

WELLNESS OF BODY AND MIND

Note: No refunds will be given unless requested three business days before the first day of class.

Golf

Mastering Golf—Beginner's Level

Learn proper swing techniques through analysis and demonstration. Discover the secret of using balance and your center of gravity to gain power, control, and consistency over your game. Get tips and solutions for common problem areas. Bring an eight iron (if available) and a blank videotape to class.

Instructor: Les Uyehara, professional golf instructor and champion player

Course No. 091ASHW104 Course Fee: \$95

Sec	Days	Dates	Time	Room
A	Su	Jan 18 – Feb 22	9:00 am-10:30 am	Chapel
B	Su	Mar 15 - Apr 19	9:00 am-10:30 am	Chapel

Mastering Golf—Intermediate Level

Ready for the next level? **Prerequisite:** “Improve Your Golf Game,” “Mastering Golf—Beginner’s Level,” or equivalent experience. **Enrollment is limited. Register early!** Contact the instructor at 739-1313 to determine your level. Students practice at Newtown Golf Driving Range (98-330 Kaahele, near Pearl Harbor). Call 487-1553 for directions. Additional cost: Approx. \$5 per class for balls.

Instructor: Les Uyehara (see above)

Course No. 091ASHW105 Course Fee: \$99

Sec	Days	Dates	Time	Room
A	Su	Jan 18 – Feb 22	12:00 pm-1:30 pm	Newtown Golf Driving Range
B	Su	Mar 15 - Apr 19	12:00 pm-1:30 pm	Newtown Golf Driving Range

Fitness

Olympic Weightlifting for Power Development

The sport of weightlifting is the only barbell sport that is part of the Olympics Games. Learn how to perform the two lifts of the sport of weightlifting, the snatch and the clean and jerk. The power snatch and the power clean and power jerk will also be covered in this class. These versions of the weightlifting lifts are used in training programs to improve explosive power in athletes.

Instructor: Mel Miyamoto is a weightlifting coach who is certified as a USA Weightlifting Regional Coach. He is the Strength and Conditioning Coach of the Hawaii Pacific University basketball team. He is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist.

Course No. 091ASHW130 Course Fee: \$75

Sec	Days	Dates	Time	Room
A	S	Jan 17-Feb 14	10:00 am-11:30 am	Ohia 103
B	S	Feb 21-Mar 21	10:00 am-11:30 am	Ohia 103
C	S	Apr 4-May 2	10:00 am-11:30 am	Ohia 103

Mind-Body Exercise & Care

Aromatherapy Basics (New Class!)

Aromatherapy is one of the Natural Healing Remedies for management and control of your health and beauty since ancient times. It works for physical ailments such as shoulder, muscle, and joint pain, stomach aches, head aches, colds, skin trouble, aging, menstrual cycles and more. It also supports and helps emotional imbalances such as anger, sadness, depression, shock, irritability, excitability, etc. It is very safe and easy to bring into your daily life and promises to bring abundance to your life. This class gives you an introduction into the science of Aromatherapy. It is very fun and interesting! Please bring a pen & notepad. Other materials are provided in the class. **A \$15 material fee will be payable at the first class.** All ages are welcome, and no experience necessary.

Instructor: Yoko Wee is the owner and instructor of her own school, Hawaii Holistic Aromatherapy and Naturopathy. She is the first person to bring an educational aromatherapy school here to Hawaii from Japan. She has been not only giving treatments and instruction to people but also supervised other professionals such as physical therapists, nurses, a veterinary surgeon and preschool educators since 1999 in Japan and Hawaii. She is certified by the National Association for Holistic Aromatherapy as a professional member. Contact: www.hawaiiaromalife.com or 734-9315.

Course No. 091ASHW501

Course Fee: \$89

Sec	Days	Dates	Time	Room
A	Th	Jan. 22-Feb. 26	6:00 pm-8:00 pm	Kalia 104
B	Th	Apr 2-May 7	6:00 pm-8:00 pm	Kalia 104

Laughter Yoga

Laughter Yoga was created and founded by Dr. Madan Kataria, M.D. while writing a paper for a medical journal titled “Laughter is the best medicine”. You will learn how to utilize laughter combined with gentle stretching and yogic breathing to promote good health, joy and world peace.

Instructor: Yordana Mir is a physical therapist with 33 years of experience as a holistic practitioner and teacher. She is trained and certified to teach laughter yoga by Dr. Madan Kataria, M.D. in India.

