

COMMUNITY EDUCATION

LANGUAGE

BEGINNING SIGN LANGUAGE I

Students may earn three college credits for this course.

In this course, students are introduced to American Sign Language (ASL). They learn the use of the manual alphabet for finger-spelling and how to develop vocabulary through sign production. Students become familiar with the history of sign language and gain an understanding of effective facial expressions.

DCB 2156-01 T/R 8/27-10/16 4:30-7:15pm KSU \$596

BEGINNING SIGN LANGUAGE II

Students may earn three college credits for this course.

A continuation of SGN 113, students continue to develop vocabulary and gain extensive experience in signing situations created by the instructor. Signing simple songs and stories, as well as receptive reading of the signed stories of classmates will be practiced in small group activities. Weekly homework assignments must be completed.

DCB 2157-01 T/R 10/17-12/7 4:30-7:15pm KSU \$596

QUESTO E QUELLO (THIS & THAT) ITALIAN

There's no better time to learn Italian than autumn! Focus on honing your Italian language grammar and conversational skills in this comprehensive language and culture class. In this class you will learn practical communication survival skills for getting around any Italian town or city, develop and enhance comprehension of verbs, basic sentence structure, and grammatical concepts, make new 'amici', and improve your existing Italian language skills. Required text: *The Complete Idiot's Guide to Learning Italian* (4th edition) by Gabrielle Euvino and an Italian/English dictionary. Additional materials will be suggested during class.

Materials fee: \$10, payable in class. Instructor: G. Euvino

NCC 2096-01 W 9/26-12/5 6-8pm KSU \$119

No class 10/31 & 11/21

GERMAN FOR TRAVELERS

Does your upcoming vacation itinerary include a visit to Germany? Or, have you always wanted to learn German? Learn what you need to know to get around, ask for help, order food and more. By learning simple German phrases and a bit about the culture, you will be better prepared in the basics and will get the most out of your European adventure. \$20 material fee is payable to the instructor on the first day of class.

Instructor: J. Spindler

LA123-1013LK S 10/13-11/17 10am-2pm LK \$109

No class 10/27 & 11/10

ITALIAN LANGUAGE & CULTURE

You will develop language skills while acquiring an appreciation of the history and culture of Italy through film, art, literature, fashion and music. Practice pronunciation, grammar and conversation while learning about the origin of common Italian words and expressions. No prior experience necessary. All levels will be fostered making this class a great review for those that have already studied the basics. Note: If you are taking the Saturday classes, please bring a bagged lunch or as a class we can order a pizza. Required text: *The Complete Idiot's Guide to Learning Italian* (ISBN-13: 978-1615642182) and an Italian/English dictionary. A \$10 material fee is payable to the instructor on the first day of class.

Instructor: G. Euvino

LA107-0915LK S 9/15 & 22 10am-3pm LK \$129

LA107-1103LK S 11/3 & 17 10am-3pm LK \$129

SPANISH I

Basic skills will be achieved through interactive practice using common conversation. It is intended for people who want to communicate in Spanish at work, in a social setting, in a school environment or while traveling. Note: No previous knowledge of Spanish is needed.

Instructor: M. Guldán

NCC 1950-01 M 9/10-11/12 6-8:30pm KSU \$175

No class 10/8

NCC 1950-02 T 9/11-11/6 5-7:30pm KSU \$175

SPANISH II

Designed for those who want to improve and polish their Spanish skills for conversational, real life situations. The instructor adapts the course content to the level of the students in the class.

Prerequisite: Spanish I or permission of the instructor. Instructor: M. Guldán

NCC 2000-01 M 11/19-12/24 6-8:30pm KSU \$129

NCC 2000-02 T 11/13-12/18 6-8:30pm KSU \$129

FINE ARTS PROGRAMS

These courses are open to all for credit or audit.

Register online at www.sunyulster.edu, click on REGISTER NOW then click on Registration and follow instructions for non-matriculated students. Prices are for Ulster County Residents.

INTRO TO VISUAL ARTS

This is an introduction to concepts and philosophical theories underlying the organization of art forms through the study of line, form, space, value, color and texture, as interpreted in both historical and contemporary contexts. It stresses an understanding of the elements and principles of design.

ART 101-S01 ONLINE 8/27-12/18 \$626

PAINTING 1

This introductory course stresses the relationship of composition and color through perceptual experiences in drawing and painting.

ART 105-01 F 8/27-12/18 1:05-4:45pm SRC \$596

ART 105-51 R 8/27-12/18 5:30-9:15pm SRC \$596

INTRO TO DRAWING

An introduction to drawing elements and principles for the not-art majors. Students base their drawings on direct observation of still life and landscape subject matter.

