

# FALL BUS TRIP!!

SATURDAY, DECEMBER 2, 2017

*SHOP! SEE A SHOW! VISIT A MUSEUM!*

## DAY IN NEW YORK



**On your own for the day!**

**ONLY \$45.00/PERSON!**

*Non-Refundable*

**Price includes bus transportation only.**



### ITINERARY:

BUS LEAVES AUDUBON HIGH SCHOOL ..... 8:00 AM

ARRIVES IN NEW YORK CITY ..... 10:00 AM  
(drop off at 790 8<sup>th</sup> Ave between 48<sup>th</sup> & 49<sup>th</sup> Sts.)

BUS LEAVES NEW YORK CITY (Pick-up at same location as  
Dropped off at) ..... 6:00 PM

ARRIVES AT AUDUBON HIGH SCHOOL ..... 8:00 PM

**DEADLINE FOR REGISTRATION: NOVEMBER 2, 2017**

## COURSE OFFERINGS:

### ARTS /LEISURE/SELF HELP

#### ART: WATER COLOR

**FEE: \*\$65.00\***

TUESDAY 6:30-8pm

**STARTS SEP 26**

AHS A8

Take some time to relax & let go of the stress in your life through the expressive medium of watercolor. We will review basics of color theory, value & composition as well as various watercolor techniques. Work with the class through broken down lessons or choose your own subject matter to explore. All levels welcome, no experience necessary. Supply suggestions will be emailed prior to first class. There is no Class on Tues. 10/31/17

INSTRUCTOR: Janelle Mueller

6 WEEKS

#### CHOCOLATE CREATIONS

**FEE: \* \$35.00\* (Adult with 1 Child)**

**FOR PARENTS & CHILDREN**

**\*\$50.00\* (Adult with 2 Children)**

TUESDAY 7-9:00pm

**STARTS OCT 17**

AHS A2

Do you like chocolate? Have fun dipping & decorating pretzels, cookies, nuts, dried fruits & marshmallows &, if time allows, chocolate spoons! We'll also design and "paint" chocolate boxes. Learn how to make nonpareils to fill inside! In addition, we'll create cream-filled centers with fondant & discuss how to color & flavor chocolate. Image what you can do! A fun night out with your child that will be most enjoyable! Children aged 5-12 are welcome with parent. Supply fee: \$15 per family payable to the instructor. Maximum 2 children per adult.

INSTRUCTOR: Elyne Dombro

2 WEEKS

#### KNITTING: COME ONE COME ALL!



**FEE: \$60.00**

THURSDAY 7-9:00pm

**STARTS SEP 28**

AHS B101

This is a mixed group of beginners & knitters with some experience. Beginners will create a hat knit in the round designed by you! We will go over materials needed for the class on the first night. In this class you will learn the fundamentals of knitting & purling, correcting mistakes, materials, pattern reading & design. Experienced knitters will be guided as they work on their own projects. Advanced knitters can receive suggestions ahead of time by going to the knitting shop, HOOKED, in Haddonfield, & can then be ready to start with the first class.

INSTRUCTOR: Elaine Dawson

8 WEEKS

**HAVE AN IDEA FOR A NEW CLASS? We're always happy to hear from you with new class ideas, whether it's something you'd like us to offer or something you would like to teach, please email [mmarchiano@audubonschools.org](mailto:mmarchiano@audubonschools.org)**

## CREATIVE WRITING: FICTION

WEDNESDAY 7-9:00pm

**STARTS SEP 27**



**FEE: \$85.00**

AHS B103

Do you have a story to tell but don't know where to start? Have you started but find yourself hitting a wall? Do you want to challenge yourself to write things in a different way? If this is you, then you need to join WRITE CLUB. Whether new to this class or a previous student, this class will strengthen your writing by emphasizing the basics of creative writing: plot, character, structure, style, voice, & point of view. Through lecture, discussions, in-class writing exercises & critique of your work, we will focus on every part of your story from beginning to end & every word in between in a supportive & friendly atmosphere. Former students welcome!

