

# COMMUNITY EDUCATION

## COMPLEMENTARY HEALTH & WELLNESS

### **SU** 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 kenyo-ko ho (dry wash). Animal Reiki offers targeted pain and stress reduction techniques through light touch.

**Instructor: L. Salluzzi**

NCC 2072-01	M	9/11 & 18	6-8pm	KSU	\$49
NCC 2072-02	M	12/11	5-9pm	Ellenville HS	\$49

### **SU** 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-heel 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	9/25 & 10/2	6-8pm	KSU	\$49
NCC 2073-02	M	12/18	5-9pm	Ellenville HS	\$49

### **SU** 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 1738-25	M	10/16-11/6	6-8pm	KSU	\$95
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### **SU** 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 1730-24	M	11/13-12/4	6-8pm	KSU	\$95
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### **SU** ESSENTIAL OILS FOR PHYSICAL APPLICATIONS

The class will discuss essential oils for first aid, child care, pet care, stress, weight loss and the A-Z of chronic complaints. Modern lifestyles do not always create optimal conditions for physical wellness. Poor diet, lack of exercise, and an overabundance of environmental toxins can leave the body unbalanced and with diminished energy levels. From cleansing and weight management to supporting every system of the body, essential oils and essential oil-infused supplements can provide the targeted solutions you need to restore balance and feel your best. **Instructor: J. Apter**

NCC 1537-01	R	10/12	6-9pm	KSU	\$45
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### **SU** ESSENTIAL OILS FOR MENTAL / EMOTIONAL BALANCE

Essential oils are a powerful tool to assist in the release of old anger, resentment, fear and trauma. Balancing the emotional field is crucial to health and well-being and is the first step towards healing chronic illness. Every physical symptom of the body has an emotional message. Essential oils have the ability to directly access and affect the brain's limbic region, the center of emotion and memory. Many oils can be used to create a positive emotional state, help soothe grief, create an environment of relaxation and much more. You will also learn about "the brain oils", known to enhance clarity and memory. **Instructor: J. Apter**

NCC 1543-01	R	10/19	6-9pm	SRC	\$45
NCC 1543-02	R	10/26	6-9pm	Ellenville HS	\$45

# COMMUNITY EDUCATION

## **SU** INTRO TO SHAMANIC HEALING

This class is designed to give a basic understanding of indigenous techniques from shamanic cultures to facilitate healing on an energetic and soul level. It also includes training in essential shamanic healing modalities. These teachings are geared toward those who would like to deepen their understanding of shamanic healing or would like to incorporate these techniques into an existing healing practice. The course will cover the topics of clearing harmful energy from the body, implementing energetic protection as to not take on harmful energies, encouraging the restoration of vital soul essence, and working with ancestral spirits for guidance and healing of familial wounds. The teachings will focus on shamanic traditions from Peru, Tibet, and Africa. **Materials fee: \$5, payable in class. Instructor: A. Kane**

NCC 1797-06      W      10/4-25      6-8pm      SRC \$79

## **UB** WILD EDIBLES AT LIVING JUSTICE IN HIGH WOODS

In this two-part workshop you will learn over 15 wild edibles found growing in our bioregion, how to eat them, and then go on a hike to find some. The hike will be at Living Justice, a ten acre forest lot in the High Woods hamlet of Saugerties where medicinal plants for an emerging forest farm are grown. The instructor **Valeria Gheorghiu** holds Permaculture and Ecovillage Design Certificates, has taken the Master Gardener course through the Cornell Cooperative Extension, and has founded a number of community gardens.

PG201-0914CT      R      9/14      6- 8:30pm      CT      \$73  
Hike      S      9/16      11am-1pm      Saugerties

## **UB** FOREST FARMING GINSENG, GOLDENSEAL AND RAMPS

In this workshop, you will learn how to identify and grow edible and medicinal species native to wooded lots typical in the Mid-Hudson Valley. Learn appropriate habitat and planting methods for plants such as ginseng, goldenseal and ramps. This class includes a field study trip for outdoor planting at the Living Justice forest lot. Dress warmly with hiking shoes. **Instructor: V. Gheorghiu**

PG185-1102CT      R      11/2      6-8:30pm      CT      \$73  
Field Study Trip      S      11/4      1-4:30pm      Saugerties

## FITNESS

### **UB** TAI CHI BEGINNERS SOLO FORM

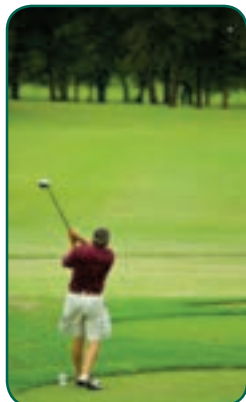
This ancient and gentle martial art form can be practiced in a meditative way to help you relax, erase tension, enhance your vitality, calm your mind, condition your body, prevent joint problems, improve your internal force and tone your body. Sessions involve Qi cultivation, movements and meditation for all levels of fitness, regardless of age. For more info.: [www.elegantevidence.com](http://www.elegantevidence.com) **Instructor: J. Shuai**

HF113-1120HH      M      11/20-1/29      7-8pm      HH      \$99

### **SU** 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 1721-13      T      9/12-10/17      10-11:15am      KSU      \$85 Sr. discount applies  
NCC 1721-14      T      10/24-11/28      10-11:15am      KSU      \$85 Sr. discount applies



### **UB** BEGINNER GOLF CLINICS

A six 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.” At the final lesson, students will be able to complete a 9-hole round on the golf course. This program will be offered in two locations: Alapaha Golf Course Driving Range, Kingston, **Instructor: J. Durcan** or Fallsview Golf Club at Honor’s Haven Driving Range, Ellenville, **Instructor: M. Girardi**.

HF110-0914FV      W      9/14-10/16      5:30-6:30pm  
Ellenville      \$139  
HF110-0921AL      R      9/21-10/26      11am-12:30pm  
Kingston      \$179