ART 117-51 M 8/27-12/18 5:30-9:20pm SRC \$596

PHOTOGRAPHY 1 (DIGITAL)

An introduction to traditional and digital photographic techniques, basic computer-based image processing and inkjet printing. A strong emphasis will be placed on developing aesthetic judgment through a series of assignments and critiques. Students will need a digital camera of reasonable quality (no camera phones). The department will provide all other required supplies and equipment.

ART 130-01 T 8/27-12/18 2-4:50pm SRC \$636

ART 130-02 R 8/27-12/18 2-4:50pm SRC \$636

COMMUNITY EDUCATION

CREATIVE & STUDIO ARTS

SU **NEW!** **MOTHER/DAUGHTER SEWING WORKSHOP**

Learn basic sewing skills together by completing a finished garment as a team. You will both learn the sewing machine, create several stitch samples and complete a paper pattern and one skirt to dress form size out of fabric. **Instructor: C. Allen**

NCC 2109-01 S 9/15 & 29 9am-1pm SRC \$95

BEGINNER SEWING WORKSHOP

In this class you will learn how to use the sewing machine, terms and tools, layout and cutting, pattern-making, pressing techniques, zipper and hem applications, hand sewing techniques and stitch samples. You will create one finished skirt- final project to dress form size in any choice of fabric. See your email receipt for list of materials. **Instructor: C. Allen**

NCC 2094-01 S 10/6-20 9am-1pm SRC \$95

CRASH COURSE IN COMIC DRAWING & PRODUCTION AGES 13 - ADULT

For anyone who's ever thought about making their own comic, this course is for you. This is a crash course that will introduce most of the skills to create your own comic including drawing techniques, layout, inking, coloring and lettering. Please bring a sketchbook and pencils to class.

Instructor: D. Sienty

NCC 2079-01 R 10/11-11/15 6:30-9:30pm KSU \$199

WATERCOLOR, PEN & INK

This class will generate awareness and excitement through the creative art techniques of ink and watercolor by using ink washes, splattering, cross hatching and masking. You will learn design, composition and color with still life projects or personal photographs. Each class includes a technique demonstration and individualized guidance. **Instructor: L. Bender**

NCC 1578-01 W 10/10-11/14 5:30-7:30pm HIL \$199

SU **TATTOO ILLUSTRATION**

Interested in the illustrative world of tattoo design, thinking of becoming a tattoo artist, or wanting to improve your present skills, this course is for you. Explore the many different genres and styles as well as the perfect layout and placement. Enhance your drawing, design and conceptual ideals. Working with clients and building a strong portfolio will also be covered. See your email receipt for list of materials. **Instructor: M. Locasio**

NCC 2037-01 W 10/3-11/14 6-8pm KSU \$199
No class 10/31



NEW! **BEGINNING CALLIGRAPHY**

Learn how to do basic calligraphy using calligraphy marker pens for uncial and italic fonts. Practice letter forms, spacing and composition. You will learn full alphabet with numerals which can be used for addressing invitation envelopes, quotes, poems, greeting cards or to improve penmanship. See your email receipt for list of materials. **Instructor: R. Rosenthal**

NCC 1001-01 W 9/26-10/31 10am-noon KSU \$199
Sr. discount applies

NEW! **BOTANICAL BRUSH PAINTING**

Learn Asian-based brush painting technique skills to create art with botanical subjects. Start with bamboo, orchid, plum blossom and chrysanthemum and fall blooming flowers. Beginners will use ink and watercolor on a variety of rice papers. Advanced students can use silk papers. Learn a variety of techniques such as wet into wet, dry brush, glazing and detailing. See your email receipt for list of materials. **Instructor: R. Rosenthal**

NCC 2111-01 W 9/26-10/31 1:30-4pm KSU \$249
Sr. discount applies

UB **PAINTING: AN INTRODUCTION**

Learn to paint a landscape, a basic portrait, and a still life in this class. **Instructor Paul Abrams**, MFA shares his experience and knowledge as he teaches the basic techniques of painting in water-soluble oils. View his artwork at www.paulabrams.com. Some art experience helpful. Supply list upon registration - estimated cost approx. \$100. Register early as seats are limited!