INSTRUCTOR: Chad Meadows, MFA Creative Writing

8 WEEKS

## GUITAR – BEGINNER

WEDNESDAY 7-8:30pm

**STARTS SEP 27**



**FEE: \$95.00**

AHS A101

Introduces basic guitar techniques to the novice. Learn basic strumming techniques (using chord diagrams), playing single note melodies (by means of tablature, no musical notation), exploring the chord/melody style (a solo guitar style not requiring an accompanist. Again, in tablature, not notation) & finger picking, a technique used in classical & flamenco guitar. Includes various music styles – folk, pop, classical & rock. Structured so that the student plays recognizable melodies from the very beginning & is not bogged down with theory & reading musical notation or unnecessary technical exercises.

INSTRUCTOR: James Schneider

8 WEEKS

## GUITAR II

WEDNESDAY 8:30-10pm

**STARTS SEP 27**

**FEE: \$95.00**

AHS A101

Reading musical notation is featured in this course; initially the reading of single note melodies, & then the reading of chord/melody arrangements will be explored. There will be opportunities for students to play solo selections or duets in this class. Some basic music theory will be discussed throughout the course. Finally, the finger picking technique will be examined in the context of standard musical notation. All techniques present in Guitar I will be further developed in Guitar II.

INSTRUCTOR: James Schneider

8 WEEKS

## ONE NIGHT CLASSES/SEMINARS

### DREAM WORKSHOP

TUESDAY 7-9:00PM

**SEP 26**



**FEE: \$30.00**

AHS B101

Do you struggle with interpreting the meaning of your nightly dreams? Discover what your subconscious has to say in this informative and fun workshop designed to teach you the basic skills of dream work. Individual dreams will be interpreted. Please bring at least one recorded dream.

INSTRUCTOR: Shelley Shayner



### SIGNS, SYMBOLS AND SYNCHRONICITIES WORKSHOP

TUESDAY 7-9:00

**OCT 10**

**FEE: \$30.00**

AHS B101

The Universe communicates to us through symbols that can show up in our dreams, as well as waking life. Come learn how to interpret the symbols or signs, as well as the synchronicities that appear in your life in this unique and informative workshop.

INSTRUCTOR: Shelley Shayner

### ANIMAL TOTEM WORKSHOP

TUESDAY 7-9:00

**OCT 17**



**FEE: \$30.00**

AHS B101

Animal Totems hold power and knowledge that can help us learn how to become one with nature, and reconnect to the deepest part of ourselves. In this workshop you will learn about the different animal totems and discover your own personal animal totem.

INSTRUCTOR: Shelley Shayner

## QUESTIONS OR CONCERNS?

Please don't hesitate to contact me, either by phone at 856-547-7695, ext. 4185 or 4186, or by email at [mmarchiano@audubonschools.org](mailto:mmarchiano@audubonschools.org).

## One night classes/seminars continued

**BEHAVIORAL FINANCE:      SEP. 28            FEE: \*\$20.00\***

THURSDAY 7-8:30

**AHS B103**

Want to become a better investor. It is in your hands. Few people today can count on a pension when they retire. Knowledge alone is not enough! Armed with the best information available, investors still end up re-acting to the news of the day. Knowing your investment personality allows you to determine your risk/reward profile, weather the volatility and avoid costly errors. Join us for a rewarding evening workshop taught by instructor with thirty one years of investment experience with some of Americas top investment firms.

INSTRUCTOR: Richard Bonnette

### **GREENJEANS GARDENS'**

#### **YOUR AUTUMN GARDEN**

**FEE: \$25.00**

TUESDAY 7-9:00pm

**SEP 26**

AHS B105

Autumn is a great time in the garden – for great colors & for setting the stage for your garden the following spring. This class will offer a guide to the best plants for the autumn garden: how to establish a healthy, chemical-free lawn (which must begin in the autumn-time), and what you need to do to get ready to put the garden to bed for the season. The instructor will raffle a FREE garden consultation – a \$125 value – to one lucky class member!

INSTRUCTOR: Jeannie Marcucci, Garden Designer

1 WEEK

### **GREENJEANS GARDENS'**

#### **HOLIDAY CONTAINER WORKSHOP**

**FEE: \$25.00**

TUESDAY 7-9:00pm

**NOV 14**

AHS B105

In this workshop, you will get all the information on how to build a festive holiday planted container including the best plants to use, how to incorporate decorative accents, & the kind of containers that can withstand our winters. Your container will welcome your holiday guests as well as blend with your other decorations. We will also discuss wreath & garland crafting as part of this class.

