

WELLNESS OF BODY AND MIND

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

Leisure Activities

Fishing

Fly Tying for Beginners

Learn the unique art of tying artificial lures to entice fish. Become familiar with hooks, materials, tools, and patterns that have been used for generations. Salt water bone fish included.

Instructor: Wayne Hodges began tying flies at the age of 12 using them to fish the spring-fed streams and ponds of NY and New England. He has continued to enjoy this hobby across the mainland, Alaska, and Hawaii. He supports catch and release, is a member of Trout Unlimited and has mentored young fishers. \$20 materials fee paid to instructor.

Course No. 092ASHW800 Course Fee: \$75

Sec	Days	Dates	Time	Room
A	T	May 26-Jun 23	6:00 pm-8:30 pm	Manono 110

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. 092ASHW104 Course Fee: \$95

Sec	Days	Dates	Time	Room
A	Su	May 31 – July 5	9:00 am-10:30 am	Chapel
B	Su	July 12- Aug 16	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. 092ASHW105 Course Fee: \$100

Sec	Days	Dates	Time	Room
A	Su	May 31 – July 5	12:00 pm-1:30 pm	Newtown Golf Driving Range
B	Su	July 12 – Aug 16	12:00 pm-1:30 pm	Newtown Golf Driving Range

Mind-Body Exercise & Care

Aromatherapy Basics

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. 092ASHW501

Course Fee: \$90

Sec Days Dates

Time

Room

A Th Jul 2-Aug 6

6:00 pm-8:00 pm

Mokihana 105

The Dancing Buddha: Exploring dance as meditation

A fun, dynamic exploration of movement as meditation. Each session will focus on a different, easy meditation technique that you can also apply to your daily life for increased peacefulness and joy. We will use ecstatic dance, the latest international trend in body-mind-spirit fitness, as our dance practice. It is a blissful opportunity to let the body express freely, let go and ultimately heal itself through movement. Explore various movement patterns and meditation techniques in a safe, judgment free environment and experience blissful states of awareness, unfettered wildness, profound healing and insights. Irresistible music from around the world: tribal, oldies, house, and global beats – an eclectic mix to satisfy all souls. An amazing workout for both body and spirit! **DANCE or MEDITATION EXPERIENCE ARE NOT NECESSARY;** just bring the joy to move and an open heart. This class is open to all ages, shapes, fitness levels and abilities, and anyone who longs to dance and to let go.

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 June 12.

Course No. 092ASHW201 Course Fee: \$108 for 8 classes. \$54 for 4 classes.

Sec	Days	Dates	Time	Room
A	F	Jun 5-Jul 31	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.

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. 092ASHW101 Course Fee: \$82

Sec	Days	Dates	Time	Room
A	MW	May 27-Jul 1	6:15 pm-7:45 pm	Chapel
B	MW	Jul 6-Aug 10	6:15 pm-7:45 pm	Chapel

Explore Yoga & Movement

This course will offer a fun approach to explore Yoga (union of body, mind and spirit). During this six week course you will learn to stretch and strengthen your body through a fusion of expressive movement and yoga flow. You will learn to cultivate the ancient Indian Art form of Yoga, you will gain valuable insight and an overview of yogic philosophy. You will learn how to integrate relaxation and wellness into your everyday life. We will engage in group, partner and individual movements and exercises. This course will incorporate: Kirtan-Indian Chanting and song. Guest Performers: Tabla and Indian Instrumentalist. Guided Chakara Meditations. All classes will be musically infused.

Instructor: Radha Divine is trained in Hatha Yoga, Ashtanga Yoga, Yoga Education and Dance. Radha incorporates her array of a multifaceted background to bring you a festive and unique yoga experience in the healing arts. She offers holistic and transformational health awareness, coaching and guidance. Radha is inspired to share the journey of Yoga and movement to liberate students from all walks of life, within the community.

Course No. 092ASHW110 Course Fee: \$60

Sec	Days	Dates	Time	Room
A	W	Jun 3-Jul 8	6:00 pm-8:00 pm	Maile Dance Studio

Healing Energy In Motion

This course introduces the student to forms of natural healing that may seem amazing and new in today's culture, but is actually the birthright of each individual. It honors the ancient healing knowledge of our ancestors (*kahiko*). Though some of the material in this course is based on knowledge passed on by Kahelua's Hawaiian *kupunas* (grandparents) and *kupuna kahiko* (ancestors) as well as other *kahunas* (specialists), there is much similarity found in other native cultures and civilizations. Students who find the introductory information valuable, may then seek other resources to learn about the topic in greater depth.