AR102-0910CT M 9/10-10/22
6:15-9:15pm CT \$199

PORTRAIT DRAWING

Learn to draw a life-like head and capture a likeness with paper and pencil. Correct and solve challenges of drawing the eyes, the nose, the mouth along with correct proportions and views of the head. Bring pencils, sharpener, eraser, paper and or a sketchbook to class. **Instructor: P. Abrams**

AR131-1029CT M 10/29-11/26 6:15-8:15pm CT \$179

NEW! **MODERN TAKE ON SASHIKO EMBROIDERY**

Sashiko is a form of decorative reinforcement stitching from Japan traditionally used to reinforce points of wear or to repair worn places or tears with patches. Mostly geometric patterns are used to make this work. The embroidery uses special sashiko thread and needle. Modern day sashiko stitching uses a variety of color combinations, and it is considered a beautiful surface embellishment for fabrics. In this class, we will learn basic stitching, while working on fabric that will become a decorative napkin or placemat. Supply list upon registration. **Instructor: Pamela Gordon**

PG204-0924CT M 9/24-10/1 6-8pm CT \$59

NEW! **IT IS A BOTTLE BRUSH HOLIDAY**

Let's try our hand at some miniature holiday decorations, utilizing small and colorful bottle brush trees, assorted crafts, supported by decorative vessels to create a center piece everyone will be pleased with. Material fee is \$20 payable to the instructor. Bring a miniature glue gun, and additional glue sticks for your personal use. **Instructor: Pamela Gordon**

PG205-1208CT S 12/8 10am-1pm CT \$39

M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY

COMMUNITY EDUCATION

NEW! SUNY ULSTER'S COMMUNITY MUSIC SCHOOL

Beginning this Fall the SUNY Ulster music department will offer private lessons and performing ensembles to the community through our new SUNY Ulster Community Music School. No longer do you have to be a student at SUNY Ulster to benefit from the excellent instruction found at the college. Community Music School students will have the opportunity to register for one of our performing ensembles for a reduced rate if also registered for applied lessons.

APPLIED LESSONS

Have you always wanted to learn to play an instrument? Has an instrument been collecting dust in a closet since high school? Are you looking to improve your skills on a current instrument? Why not consider taking private lessons at the SUNY Ulster through the Community Music School? Private instruction is available on guitar, bass, voice, strings, woodwinds, brass, percussion, and jazz improvisation.

Please contact us if you have an interest in private instruction on an instrument not listed, for any other questions or to purchase additional 5-lesson packages. Email: communitymusic@sunyulster.edu

The lessons are offered in 5-lesson sessions beginning the week of September 3, 2018. Lessons will meet once a week and are held at the Stone Ridge campus in the music area suite. Make-up lessons will only be scheduled if the instructor misses a lesson or if the student provides 12-hour notice of an upcoming missed lesson. There will be no make-ups for no-shows or late cancellations.

5-lessons beginning on September 3, 2018

- NCC 2115-01 See receipt for scheduling information. 30 minutes/\$150
- NCC 2116-01 See receipt for scheduling information. 45 minutes/\$225
- NCC 2117-01 See receipt for scheduling information. 60 minutes/\$300



PERCUSSION ENSEMBLE

Performers will have the opportunity to further their ensemble and technical skills in an environment where percussion is the primary instrument. The percussion ensemble performs a wide range of music styles from Renaissance to Popular Music. There will be at least one performance per semester. This is open to students who have achieved NYSSMA level V or higher or by audition. **Directed by C. Earley**

NCC 2118-01 T 9/4-12/4 4-5:20pm SRC \$60/semester

STRING ENSEMBLE

String ensemble focuses on playing music in a chamber setting without a conductor. Each member is important and responsible for learning their part. We cover all periods of music from the Renaissance to the contemporary. There are 2/3 performances per semester within Ulster County. An audition is required to register for this class. This is open to students who have achieved NYSSMA level VI + audition.

Directed by A. Solberg

NCC 2119-01 M 8/27-12/3 6:30-8:30pm SRC \$80/semester

WIND ENSEMBLE

SUNY Ulster Wind Ensemble is comprised of advanced high school and college students and music educators. The ensemble performs a minimum of two times per semester. The literature performed is challenging and commensurate with four-year college level music. This is open to students who have achieved NYSSMA level VI + Area All-State or by audition.

Directed by V. Izzo & M. Trees

NCC 2120-01 T 9/4-12/4 7-9pm SRC \$80/semester

COMMUNITY BAND

SUNY Ulster Community Band is comprised of advanced Middle School students, high school students, college students, and community musicians. The ensemble performs a minimum of two concerts per semester and draws its repertoire from standard wind band literature. This is open to students who have achieved NYSSMA level IV or higher.

Directed by V. Izzo

NCC 2121-01 W 9/5-12/5 7-9pm SRC \$80/semester

Discount rate for students registered in private lessons & an ensemble.
Call 845-339-2025 to register for both so you can receive your discount.