INSTRUCTOR: Jeannie Marcucci, Garden Designer

1 WEEK

## **CANINE COUNSELING**

**Three one-night seminars presented by NAN TALLENO, owner & creator of Peace in the Pack Canine Behavioral Counseling & Peace in the Pack Programs.**

Resident Canine Behavioral Expert & Consultant/Pet Reporter for top-rated KYW NewsRadio & hosts "Teacher's Pet", PetLifeRadio.com. She's been rescuing & successfully rehabilitating dogs with highly challenging behavioral issues for over 15 years.

### **BODY LANGUAGE**

THURSDAY 7-9:00pm

**OCT 5**



**FEE: \$25.00**

AHS B105

Learn the subtleties & complexities of the way that canines communicate every day to us and to each other through physical posturing and movement that greatly affects their daily behavior. Understand how they think, feel and relate. Observe how almost every aspect of a canine's body language conveys a message. Learn to "speak canine" by observing, understanding & even mimicking certain stances and postures to ultimately communicate with them in a positive way. This can greatly achieve much more positive behavior and avert or recondition negative ones. This course is excellent for veterinarians and vet techs as well as anyone living with or working with a canine. At the end of our course, you are invited to our highly successful and much requested complimentary Pack Walk as we invite our dogs on a separate day to meet at a specified location. This is extremely effective for reactive dogs. This class is for "humans only" – no pets allowed!!

CANINE and 1 night seminars continued on next page

## One night Seminars continued

### CANINE'S USE OF SCENT, ENERGY, POSTURING & VOCALIZATION

THURSDAY 7-9:00pm

**OCT 12**

**FEE: \$25.00**

AHS B105

A follow-up on the Body Language seminar as it expands on how canines fully communicate with us & with each other. This gives us full details on how, when & why they use these particular skills & how we can learn to read their signals, as well as relate back to them in ways that they can understand. This will fully accomplish our goal of achieving more appropriate behaviors in our canine companions. This is a "humans only" class – no pets allowed!!

### CANINE AGGRESSION

THURSDAY 7-9:00pm

**OCT 19**

**FEE: \$25.00**

AHS B105

This class analyzes the many aspects & causes of various types of canine aggressive behavior; how it can be rehabilitated & in many cases even averted. We will look at it from a professional behavioral standpoint as well as from the true canine perspective to help you & your dog remain safe. This is a "humans only" class – no pets allowed!!

## FINANCIAL SOLUTIONS:

**LAURENT W. METZLER, J.D., RFC®**

### SAVVY SOCIAL SECURITY BOOT CAMP

WEDNESDAY 7-9pm

**OCT 4**



**\*FEE: \$15.00\***

AHS B107

Come & learn how to improve your earnings record, apply for benefits at the optimal time, coordinate spousal benefits, minimize income taxes & coordinate benefits with your other retirement plans. We will also address how a divorce or the death of a spouse will affect your entitlement & the amount of your social security benefits.

### COLLEGE FUNDING & PLANNING BOOT CAMP

WEDNESDAY 7-9:30pm

**OCT 11**

**\*FEE: \$15.00\***

AHS B107

Learn the truth about beating the high cost of your child's education. Discover almost unheard-of strategies a few families are using to save thousands of dollars, inside tips & techniques others do not know about. Learn to avoid costly mistakes & get the most money possible. Topics include: how to... double or even triple your eligibility for financial aid; find scholarships, grants & low-interest loans most other parents don't know about; why the average time it takes a student to complete his or her undergraduate degree program is now 5.8 years & steps you can take to prevent this problem; the best time to start the college planning process (hint: not senior year); how proper use of the tax code can reduce education costs; & why over 90% of parents fill out the financial aid forms incorrectly.

### FINANCIAL FREEDOM BOOT CAMP

WEDNESDAY 7-9:00pm

**OCT 18**

**\*FEE: \$15.00\***

AHS B107

Are you 100% certain that you will have a great retirement, or do you have some doubts? Come & learn how you can be debt free in nine years or less, including your mortgage, without spending any more money than you are already spending. Learn how to build a secure retirement, reduce taxes & avoid the Wall Street casino. Don't miss this workshop, it could change your life.

