

PERSONAL GROWTH

HOW TO PUBLISH A BOOK WITH AMAZON **NEW**

Publishing a book on Amazon is not as daunting as it seems. Free tools are available to help you create an eBook, paperback, and audiobook. Join Middletown author **Marianne Sciucco** (Blue Hydrangeas, Swim Season) for a two-hour workshop to learn how to prepare your manuscript for publication, upload your files to the Amazon publishing sites, position your book for the market, and promote your book once it's available to the public. To enhance your experience it is suggested that you bring a fully charged laptop or tablet to this class.

DCB 2249-01 S 4/27 10am-noon KSU \$35



BLOGGING FOR AUTHORS & OTHERS **NEW**

Blogging is a sure way to establish a presence on the internet and build your discoverability. In this two hour course, Middletown author **Marianne Sciucco** will teach you how to: set up your blog, decide what to blog about, drive traffic to your site, find followers, and more. This course will be helpful to authors and others with a business or product to sell.

DCB 2250-01 S 4/27 1-3pm KSU \$35

INTRO TO WILDLIFE REHABILITATION

Rehabilitating wildlife and returning healthy animals back to the wild can be a very rewarding experience. This workshop is designed to provide information and insight to those who are considering becoming wildlife rehabilitators. It will cover zoonosis, rules and regulations, test and exam, cost, time, equipment, networking, contacts, and more. There will also be information on rehabilitating specific types of wild animals. Q&A: During lunch and at the end of the course.

Instructor: E. Monfett & R. Evans, licensed rehabilitators

NCC 1994-01 S 3/23 10am-3pm KSU \$69

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 firsthand 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 6/1 12:30-4:30pm Ulster Park \$45
(Rain date 6/8)

ANIMAL SCIENCE OFFICE ASSISTANT CERTIFICATE

27 credits

Developed through a close collaboration of SUNY Ulster faculty, regional veterinarians, and licensed veterinary technicians. This program meets the training needs of both students and practicing veterinary professionals.

Learn more about this program at www.sunyulster.edu/academics.

Contact an admissions specialist who can help you map out a path to success at 845-687-5022 or admissions@sunyulster.edu

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 macalep@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 by-osen scanning, and kenkyoko ho (dry wash). Animal Reiki offers targeted pain and stress reduction techniques through light touch. *Approved for 8 NCBTMB CE hours.* **Instructor: L. Salluzzi**

NCC 1736-01 M 3/4-4/1 6-8pm KSU \$95
No class 3/11

PSYCHIC DEVELOPMENT & REIKI II CERTIFICATION

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 4/8 & 29 6-9pm KSU \$95
5/6 6-8pm

PSYCHIC DEVELOPMENT & ADVANCED REIKI CERTIFICATION

Learn 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 6-8pm KSU \$95
NCC 1730-01 M 5/13-6/10 6-8pm KSU \$95

No class 5/27

REIKI PRACTICE CLINIC

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**

3 SESSIONS

NCC 2097-01 M 2/4 & 11 6-9pm KSU \$95
2/25 6-8pm

2 SESSIONS

NCC 2125-01 M 6/17 & 24 6-8pm KSU \$49

COMPLEMENTARY HEALTH & WELLNESS

UNDERSTANDING SHAMANISM - A PRIMER

Shamanism is a practice from indigenous cultures around the world. It bridges the divide between humanity and nature. It cultivates our ability to directly access our connection to the seen and unseen worlds of the universe around us and it gives us a paradigm to better understand the workings of the cosmos and our roll within the natural world. In this course, you will explore the origins of shamanic practices, its cosmology, and how shamanic traditions connect to the creative powers of the cosmos.

Note: Bring a notebook and pen for notes and a pillow or blanket to sit on. Folding chairs are also available for anyone who does not wish to be on the floor. **Instructor: A. Kane**

NCC 2081-01 W 4/3-24 6-8pm KSU \$89

HERBALISM THROUGH THE AGES

Explore globally herbal medicine throughout time. The class will discuss and sample some of the first herbal remedies ever recorded and learn about momentous events throughout history that shaped the main systems of herbalism that are used today: Chinese Herbalism, Ayurvedic Medicine and Western Herbalism. The class will examine the crossover of these systems that each culture independently developed in different parts of the world. You will go home with recipe handouts and ancient wisdom to apply to modern life! **Instructor: A. Tedeschi**

NCC 1325-01 W 3/27 & 4/3 5-7:30pm SRC \$99

COMMUNITY HERBALISM SERIES

Interested in delving into the world of herbalism? 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 W 4/24-6/12 5-7:30pm SRC \$219

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 pre-dominating 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.

Material fee: \$10, payable in class. Instructor: L. Hughes

NCC 2107-01 S 5/11 10am-1pm KSU \$39

THE HEALING GARDEN **NEW**

Each season prepares you for the next, this is why spring is the optimum time to clean out the closets and tend to your internal Healing Garden by utilizing the detoxifying energy provided by the plants. This class will simplify "the Spring Cleanse" with practical dietary and herbal advice. In addition, you will learn how to make an herbal tea infusion and decoction and you will take a sample of the herbal tea that will jump-start your spring detoxification program.

Material fee: \$15, payable in class. Instructor: L. Hughes

NCC 2126-01 S 2/23 10am-1pm KSU \$39

CREATE VITAL HEALTH WITH **NEW** SEASONAL TRANSITION

AN EXPLORATION OF THE CHINESE FIVE-ELEMENT SYSTEM

Each season has an elemental attachment, which affects you on a physical, emotional and mental levels also known as Body - Mind - Spirit. This workshop will depict how well you adapt to changes in nature and how this affects your internal nature as a human being. Nutritional guidance as well as the psycho-spiritual aspects of each season and its elemental attachment will be addressed. There will be discussion and explanation of: (1)the Chinese Five Elements (Metal, Water, Wood, Fire and Earth) and how they affect your physical, mental and emotional state of health, (2) the basic understanding of the correlation of the energy of each season (element) along with seasonal transition and how each season (element) affects the functioning of the human body, mind and spirit, (3) the importance of making discerning dietary and lifestyle choices that are in harmony with the climatic patterns of each season, (4) and perhaps a closer healing connection to your inner nature. There will also be short demonstration of Qi Gong exercises for each Element.

Material fee: \$15, payable in class. Instructor: L. Hughes

NCC 2127-01 S 6/1 & 8 10am-1pm KSU \$79



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.**

Material fee: \$10, payable in class. Instructor: L. Hughes

NCC 2108-01 S 5/18 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