\$50 for students registered in 30-minute lessons • \$40 for students registered in 45-minute lessons • \$30 for students registered in 60-minute lessons



NEW! LISTENING TO CLASSICAL MUSIC



In this introductory series, you will explore the evolution of classical music. By guided listening and discussion of a varied selection of familiar composers, as well as less familiar pieces of music, the class will chart the development of vocal and instrumental genres through the centuries. Moving from the medieval period and chant through the development of polyphony and harmony in the Renaissance, Baroque, Classical, and Romantic eras, and into the 20th and 21st centuries, the class will explore not only the music and musical forms but links and parallels to the visual arts, technology, culture, and society. **Instructor: G. Dinger**

NCC 2112-01 R 9/27-11/1 10-11:20am KSU \$95 Sr. discount applies

M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY



COMMUNITY EDUCATION

PERSONAL GROWTH

UB MASTERING YOUR DIGITAL SLR CAMERA

Learn how to use your SLR digital camera and what to do with all those pictures after you've taken them. Sally Delmerico will explain basic digital terminology and demystify the menus of your SLR digital camera. Discussing various programs cameras offer, focusing on what is exposure, how to meter for better effect, plus available tools to help utilize existing light by adjustment of aperture and shutter speed. Come away with the understanding of what all those buttons and dials are used for! You must bring an SLR camera to class. **Instructor: S. Delmerico**

AR125-0910CT	M	9/10-10/1	6-9pm	CT	\$159
AR125-0107CT	M	1/7-2/4	6-9pm	CT	\$159

HOW TO TAKE IMPRESSIVE PHOTOS

This new course will delve into the rules & theories of composition, helping you to improve your photographs, plus a review of camera settings and menu tools to ensure competency of use. Examples and comparison of master photographers' works will also be explored.

Instructor: S. Delmerico

AR185-1015CT	M	10/15 & 22	6-9pm	CT	\$79
--------------	---	------------	-------	----	------

HOW TO "FOCUS" CELL PHONE PHOTOS

Are you uploading more photos from your phone to share with friends and families? Are you disappointed the candid moment captured does not reflect the "feeling" you hoped to share? Join **Sally Delmerico** as she demonstrates how to take great photos with your cell phone camera, and share your precious moments on Instagram, Facebook and email.

AR176-1105CT	M	11/5-26	6-9pm	CT	\$129
--------------	---	---------	-------	----	-------

No class 11/12

CAPTURING THE HOLIDAYS

Gathering friends and family in one place to capture that annual holiday photo tends to be an exasperating experience for most of us. Good news! Learn how to use tried and true techniques to capturing that great holiday photo to share and post. Remember to bring your camera to class.

Instructor: S. Delmerico

AR172-1203CT	M	12/3 & 10	6-9pm	CT	\$89
--------------	---	-----------	-------	----	------

AMERICAN MAHJONG

Seasons, Flowers and Winds are just a few of the suits found among the 152 tiles shuffled for a game of Mahjong. Join this exploratory class where you will learn the history of the game and play etiquette for a traditional table of four. This exciting game is one of luck, wit and will as you decide the hand to play, draw, discard or call as tiles are cast until the lucky one cries Mahjong! **Instructor: P. Gordon**

PG203-1015CT	M	10/15 & 22	6:30-8:30pm	CT	\$59
--------------	---	------------	-------------	----	------

SU ALL ABOUT DONKEYS

Contrary to public perception, the donkey is a very sweet, calm, smart, playful and affectionate animal. Come interact one-on-one with a herd of miniature and standard donkeys (and one zonkey!) and experience first-hand why the donkey is perhaps the most under-appreciated and misunderstood of man's most valuable domesticated animals.

Instructor: S. Stiert

NCC 1171-01	S	10/6	12:30-4:30pm	Ulster Park	\$45
-------------	---	------	--------------	-------------	------

(Rain date 10/13)

UB CAREGIVER SUPPORT NETWORK: FIND THE C.A.R.E. YOU NEED

How can you live a balanced life when providing heart-centered care to your family? Join us for this inspiring wellness class to explore solutions to empower caregivers: 1) Complete a Caregiver Assessment 2) Explore strategies to thrive in turbulent times 3) Discuss the role of Health Care Proxy & Power of Attorney 4) Review the M.O.L.S.T. & Five Wishes forms. Caregivers can successfully manage a myriad of ever-changing needs and often benefit from Coaching, Advocacy, Resources and Education. **Tuition Includes 60 Minutes of Life Coaching from Adult Ed**

Instructor M. Perlmutter, CSL www.ClutterFreeLifeCoach.com.