### SAVVY IRA BOOT CAMP

WEDNESDAY 7-9:00pm

**OCT 25**

**\*FEE: \$15.00\***

AHS B107

Come and learn 7 strategies for savvy IRA planning, 6 rollover options for your retirement plan funds, 3 common required minimum distribution mistakes, 3 different options for spousal IRA beneficiaries and Roth IRA conversions. We will also address how to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security & financial plans.

**OUR EMERGENCY CLOSING NUMBER IS 2618** when weather is bad, call the office before 1:00pm or check KWKY News Radio 1060, CBS3, CW Philly & [www.kywschools.com](http://www.kywschools.com)

FINANCIAL and 1 NIGHT SEMINARS continued on next page

## ESTATE PLANNING BOOT CAMP

**\*FEE: \$15.00\***

WEDNESDAY 7-9:30pm **NOV 1**

AHS B104

Did you know... the Federal & New Jersey "taxable estate" includes the value of your residence, vacation & investment properties, jointly titled assets, individually owned assets, all life insurance proceeds, as well as the value of all your retirement plans & annuities? ...there is a New Jersey *estate tax* on asset transfers over \$675,000? Learn how to plan & protect your estate & your children's legacy from unnecessary taxation, the negative impact of extended estate administration, & the "spend down" of your assets on long-term nursing home care. Wills, trusts, power of attorney & "Living Wills" will also be discussed as they relate to the foregoing. You've worked hard all your life to create an estate – take the time to learn how to protect it!

## GETTING PAID TO TALK :

**MAKING MONEY WITH YOUR VOICE**



**\*FEE: \$20.00\***

WEDNESDAY 6:30-9:00pm **DEC 6**

AHS B103

Have you been told that you have a great voice? Explore professional voice-acting for television, radio, audio books, etc. Learn the basics, including how to be successful & earn great income in this exciting field. You'll record a commercial under the direction of our producer! Bring questions! Class is informative, fun, & a great first step for anyone interested in voice-acting professionally. For more information, visit [www.voicecoaches.com](http://www.voicecoaches.com).

INSTRUCTOR: Creative Voice Development Group 1 SESSION

## COMPUTER CLASSES

**BASIC COMPUTER FOR THE NEW USER**



**FEE: \*\$50.00\***

WEDNESDAY 7-8:30pm **STARTS SEP 27**

AHS C110

New computer? Do your children think you're technologically hopeless? Take this computer "basic training" to quickly begin to master Windows 7, accessing the Internet, and emailing. Learn computer basics needed to end the mystery in a fun & relaxed atmosphere. Home access to a computer with Internet is a must!

INSTRUCTOR: AHS STAFF 5 WEEKS

**BASIC COMPUTER – THE NEXT STEP**

**FEE: \*\$50.00\***

WEDNESDAY 7-8:30pm **STARTS NOV 8**

AHS C110

For those who have taken one of our introductory classes, or who have limited knowledge of computers & would like to explore further, a truly unique opportunity to get started with the next step. Topics include internet search tips, social media programs & other common programs such as an introductory overview of Microsoft Office – Word and Excel. Home access to a computer with Internet is a must!

INSTRUCTOR: AHS STAFF 5 WEEKS

## LEARN TO DANCE!

**DANCE TIME PRODUCTIONS**

**COURSES ARE 4 WEEKS**

**SESSION I:**

**or 8 WEEKS AS INDICATED**

**FITNESS LINE DANCING**

**(8 WEEKS!)**

**FEE \$70.00**

TUESDAY 7-8:00pm

**STARTS SEP 26**

AHS CAFETERIA

Join in the fun of "Soul Line Dancing". Something for everyone! Learn line dances that you can enjoy at any party, from the Big Band Era through the millennium. Some favorites are the Cupid Shuffle, Wobble, Electric Slide, Cha Cha Slide & more. Step it up with some Country Line dancing – it's fun & easy to learn (Tush Push, Trashy Women, 16-Step, El Paso, & more). No class on 10/31/17.

