 105
6 Wednesdays 6:40-7:30pm | June 14-July 19
\$120

Meet our instructors



WILL MARSH

Will brings refined melody, imagination and devotion to all facets of his music. He has been performing classical sitar for fourteen years and guitar twenty. Will has worked with Grammy-winning musicians and producers and has been featured on national T.V. From his roots as a guitarist from northern Michigan to performing Hindustani sitar in Kolkata, Will's musical journey has been rich and diverse. He holds his MFA in World Music Performance from the California Institute of the Arts and has studied with some of the world's greatest musicians.



CONSUELO LYONNET

Consuelo is a Registered Yoga Teacher E-RYT200, YACEP with Yoga Alliance. She has been teaching yoga for the last 7 years. She specializes in Vinyasa Flow, Aqua Yogalates, and Power Yoga. In 2018, she got her Barre Certification. Consuelo is always looking at learning new methods, improving her skills and bringing new options and technique to her classes. Yoga for her is a way to strengthen the body and bring mindfulness by going deep within through movement and breath, focusing on alignment, a strong core, and connecting to Self.

Teach with us!

Share your talent and skills in a classroom setting with our lifelong learners. Classes cover a broad spectrum of interests and disciplines to provide learning opportunities to our community. We are accepting new course proposals for 2024 (apply by August 18)!

Visit marincommunityed.com and see the Interested in Teaching page for more information.



COLLEGE OF MARIN IS AN EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER. PLEASE RECYCLE WHEN FINISHED.



Registration starts May 9 at 9 AM
Register at MarinCommunityEd.com



Adult community lap swim

We offer an adult community lap swimming program at the Indian Valley Campus.

Miwok Aquatic and Fitness Center
1800 Ignacio Boulevard, Novato



Watch our webpage for family summer swim opportunities
www1.marin.edu/news/Community-lap-swim-program.

LAP SWIM

June 12-Aug 11
M-F 11:30-4pm
(Times subject to change)

RATES

Purchase a swimming pass at the Miwok Aquatic and Fitness Center lobby.

- Individual Daily Drop-In:
\$10/\$9 Seniors (over 55)
- 10-Day Discount Pass:
\$90/\$80 Seniors (over 55)

CONTACT

swim@marincommunityed.com
(628) 234-8107