HA124-0912CT	W	Sept. 12, 19 & Oct. 3, 10	6-8:30pm	\$159
HA124-0103CT	R	2019 Jan. 3, 10, 24, 31	6-8:30pm	\$159

CONQUER YOUR CLUTTER & C.H.A.N.G.E. YOUR LIFE

Are you ready to live an empowered life with renewed energy, clarity, balance and peace? Join us for this motivating wellness class to discover solutions to C.H.A.N.G.E. your life: 1) Clarify The Impact Of Clutter 2) Highlight Hope, Faith & Vision 3) Achieve Health & Wellness Goals 4) Now Learn How To Conquer Clutter 5) Get Organized By "The Power Of One" and 6) Enjoy The Benefits Of An Organized, Clutter-Free, Time-Efficient Life.

Tuition Includes 60 Minutes of Life Coaching from Adult Ed

Instructor M. Perlmutter, CSL www.ClutterFreeLifeCoach.com.

PG187-1023CT	T	Oct. 23, 30 & Nov. 13, 20	6-8:30pm	\$159
PG187-0102CT	W	2019 Jan. 2, 9, 23, 30	6-8:30pm	\$159

IF I CAN'T FIND MY KEYS...

HOW CAN I FIND MY PURPOSE?

Americans spend one year of their life looking for lost or misplaced items. Are you ready to reclaim your home, your time and your life? Join us for this motivating wellness class to discover solutions that can empower you to Conquer Chronic Disorganization: 1) Clear Clutter 2) Organize Your Home 3) Manage Time Effectively 4) Achieve Health & Wellness Goals. Take heart in knowing that you can pave the way to an organized, time-efficient life.

Tuition Includes 60 Minutes of Life Coaching from Adult Ed

Instructor M. Perlmutter, CSL www.ClutterFreeLifeCoach.com.

HA125-1018CT	R	Oct. 18, 25 & Nov. 8, 15	6-8:30pm	\$159
HA125-0108CT	T	2019 Jan. 8, 15, 22, 29	6-8:30pm	\$159

NEW! COFFEE TASTING

Coffee. Enough said. We want it, some believe they need it, how did it arrive in our cups, what's the story? Plan on a fun time talking all things coffee. In this fast-paced 3 hours, (*we are caffeinated after all*) get to know the history of coffee. Watch and learn about the roasting process. Learn about single-origin coffee, the terroir (*look that up before class!*). And yes, **YOU** will actually taste the uniqueness of some single-origin coffees before we're through!

NCC 2124-01	R	10/4	6:30-9:30pm	\$30
Monkey Joe Roasting Co., Kingston				
NCC 2124-04	R	11/1	6:30-9:30pm	\$30
Monkey Joe Roasting Co., Kingston				

M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY

COMMUNITY EDUCATION

WRITING



NEW! JOURNALING YOUR PAST

Whether you are an experienced journal writer or are just beginning the process, this workshop will help you navigate your way to a journal that expresses who you are and where you are headed. Bring a notebook, loose-leaf paper, a ringed binder, and a pencil or pen.

Instructor: D. Stillwood

NCC 2122-01 R 9/6-10/25 6-8pm HIL \$169

NEW! WHAT'S YOUR STORY

Use excerpts from I Remember by Joe Brainard to rediscover and document your memories. Using lists--and going beyond journal writing into study of character, scene, and motivation--you will expand on factual and sensory details, developing each piece into a work that can capture the interest of both writer and reader. **Instructor: D. Stillwood**

NCC 2123-01 R 11/1-12/20 6-8pm HIL \$169
T 11/20

WRITE, RELEASE, RETAIL: HOW TO BECOME AN INDIE AUTHOR

Publishing your work and launching it into the literary marketplace is easier than ever now with the advent of self-publishing platforms like Kindle, Create Space, Kobo, Smashwords, and others. Aspiring authors have many opportunities to sell their work to readers all over the world via online booksellers. Join **Marianne Sciucco**, author of Blue Hydrangeas and Swim Season, as she explains how to start your project; create a publishable manuscript; choose your publishing partners; build your social media platform; and promote and market your work. This class is recommended for anyone interested in self-publishing a novel, memoir, children's book, or non-fiction work.

NCC 2084-01 S 11/3 10am-2pm KSU \$39



NEW! INTRO TO BULLET JOURNALING

Bullet Journaling, or BuJo for short, is an analog planning system designed to bring greater peace of mind to both your personal and professional lives. This class will give you an overview of the system of Bullet Journaling and explore some of the many ways you can customize your journal to achieve greater clarity and sense of purpose. You will learn how to plan and create personalized layouts, ways to style your BuJo through simple techniques of hand-lettering and illustration, and how to incorporate Bullet Journaling as a mindfulness practice. Each class includes a presentation, demonstration and individualized guidance.