**DANCE TO EXER"CIZE"**

**(8 WEEKS!)**

**FEE: \$70.00**

TUESDAY 8-9:15

**STARTS SEP 26**

AHS CAFETERIA

The first step towards good health is to **move your body!** This is not aerobics, but an introduction to the new dance craze that makes exercising **FUN!** This is a safe, fun & easy way to get in an exercise program while learning a variety of different dance moves. The movements are simple enough for beginners, older adults & those who have never before taken a dance or exercise class. Each class includes a warm-up, simple dance step instruction, & then applying them to music. Class does not include jumping, running or strenuous movements. No class 10/31/17

## Dance Classes continued

### **SOCIAL DANCES FOR WEDDINGS (8 WEEKS!) FEE: \$70.00**

WEDNESDAY 7-8:00pm **STARTS SEP 27** AHS CAFETERIA

Is there a wedding in your future? We'll help you to be comfortable on the dance floor! We start with the basic techniques of dancing. Dance rhythms will include the famous Swing/Jitterbug & Fox Trot and Latin steps. Also included will be the popular line dances. Feel free to come alone, with a friend, or bring your whole wedding party. Come and dance the night away!

### **SALSA/MERENGUE (4 WEEKS!) FEE \$30.00**

WEDNESDAY 8-9:00pm **STARTS SEP 27** AHS CAFETERIA

This course is a concentration on just two popular rhythms – Salsa & Merengue. Dances will include beginner to advance moves. Come and join us in the fun of dancing. Partners are not required – however partners will not be supplied either.

### **SESSION II:**

### **JITTERBUG/SWING DANCING (4 WEEKS!) FEE: \$30.00**

WEDNESDAY 8-9:00pm **STARTS OCT 25** AHS CAFETERIA

Whether called the Lindy, Boogie Woogie or Swing, the Jitterbug is a classic American dance. Jitterbug is danced to Big Band, Rock 'n Roll & Country music. Learn timing, basic movements, turns & more. Partners not required.

## FITNESS & SPORTS

### **GOLF taught by RUTGERS UNIVERSITY COACHING STAFF**

**CLASSES START SEP 23**

**7 WEEKS**

**BEGINNER**

**\*FEE: \$115.00\***

SATURDAY 10:45-11:45am 8001 S. Crescent Blvd., Pennsauken

A beautiful time of the year to learn the basics! The Rutgers Coaching staff is prepared to share the latest thinking on fundamentals of the golf swing, the psychological inner game, etiquette, how & where to practice, a list of playing partners & more. Clubs are supplied, if needed, & all the balls you can hit. Teacher/pupil ratio max 8-1. Learning environment is friendly.

**SKILL BUILDER**

**\*FEE: \$115.00\***

SATURDAY 12 noon-1:00pm 8001 S. Crescent Blvd., Pennsauken

Need a Fall tune-up? If you've struggled all season & desperately need a pro to look at your swing, this class is for you. Our PGA/USGTF staff will address your swing mechanics to include, but not limit to, the driver, fairway woods, long irons, bunker shots & the short game. A state-of-the-art facility will encourage you to hit every club in the bag. Get ready for 2015!

### **GOLF: THE SHORT GAME**



**\*FEE: \$90.00\***

SATURDAY 2-3:00pm

**CLASSES START SEP 23**

8001 S. Crescent Blvd., Pennsauken

Nearly 70% of the shots you hit are less than 150 yds., so sharpen your short game & reduce your scores! Our Rutgers University Golf Team Coaching Staff (formerly known as South Jersey Golf Schools) at the Camden County Golf Academy will show you how. Rutgers University at Camden (which employs only fully certified golf instructors) has won back-to-back NEAC Conference Championships, & is the first team in school history to qualify for 2 straight NCAA National Championship Finals!

INSTRUCTOR: Rutgers Univ. Coaching Staff

**5 WEEKS**

### **HORSEBACK RIDING: RECREATIONAL**



**\*FEE: \$175.00\***

**Available from Sep 23-Oct. 28**

Liberty Bell Farm

Introduction to basic horseback riding & safe horse handling procedures. You learn to ride as well as hands-on brushing, saddling, bridling, & care of horse & tack. Long pants, riding boots or sturdy work type shoes with a heel are a must. Helmets provided by the farm, located at 117 Dutch Row Rd., Elmer, NJ 08318. Indoor arena is used for inclement weather. Call 856-358-2892 to arrange lessons.