Course No. 091ASHW106

Course Fee: \$40.00

Sec	Days	Dates	Time	Room
A	W	Jan 7-28	7:00 pm-8:00 pm	Iliahi 105
B	W	Feb 4-25	7:00 pm-8:00 pm	Iliahi 105

Ecstatic Dance: The Joy of Letting Go

Ecstatic Dance: Exploring dance as moving meditation

Ecstatic dance, the latest international trend in body-mind-spirit fitness, is a blissful opportunity to let the body express freely, let go and ultimately heal itself through movement. It is a moving meditation, effortlessly bringing us into the present moment. Explore various movement patterns and rhythms in a safe, judgment free environment and experience blissful states of meditation, unfettered wildness, creativity, profound healing, and insights. Suggestions of movement patterns are given initially but you are free to just BE. You may dance alone or with others. Great music from around the world: tribal, oldies, zen, house, and global beats – an eclectic mix to satisfy all souls. An amazing workout for both body and spirit! DANCE EXPERIENCE IS NOT NECESSARY; just bring the joy to move and an open heart. This class is open to all ages, shapes, fitness levels and abilities.

Instructor: Heera Sazevich has been dancing from the age of five: ballet, jazz and tap. She has a BA in Theater Arts from UCLA. Heera studied classical Japanese dance and theater in Kyoto, Japan for six years. She also, spent six years in India studying meditation and emotional release therapies, and has taught ecstatic dance in Sun Valley, Idaho for four years. She began facilitating ecstatic dance from May 2007 in Honolulu and Kailua and is currently teaching three times a week. She combines her knowledge of dance, meditation and emotional release to create her own unique dance experience and to provide a safe and creative space for participants to heal themselves through movement.

**No class on April 10.*

Course No. 091ASHW201 Course Fee: \$135 for 10 classes. \$235 for 18 classes.

Sec	Days	Dates	Time	Room
A	F	Jan 16-May 22	7:15 pm-9:00 pm	Chapel

Beginning Iyengar Yoga

This ancient form of deep stretching exercise helps you cultivate balance, strength, and flexibility, and improve concentration and body alignment. Wear exercise clothes and bring a mat, foam block, and cotton belt to class. Recommended sticky mats, block, and belt from Hugger Mugger Yoga Products: 1-800-473-4888.

**No class on Jan. 19.*

Instructor: Nancy Horlacher holds a degree from Iyengar Institute for Yoga in Pune, India. She has taught Yoga in many educational institutes and private companies.

Course No. 091ASHW101 Course Fee: \$82

Sec	Days	Dates	Time	Room
A	MW	Jan 5-Feb 11	6:15 pm-7:45 pm	Chapel
B	MW	Feb 18-Mar 25	6:15 pm-7:45 pm	Chapel
C	MW	Mar 30-May 4	6:15 pm-7:45 pm	Chapel

Introduction to Hypnosis: Learn how to harness the power of your subconscious mind.

Reach your full potential with self-hypnosis. You will learn how our minds work-Conscious/Subconscious level. You will be educated about the misconceptions about hypnosis and share the facts. You will be involved in light level group hypnosis session for self-empowerment.

Instructor: Mindy Ash is certified by the American Council of Hypnotist Examiners (ACHE) as a Clinical Hypnotherapist (#108-057) The ACHE, founded by Gil Boyne, is the world's largest and most respected hypnotherapy certifying board. Ms. Ash trained with Dr. Robert Sapien and Mr. Tim Simmerman of the prestigious Hypnotherapy Academy of America in Santa Fe, New Mexico. The Hypnotherapy Academy of America is licensed by their State Board of Education. Additionally, she is certified by the International Hypnosis Federation as a Smoking Cessation Specialist. She has experience with a broad variety of therapeutic modalities including Neuro-linguistic programming, regression, basic suggestion therapy, advanced suggestion therapy and core transformation. She is dedicated to helping you transform and instill new healthy behaviors that help you live a healthier more productive life and achieve your dreams and goals. Additionally, Ms. Ash is a certified Emotional Intelligence coach; and graduate of the Dale Carnegie Leadership for Management and Dale Carnegie Sales Advantage courses. Mindy can be contacted at www.askforhypnosis.com.