Instructor: Creativity & Mindfulness Coach E. Sickler.

NCC 2099-01 M 11/5-26 6:30-8:30pm KSU \$59
No class 11/12

COMPLEMENTARY HEALTH & WELLNESS

We offer a variety of health and wellness modalities to enhance each other, which adds to making a more holistic practice. If there is a modality you are interested in taking that we do not offer please email macaulep@sunyulster.edu with your suggestion.

PSYCHIC DEVELOPMENT & REIKI I CERTIFICATION: PLUS ANIMAL REIKI

Experience guided imagery meditation and attunements. Use Reiki or Shoden to promote healing and stress management. Learn the theories, history, hand positions, precepts and principles of Reiki. You will focus on self-healing, quick healing in-chair and healing on tables, as well as byosen scanning, and kenyoko ho (dry wash). Animal Reiki offers targeted pain and stress reduction techniques through light touch. **Instructor: L. Salluzzi**
NCC 2072-01 M 9/10-10/15 6-8pm KSU \$49
No class 10/8

CHAKRA FOR HEALING & BALANCING

This class helps all levels of Reiki practitioners as well as any energy, massage, holistic or spiritual therapists improve their practice. It will focus on the beginning/basic knowledge you need to understand how to "speak the language of the chakra energy." You will use this knowledge to energetically diagnose your clients and do no harm. Learn how to teach your clients to self-heal in between sessions with chakra balancing. Practice the guided imagery and share with your clients. It will also help the layperson improve their knowledge of chakras within them and around them.

Instructor: L. Salluzzi

NCC 2073-01 M 10/22-11/12 6-8pm KSU \$49

PSYCHIC DEVELOPMENT & REIKI II CERTIFICATION

You will receive the ancient initiations; the three Reiki II ancient symbols for healing. Learn and practice distance and hands-on healing using these symbols. In Reiki I you learned to align and channel 10% of the Reiki healing energy. In Reiki II you are ready to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. *Approved for 8 NCBTMB CE Hours.* **Instructor: L. Salluzzi**

NCC 1738-01 M 11/19-12/10 6-8pm KSU \$95

PSYCHIC DEVELOPMENT & ADVANCED REIKI CERTIFICATION

This is level I and II of the six levels to Reiki Master/Teacher, the highest level of Reiki healing but is not exclusively for those wishing to go on to the master level. This class will enhance the Reiki energy with the Kundalini energy from within and you will learn breathing techniques to facilitate this. You will also receive two more ancient symbols for healing yourself and others. *Approved for 8 NCBTMB CE hours.* **Instructor: L. Salluzzi**

NCC 1730-01 M 1/7-28/19 6-8pm KSU \$95

NEW! REIKI PRACTICE CLINIC

This is for reiki practitioners from all schools. Each meeting will begin with Healing Circle Meditation & Attunement, questions about healing will be addressed after circle and then the clinic begins! The class will share the healing energy on tables. Bring pillows and mats for comfort. You must be at least a reiki 1 practitioner to attend. You will practice reiki on one another with instructions and guidance when needed as requested by the Reiki Master. **Instructor: L. Salluzzi**

NCC 2097-01 M 2/6-27 6-8pm KSU \$95

M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY



COMMUNITY EDUCATION

COMPLEMENTARY HEALTH & WELLNESS continued



NEW! PALEO & KETOGENIC DIETS

Just another fad or Health Revolution? Many people are using Paleo and Ketogenic diets to address symptoms of autoimmune disease, hormone imbalance, digestive illnesses and other chronic conditions, but they may not be right for everyone. In this course, we will discuss the science behind these diets, how to determine if it may be right for you, and how to adapt it to work best for you. **Please consult with your physician or medical professional before starting any diet or using any new supplement or other product.** Instructor: Dr. C. Whiteman

NCC 2100-01 W 9/12 7-9pm KSU \$35

NEW! MANUAL MUSCLE TESTING FOR INTUITIVE HEALTH SUPPORT

Learn the basics of how to perform accurate manual muscle testing (applied kinesiology) to restore musculoskeletal and energetic balance to the body. Instructor: Dr. C. Whiteman

NCC 2101-01 W 10/10 7-9pm KSU \$35

NEW! HERBALISM SERIES

Designed for the beginner or for those with some experience, this class will guide you through the gentle, healing way of herbs. The series will cover the identification, preparation and use of some common herbs, formulation techniques, remedies for common imbalances of the various body systems, herbal first aid, flower essences and herbal recipes. Each class will be a combination of lecture/discussion and "hands-on" activities. You will learn to prepare a wide array of herbal products to take home to put in a medicine cabinet and food pantry. **AnnMarie Tedeschi** is a certified herbalist. She offers a variety of workshops, herbal health consultations, custom made remedies and has a local line of products called Infinite Roots. For more information, check out her website, infiniteroots.info

Material fee: \$25, payable in class.