INSTRUCTOR: Denise Kaelin Bell

**6 1-HOUR SESSIONS**

Fitness and Sports continued next page

## THE ROYAL FITNESS EXPERIENCE!



**\*FEE: \$60.00\***

**AVAILABLE OCT 2-NOVEMBER 27**

This is your chance to find out what Royal Fitness is all about! You are invited to try any of their state-of-the-art facilities over the course of your 10 visits. Try our indoor saltwater pool, ideal for lap swimming or just relaxing in the Jacuzzi. You may also attend Aqua Dynamics classes offered throughout the week. These are an ideal form of physical conditioning recommended for those with limitations such as arthritis, heart disease & high blood pressure. Use our gym equipment or choose from any of our Senior Fit classes – Stretch, Tai Chi, low impact/intensity group exercise classes. Call 856-547-3326 for more information.

ROYAL FITNESS, 50 E. Gloucester Pk., Barrington

10 VISITS

## TENNIS TAUGHT BY MITCH WINKLER

**ALL CLASSES ARE HELD AT WEDGEWOOD SWIM CLUB, 625 Centre St., Haddonfield. ALL CLASSES START SEP 30, 2017.**

### FUNDAMENTALS

SATURDAY 8:30-9:30am

**\*FEE: \$55.00\***

This program is designed for "first time" players thru those with less than TWO seasons of playing. Stroke production, practice & basic game positioning will be the focus. Tennis rackets required.

5 WEEKS

### SKILL BUILDERS

SATURDAY 9:30-10:30am

**\*FEE: \$55.00\***

players that have at least TWO SEASONS of play and a basic understanding of mechanics will benefit from this accelerated program. Stroke refinement, shot making and sequence drills will form the foundation. Tennis rackets required.

5 WEEKS



### JUNIORS (AGES 6-8)

SATURDAY 10:30am-11:15am

**\*FEE: \$55.00\***

This program is designed to teach children the fundamental skills used in tennis. Both ground strokes & volleys will be covered. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS

### JUNIORS (AGES 9-13)

SATURDAY 11:15-12 noon

**\*FEE: \$55.00\***

This program will focus on introducing the forehand, backhand, volley & serve & using these strokes in point play. Although junior rackets are requested, loaner rackets will be available if needed.

5 WEEKS

## TONE AND SHAPE WITH A PROFESSIONAL TRAINER!

**EILEEN McCLERNAN, INSTRUCTOR**

### CIRCUIT TRAINING

MON AND/OR WED

6:45-7:30pm



**STARTS SEP 25**

**FEE: TWO DAYS \$58.00**

**ONE DAY \$30.00**

MAS ALL-PURP RM

Circuit training is a form of physical exercise combining strength exercises, or weight training, with endurance exercises, or cardiovascular training. YOU WORK YOUR WHOLE BODY IN 1 SESSION. Helps improve mobility, strength, stamina & (along with a healthy diet) you will lose weight. You do short bursts of resistance exercises using moderate weight & frequent repetitions followed quickly by another burst of exercise. It works because it makes you keep pushing your body. If you're coming one day only, please specify day. Bring a towel or mat & light hand weights (3-5 lbs.). No class on 10/9

### ZUMBA!

TUE 6:30-7:30pm



**STARTS SEP 26**

**FEE: \$40.00**

MAS ALL-PURP RM

Want to party? Try this dance-inspired workout! Listen to Latin musical rhythms & move to create a fun & exciting workout. Routines feature fast & slow rhythms & resistance training to tone & sculpt your body while burning fat. If you're coming 1 day only, please specify day. Come & party with us!

INSTRUCTOR: Donna Koenig

Licensed Zumba Instructor

8 WEEKS

### MAIL YOUR REGISTRATIONS EARLY!

PLEASE DO NOT COME TO AHS TO DROP OFF REGISTRATION WE HAVE NO PARKING AND YOU WILL NOT BE PERMITTED IN THE BUILDING DUE TO CONSTANT LOCKDOWN FOR SECURITY. PLEASE MAIL OR COME TO IN PERSON REGISTRATION TO REGISTER FOR CLASS! DON'T RISK A CLASS BEING CANCELED OR FULL BY WAITING UNTIL THE LAST MINUTE.