Course No. 091ASHW107 Course Fee: \$25

Sec	Days	Dates	Time	Room
A	W	Jan 28	6:30 pm-8:30 pm	Olona 106
B	W	Feb 25	6:30 pm-8:30 pm	Olona 106
C	W	Mar 25	6:30 pm-8:30 pm	Olona 106
D	W	Apr 29	6:30 pm-8:30 pm	Olona 106

Self-Healing Energy Therapies

Learn how to remove negative thoughts and feelings from mind and body, substitute positive, helpful thoughts and get healing energy to flow into the self for deep relaxation and rejuvenation.

Instructor: Francina Parsons has a MA in Public Health, Health Education & Social Work.

Course No. 091ASHW602 Course Fee: \$40

Sec	Days	Dates	Time	Room
A	T	Jan 13, 20, 27	6:00pm-7:30pm	Olona 106

Qi Gong: The Art of Cultivating Energy

Qi Gong is the art and skill of training qi. It is the method of using subjective initiative (intervention) to get physical and mental exercise. In order to attain physical and mental holistic accomplishment one must coordinate thought, posture, and breathing. Physically, qi gong optimizes organ function and maintains dynamic equilibrium. Energetically, qi gong enables the storage of energy by reducing energy consumption and increasing energy accumulation producing the effects of harmonizing yin and yang, cleaning the channels and collaterals, and emitting external qi.

Instructor: Michael Hamilton has a Master of Oriental Medicine, from the Tai Hsuan Foundation where he went on to teach Daoist Medicine. He has studied qi gong and feng shui at various Daoist monasteries in China. Michael is a registered healer at the Ba Xian Gong Temple in Xian, China. He has practiced acupuncture and taught qi gong at the Honolulu Medical Group. He currently teaches and practices oriental medicine at the Institute of Clinical Acupuncture and Oriental Medicine(ICAOM) in Honolulu, Hawaii.

Course No. 091ASHW202

Course Fee: \$100

Sec	Days	Dates	Time	Room
A	T,Th	Jan13-Feb 5	6:00 pm-8:00 pm	Kalia 203
B	T,Th	Feb 10-Mar 5	6:00 pm-8:00 pm	Kalia 203
C	T,Th	Mar 10-Apr 7	6:00 pm-8:00 pm	Kalia 203
D	T,Th	Apr 9-May 5	6:00 pm-8:00 pm	Kalia 203

Universal Tai Chi

Register by nine days before class starts and receive \$10.00 off!

Need to feel more relaxed and grounded? Immerse yourself in the Universal style of Tai Chi, based on Chinese principles of promoting harmony in the individual by balancing physical, mental, and spiritual components. A general feeling of well-being and tranquility is experienced.

Instructor: Stuart Robson, Tai Chi instructor, DOE's Adult Education Program and at the Honolulu Club

Course No. 091ASHW102

Course Fee: \$60

Sec	Days	Dates	Time	Room
A	S	Jan 10-Feb 14	8:30 am-10:00 am	Chapel
B	S	Feb 21-Mar 28	8:30 am-10:00 am	Chapel
C	S	Apr 4-May 9	8:30 am-10:00 am	Chapel

Advanced Universal Tai Chi

Register by nine days before class starts and receive \$10.00 off!

This course is for continuing Universal Tai Chi students.

Instructor: Stuart Robson (see above)

Course No. 091ASHW103

Course Fee: \$60

Sec	Days	Dates	Time	Room
A	S	Jan 10-Feb 14	10:00 am-11:30 am	Chapel
B	S	Feb 21-Mar 28	10:00 am-11:30 am	Chapel
C	S	Apr 4-May 9	10:00 am-11:30 am	Chapel

Home Life

Awareness for Prevention: Avoid Becoming a Victim

You will learn how to be aware of situations that may lead you to becoming a victim of crime. Areas such as Theft; Personal Safety; Auto Theft; Identity Theft; Internet Theft; Drug Awareness; etc will be covered during this 5 week class.

Instructor: Dennis Yuen is a retired police lieutenant with the Honolulu Police Department. He has worked with various organizations to provide lectures about crime and safety.

Course No.	091ASHW200	Course Fee:	\$110		
Sec	Days	Dates	Time	Room	
A	T,Th	Feb 3-Mar 5	6:30 pm-8:00 pm	Kalia 202	

Basics of Home Brewing

In this introductory workshop, learn the basics techniques for brewing hand-crafted ales in the comfort of your own home. Topics covered include brewing, fermentation, sanitization, bottling and the history of beer brewing in America. If you've ever thought about trying to make your own beer, here's the perfect opportunity!

Brewing ingredients and workshop supplies included.

Special note: Must be 21 years of age or older by the first day of a workshop session to register.