The curriculum is a combination of classroom instruction with field work and practical application of the information that is shared. *Though the schedule is based on regular meetings dates, for optional sessions, students are advised to be available, with short advance notice, to take advantage of weather conditions and rearrange the class schedule to come in to class on other days.*

Instructor: Eileen Abe & Kalehua Featheran

Course No. 092ASHW606			Course Fee: \$130	
Sec	Days	Dates	Time	Room
A	T	Jul 7-Aug 11	6:00pm-8:00pm	Mokihana 102

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. 092ASHW102			Course Fee: \$60	
Sec	Days	Dates	Time	Room
A	S	May 16-Jun 20	8:30 am-10:00 am	Chapel
B	S	Jun 27-Aug 1	8:30 am-10:00 am	Chapel
C	S	Aug 8-Sep 12	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. 092ASHW103			Course Fee: \$60	
Sec	Days	Dates	Time	Room
A	S	May 16-Jun 20	10:00 am-11:30 am	Chapel
B	S	Jun 27-Aug 1	10:00 am-11:30 am	Chapel
C	S	Aug 8-Sep 12	10:00 am-11:30 am	Chapel

Nia Technique

What is Nia? The Nia Technique is a holistic fitness practice combining movement forms from dance, martial arts, and yoga. A 60 minute Nia class, set to music, includes a warmup, non-impact aerobic workout, strength work, and a relaxation cool down. The most important principle of the Nia Technique is to experience the Joy of Movement, to become attuned to sensations in your body, and to get a great workout while having fun! Nia is appropriate for all levels of fitness and no experience or equipment is required. Participants should wear comfortable clothing and Nia is usually practiced in bare feet. No mat is required. For more information about Nia, please visit www.nianow.com.

No class June 11.

Instructor: Krista Karyn Hiser is a licensed white belt teacher of the Nia Technique. She brings to her Nia teaching practice a background in dance, tai chi, and yoga. As a mother of two with a full-time job, she uses Nia not only to stay fit, but to stay healthy and sane using the Nia practice of “dancing through life”

Course No. 092ASHW300A			Course Fee: \$50	
Sec	Days	Dates	Time	Room
A	Th	May 28-Jul 2	8:30 am-9:30 am	Chapel

Home Life

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. 092ASHW603			Course Fee: \$15	
Sec	Days	Dates	Time	Room
A	S	Jun 20	1:00 pm-3:00 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. 092ASHW603			Course Fee: \$15	
Sec	Days	Dates	Time	Room
B	S	Jun 27	1:00 pm-3:00 pm	Manono 104

Feng Shui for Interiors: Poison Arrows

How to counter harsh energy within the home, such as open beams and ceiling fans. Furniture selection and placement are covered.

Instructor: Clear Englebert (see above)

Course No. 092ASHW603			Course Fee: \$15	
Sec	Days	Dates	Time	Room
C	S	Jul 11	1:00 pm-3:00 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. 092ASHW603	Course Fee: \$15			
Sec	Days	Dates	Time	Room
D	S	Jul 18	1:00 pm-3:00 pm	Manono 104

Feng Shui: The Bagua, Part One

Introduces the Five Elements (the same Five Elements used in acupressure and acupuncture) 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. 092ASHW603	Course Fee: \$15			
Sec	Days	Dates	Time	Room
E	S	Jul 25	1:00 pm-3:00 pm	Manono 104

Feng Shui: The Bagua, Part Two

Continues the interior information as well as showing the application of the Bagua map to the house lot. Specific plants are recommended for specific locations. Also covered are fountains, rock features, and garden ornaments.

Instructor: Clear Englebert (see above)

Course No. 092ASHW603	Course Fee: \$15			
Sec	Days	Dates	Time	Room
F	S	Aug 1	1:00 pm-3:00 pm	Manono 104

Feng Shui

This course will survey the fundamental theories and applications of Chinese geomancy (fengshui), to assess the current living environment using *feng shui* as a diagnostic and remedial modality. Students will gain a deeper understanding of the fundamental theories of Traditional Chinese Medicine.

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.

***No class June 11.**

Course No. 092ASHW605	Course Fee: \$80			
Sec	Days	Dates	Time	Room
A	T,Th	Jun 2-18	6:00 pm-8:00 pm	Iliahi 105
B	T,Th	Jul 9-23	6:00 pm-8:00 pm	Iliahi 105
C	T,Th	Aug 4-18	6:00 pm-8:00 pm	Iliahi 105

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.

Course No. 092ASHW601 Course Fee: \$75 (\$11 text book fee paid to instructor)

Sec	Days	Dates	Time	Room
A	T	May 26-Jun 23	6:00 pm-8:30 pm	Manono 104