## STRESS MANAGEMENT & WELLNESS

All classes taught by **KATHLEEN MARIE WHITE**, NJ Licensed Body Work Therapist, AOBTA & ABMP-Certified Practitioner, Certified Yoga Instructor & Owner of **HANDS OF WHITE HEALING CENTER**. Kathleen has been studying and teaching Yoga & Shiatsu for 25 years.

### CREATING A MORE BALANCED & STRESS-FREE LIFE **FEE: \$59.00**

THURSDAY 6:30-8:00pm **STARTS OCT 5** HAS GYM

Learn techniques that will bring about better health (mind, body & spirit), a more positive attitude in your everyday living, more strength & flexibility. These tools will enhance your everyday life. **Week 1: The Art of Breath & Yoga Postures.** Develop & create a pattern to handle stress in everyday life. **Week 2: The Art of Meditation.** Calm your mind, body & spirit, become more centered & strengthen your intuition, which is a valuable tool to help create more abundance & peace in your life. **Week 3: The Art of Massage.** Learn techniques which have lasting effects on the body. Develop more flexibility, lower blood pressure, relieve stress, headaches, back issues & much more. Bring a blanket or mat & a bottle of water to all classes. 3 WEEKS

### MEDITATION – BEGINNERS **FEE: \$59.00**

THURSDAY 6:30-8:00pm **STARTS NOV 2** HAS GYM

Learn the art of Meditation. The practice of meditation has a cumulative effect & benefits can be felt almost immediately, including a sense of detachment from the pressures of life, lasting peace of mind, increased concentration & awareness, & a strengthening of intuition. We will use visualization techniques, sounds, breathing & gentle stretching. Classes are led by an experienced mediator & teacher who will gently guide you & answer your questions. Classes will appeal to both beginners & experienced students. Wear loose cotton clothing & don't eat for at least 2 hours before class. Bring a blanket or pillow. 3 WEEKS

### YOGA – BEGINNER

TUESDAY 6:30-8:00pm **STARTS OCT. 3** HAS GYM

WEDNESDAY 6:30-8:00pm **OR OCT 4** HAS GYM

Create a more balanced & stress-free life. Reduce stress through stretching exercise & mental concentration. You will learn the basic Yoga postures. Get in touch with your intuition & positive energy through various relaxation techniques. Set long-range goals for a balanced, abundant life. Wear comfortable clothing & bring exercise mat or layered cloth. Please choose Tues or Wed. If you have never taken yoga, it is recommended you take the Wed. class. 8 WEEKS



**For our more experienced students:** Yoga can be gentle; or very vigorous. It strengthens the body & mind while it creates flexibility & a peaceful attitude...

### YOGA – INTERMEDIATE **FEE: \$66.00**

MONDAY 6:30-8:00pm **STARTS OCT. 2** HAS GYM

If you've taken Beginner Yoga & have an understanding of the postures & breathing, this class is for you. We'll work on holding the postures for a longer period of time & work toward developing more strength & flexibility through the 8-week series. 8 WEEKS

## HOME ORGANIZATION COURSE **FEE: \$65.00**

WEDNESDAY 7-8:30PM **STARTS OCT. 4** AHSB107

Are you ready to finally get organized? This course teaches all the basics of organizing with practical tips to get rid of the clutter once and for all. We will go through rooms of your home (living areas, kitchen, office) looking at specific methods and products that are helpful to use. It's time to take back your space, time and money that clutter is costing you. This is a 3 week course that builds on each class. Handouts and packets will be provided.

**INSTRUCTOR:** Nancy Underwood CPO Certified Professional Organizer, Home Staging & Redesign Specialist 3 WEEKS

**YOU WILL NOT BE CONTACTED WHEN WE RECEIVE YOUR REGISTRATION!** If you want to know if we received your check you are welcome to call 856-547-7695 ext. 4185/4186 or email [mmarchiano@audubonschools.org](mailto:mmarchiano@audubonschools.org). You will only be contacted if the class is canceled or full, or if there is a change in the class's location, time or date.