Instructor: Shawn Ford is a veteran brewer and homebrew instructor of 18 and 7 years respectively. His favorite beers are American West-coast-style hoppy pale-ales, and his favorite watering-hole is his living room closet, where he's probably brewing up a fine batch of ale at this moment. In addition to teaching others how to make beer, he also teaches adults how to acquire English and how to teach English, and he sometimes teaches children how to kick a soccer ball around a field.

Course No.	091ASHW600	Course Fee:	\$50 (\$5 - \$11 lab fee paid to instructor).		
Sec	Days	Dates	Time	Room	
A	W	Feb 4 – Mar 4	6:00 pm-8:00 pm	Kalia 202	
B	W	Apr 1-29	6:00 pm-8:00 pm	Kalia 202	

Feng Shui for Interiors: Chi Flow

Introduces Chi energy, which is the most basic feng shui concept. Explains how to maximize Chi's beneficial flow. The importance of doors and windows is stressed.

Instructor: Clear Englebert has practiced and taught feng shui in Hawaii and California since 1995. A recognized feng shui expert, he has been featured on television programs and in print media and has published two previous feng shui titles for a national audience, Feng Shui Demystified and Bedroom Feng Shui, both from Ten Speed Press. His latest book is entitled, "Feng Shui for Hawaii".

Course No.	091ASHW603A	Course Fee:	\$15		
Sec	Days	Dates	Time	Room	
A	F	Jan 9	6:30 pm-8:30 pm	Manono 104	

Feng Shui for Exteriors: Chi Flow and Poison Arrows

The importance of the approach to the home is stressed. How to attract energy to your property. Why some energy is considered negative and how to deflect it from neighboring structures. Yin and yang is discussed.

Instructor: Clear Englebert (see above)

Course No. 091ASHW603B			Course Fee: \$15	
Sec	Days	Dates	Time	Room
B	F	Jan 16	6:30 pm-8:30 pm	Manono 104

Feng Shui for Interiors: Poison Arrows

How to counter harsh energy within the home. Furniture selection and placement are covered.

Instructor: Clear Englebert (see above)

Course No. 091ASHW603C			Course Fee: \$15	
Sec	Days	Dates	Time	Room
C	F	Jan 23	6:30 pm-8:30 pm	Manono 104

Feng Shui for Interiors and Exteriors: Empowered Positions

How to harmonize your home with the surrounding landform. The four archetypal energies around a building are discussed, as well as mauka/makai orientations. How to position a home correctly in the landscape and how to locate the powerful spots within a room.

Instructor: Clear Englebert (see above)

Course No. 091ASHW603D			Course Fee: \$15	
Sec	Days	Dates	Time	Room
D	F	Jan 30	6:30 pm-8:30 pm	Manono 104

Feng Shui for Interiors: The Bagua

Introduces the Five Elements (the same Five Elements used in acupuncture and acupressure) and their application to furnishings. Explains the Bagua map, a nine-area grid that lies over the floor plan. The power of color is discussed.

Instructor: Clear Englebert (see above)

Course No. 091ASHW603E			Course Fee: \$15	
Sec	Days	Dates	Time	Room
E	F	Feb 6	6:30 pm-8:30 pm	Manono 104

Feng Shui for Exteriors: The Bagua

Explains the use of feng shui in the tropical garden. It shows the application of the Bagua map to the lot. Specific plants are recommended for specific locations. Also covered are fountains, rock features, and garden ornaments.

Instructor: Clear Englebert (see above)

Course No. 091ASHW603F			Course Fee: \$15	
Sec	Days	Dates	Time	Room
F	F	Feb 13	6:30 pm-8:30 pm	Manono 104

Unclutter Your Life Inside and Out

Rid yourself of unwanted clutter and organize your life, your home and/or your office. Learn the “AAHAA System”© which was developed by the instructor to shift crowded confusion to organized awareness. In this workshop, you will discover ways to breakthrough old patterns and design and implement strategies and systems to support permanent change.

Textbook: “31 Words to Create an Organized Life” (Purchased from instructor during 1st class session)

Instructor: Marilyn Nagel, known as the ClutterBuster, is a life success and small business coach with 30 years experience as an entrepreneur, workshop designer and facilitator, marketing consultant and professional organizer.

*No class Feb 16.

Course No. 091ASHW601 Course Fee: \$75 (\$11 text book fee paid to instructor)

Sec	Days	Dates	Time	Room
A	M	Feb 2-Mar 9	6:00 pm-8:30 pm	Mokihana 101