NCC 2102-01 R 9/13-11/15 5-7:30pm SRC \$219

No class 10/4 & 18

NEW! TIBETAN BON MEDITATION PRACTICES

Bön is a shamanic tradition from Tibet believed to date back 18,000 years. In this course you will be introduced to meditation techniques from the Bön tradition. This course combines academic instruction with active practice of these meditation techniques. We will cover: the practice of silent meditation to quiet the mind; the use of mantras to cultivate physical vitality, ease anxiety, and cultivate compassion; working with the 5 elements; and connecting more deeply with the natural world through meditation. Instructor: A. Kane

NCC 2098-01 W 10/3-24 6-8pm KSU \$79

INTRODUCTION TO HOLISTIC WELLNESS

This is an introduction course to Integrative Medicine and how can it help you balance your mind, body and spirit. The class will introduce different modalities: yoga, Ayurveda, meditation, breathing exercises, stress management, and relaxation techniques. The class will incorporate discussions, reading assignments, essay writing, video examples, and demonstrations on the holistic approaches. Instructor: K. Laurito

NCC 2086-01 R 10/4-25 6-8pm SRC \$79

ARE YOU A COMPLEMENTARY HEALTH & WELLNESS PRACTITIONER
 ready to start your own business or maybe just considering what it would be like to have your own business then go to page 34 to see SBDC's course on How to Start Your Own Business.
 See page 30 for Yoga, Mindfulness, & Compassion Practices in Counseling course.



INTRODUCTION TO AYURVEDA

Ayurveda is one of the world's oldest holistic healing systems. It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. This class will focus on determining one's Prakruti or original constitution which will be expressed through the predominating dosha (one of three bodily humors - wind, bile or phlegm - that make up one's constitution) or dosha combination. The doshas are known as Vata, Pitta & Kapha. Once determined, you will then be able to serve their Prakruti and attain balanced health by balancing your diet and lifestyle appropriately. Herbal and nutritional recommendations will be made as appropriate to each dosha. Instructor: L. Hughes

NCC 2107-01 S 9/29 10am-1pm KSU \$39

NEW! PRINCIPLES OF AYURVEDA

The two vital principles are Prana and Agni. A two-fold focus will be placed on breath and digestion with an "ama" reducing diet outlined for specific constitutional types. Herbal remedies for lung and digestive support will be discussed. You will learn some techniques as to how to maintain a peaceful state of mind-body-spirit through optimizing the breath of life (Prana). You will discern the appropriate foods and herbs to strengthen the respiratory and digestive tract as well as demystifying the "detox" craze by learning how to reduce blockages "ama" in the body with a graduated diet.

Prerequisite: *Introduction to Ayurveda*. Instructor: L. Hughes

NCC 2108-01 S 10/20 10am-1pm KSU \$39

SUNY Ulster's complementary health and wellness courses are intended for educational purposes only and are not a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Any application of course instruction or course materials is at the student's discretion, sole responsibility and is not a substitute for licensed medical care.

M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY

COMMUNITY EDUCATION

FITNESS & RECREATION



GENTLE YOGA

As simple and profound as breathing in and out, the benefits of yoga include and increase a sense of wellbeing, physical and mental clarity, strength and flexibility, inner calm, balance and more for a positive attitude and outlook towards life. This class will move at a gentle pace for beginners or experienced practitioners of yoga. Bring a mat and blanket to class. **Instructor: S. Silverstream**

NCC 1721-01 T 9/11-10/16 10-11:15am KSU \$85

Sr. discount applies

NCC 1721-02 T 10/23-11/27 10-11:15am KSU \$85

Sr. discount applies

NEW! CHAIR YOGA

This is one of the gentlest forms of yoga available. You will practice postures, movement, breathing exercises and relaxation with the aid of a chair. Anyone can practice yoga and enjoy the benefits of increased circulation, balance, flexibility, mobility, physical strength, and mental clarity with decreased stress and pain.

Instructor: S. Harrison

NCC 2114-01 F 9/21-10/19 11:30-12:30pm KSU \$59

Sr. discount applies

NCC 2114-02 F 10/26-11/30 11:30-12:30pm KSU \$59

No class 11/23 • Sr. discount applies

TAI CHI CHIH - JOY THRU MOVEMENT

Tai Chi is an ancient Chinese mind, body discipline consisting of 19 meditative movements and a pose. It is a program of low-impact exercises that improve strength, flexibility and balance. It also improves powers of concentration and coordination. Wear comfortable clothes and soft shoes or sneakers. **Instructor: A. Sherry**

NCC 2083-01 W 9/12-10/17 10:30-11:30am KSU \$68

Sr. discount applies

NCC 2083-02 W 10/24-12/5 10:30-11:30am KSU \$68

No class 11/21 • Sr. discount applies

NEW! QI GONG FOR WELLNESS

Qi Gong literally means “energy cultivation”. In the practice of Qi Gong we cultivate how we use our own innate energy, our Qi, Prana or Life Force, which in turn will enhance our health on all levels. This simple but powerful mindful movement can help those in recovery from surgery and illnesses as well. The exercises are highly intentional, and through intention and breath we are able to manipulate the various subtle energies of the body, mind and spirit.

NCC 2106-01 M 9/17-10/15 10:30-11:45am KSU \$109

No class 10/8 • Sr. discount applies

NEW! SAILING FOR NEW SAILORS

Learn how to sail with a USCG instructor on a 27-foot Catalina Sailboat with auxiliary diesel engine. Content applicable to all sailboats and is a combination of a lecture on campus followed by two three-hour sails from White's Marina in New Hamburg. Alternate “unfavorable weather” date will be decided during lecture. Textbook fee: \$25, payable in class. **Instructor: J. Davis**

NCC 2113-01 W 9/12 6-8pm SRC \$269

Sail: S/U 9/15 & 16

NCC 2113-02 R 9/20 6-8pm SRC \$269

Sail: S/U 9/22 & 23



NEW! THE FOUNDATIONS OF EXERCISE UNDERSTANDING HOW STRENGTH TRAINING & EXERCISE BENEFIT YOUR HEALTH

As we get older and less active, our bodies undergo many physiological changes that can increase the risk of chronic diseases including heart disease, arthritis, osteoporosis, and diabetes. With aging and inactivity we tend to lose lean muscle mass, increase body fat, and lose bone mineral density. All can result in a decline in functional capacity and quality of life. The objective of this lecture with hands-on demonstrations is to teach you how your body functions and responds to the stress of exercise. This course will provide an overview of muscular/skeletal anatomy, the biomechanics of how joints and muscles work and our body's physiological response to strength training and exercise. You will learn how to assess your posture, flexibility & range of motion, core strength and how to improve your fitness experience. This course is designed for the active person who is interested in taking a more proactive approach to their health & fitness and is interested in learning how to stay injury-free and strong while aging. This is a recommended prerequisite for the Healthy Knee and Core & Low Back Stabilization Workshops.

NCC 2103-01 W 9/12-10/3 6-7:30pm KSU \$79

THE FOUNDATIONS OF EXERCISE WORKSHOPS

For these following in-depth workshops, it is recommended that you have either attended the Foundations of Exercise course or have a background in exercise science, have experience or knowledge as a fitness professional or are working in a health-related field.

NEW! HEALTHY KNEES FOR THE OLDER ATHLETE

Musculoskeletal problems such as osteoarthritis affect nearly one third of middle-aged and older athletes. The knee joint is one of the more common areas of concern especially in women. Previous injuries as well as muscular and biomechanical imbalances become more noticeable resulting in pain while exercising. In this workshop, you will learn about the mechanics of the knee joint, how it functions and how to perform exercises correctly to strengthen the knee.

Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS

NCC 2104-01 W 10/17 6-8am KSU \$39

NEW! CORE & LOW BACK STABILIZATION

Back pain affects almost 80% of the American population. Acute and chronic pain is typically due to improper mechanics of the spine as well as weak or non-functioning stabilization muscles of the spine. There are many causes to these issues including sitting too long, exercising incorrectly, injuries and stress. You will leave this workshop having a better understanding of how your spine, back and core muscles function together to keep you healthy, active and pain-free and how to perform exercises correctly to strengthen your core & low back.

Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS

NCC 2105-01 W 10/24 6-8am KSU \$39

UB BEGINNER GOLF CLINICS

A five week program for adult players new to the game of golf or those who have played for a year or two but have not had formal instruction. You will be taught how to grip, swing, drive, pitch, chip and putt. In addition, learn golf etiquette and how to properly “address the ball.” This program will be offered in Fallsview Golf Club at Honor's Haven Driving Range, Ellenville. **Instructor: M. Girardi**

HF110-0829FV W 8/29-9/26 5:30-6:30pm Ellenville \$129

M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY