

# COMMUNITY EDUCATION & PROGRAMS



**MARIN**  
COLLEGE OF MARIN

FALL 1 SEP 2-OCT 19

FALL 2 OCT 27-DEC 14



**Homeopathy  
Made Simple  
and Easy**

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**Intuitive  
Cooking  
Classes**

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# Community Education Updates

## A Smarter Way to Sign Up is Here

- Our new registration system is live—explore it now at [marin.edu/communityed/](https://marin.edu/communityed/)!
- Enjoy a faster, easier way to browse, filter, and sign up for Fall 2025 classes.
- Get started today! Add classes to your cart and check out for your first class to create your account.

## Scholarships Available

Two scholarships are now open to support our community of learners, each worth \$60, for up to \$120 total! Apply now at [marin.edu/communityed/scholarships](https://marin.edu/communityed/scholarships).

- Anonymous Fund (ANF): For adults 55+.
- Lifelong Learning (LLL): Open to all ages.





# About

Discover our short-term, not-for-credit courses spanning from personal enrichment to career advancement. Our aim is to provide you with opportunities to develop your interests. We present an extensive selection of enriching classes, engaging events, and opportunities to rent our campus facilities. For a comprehensive list of what we have to offer, we invite you to explore our website.

[Marin.edu/CommunityEd](https://marin.edu/CommunityEd)  
(415) 485-9305  
[CommunityEd@marin.edu](mailto:CommunityEd@marin.edu)

[Marin.edu/CommunityEd](https://marin.edu/CommunityEd)



[Facebook.com/CommunityProgramsCOM](https://facebook.com/CommunityProgramsCOM)



[@CommunityProgramsCOM](https://instagram.com/CommunityProgramsCOM)

## Campus Centers

### KENTFIELD CAMPUS

Kentfield Campus  
Welcome Center  
830 College Ave  
Kentfield, CA 94904

### INDIAN VALLEY CAMPUS

Indian Valley Campus Bldg 9  
1800 Ignacio Blvd  
Novato, CA 94949

**IN PERSON SUPPORT  
AVAILABLE**

**Register at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd)  
For support contact [communityed@marin.edu](mailto:communityed@marin.edu) or call (415) 485-9305**

## There are no classes held on the following days

- September 1, Labor Day
- November 11, Veterans Day
- November 27-30, Thanksgiving Day Holiday

## What our symbols mean

**AC** = Academic Center  
**FA** = Fine Arts Center  
**IVC** = Indian Valley Campus  
**IVOFG** = Indian Valley Organic Farm and Garden

**KTD** = Kentfield Campus  
**MAFC** = Miwok Aquatic and Fitness Center  
**OFF** = Off Campus  
**PA** = Performing Arts

**PE** = Physical Education Center  
**PV** = Portable Village  
**SMN** = Science Math Nursing  
**SS** = Student Services Center  
**VS** = Village Square

## Refund policy

If you would like to cancel a class registration and receive a refund, make sure to review our cancellation policies at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd) and log in to your account to cancel your registration at least three (3) days before the class begins.

## Waitlist policy

If a class is full, the message "Waitlist Only" will display. Add the class to your cart, and check out as you would when registering for a class. No payment is due. Please note, waitlisted students aren't enrolled and can't attend class until registered. If a space opens up, we'll email you with an invitation to register and pay within a 12-hour window before offering the space to the next person.

## Class formats

**Remote:** Courses are offered online on Zoom. Participants are responsible for having the required software and devices.

**In-person:** Courses are scheduled in person.

## Parking information

- Vehicles parked in student parking lots require a valid parking permit.
- Student semester parking permits are now virtual and associated with your vehicle license plate.
- For parking information and instructions for ordering a Community Education student parking permit, visit <https://police.marin.edu/virtual-parking-permits>.
- Permits can be purchased at [marin.thepermitstore.com](https://marin.thepermitstore.com).

## Annual Security Report

[police.marin.edu/sites/default/files/2024\\_COM\\_ASR.pdf](https://police.marin.edu/sites/default/files/2024_COM_ASR.pdf)

## COVID-19

Please refer to [www1.marin.edu/Strong](https://www1.marin.edu/Strong) for current information about COVID-19 and check [Marin.edu/CommunityEd](https://marin.edu/CommunityEd) for any updates about classes and student services.



## Campus maps

Use the QR code to get the latest map and location information.

# Classes

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Registration starts July 29 at 9 AM  
Register at [Marin.edu/CommunityEd](https://www.marin.edu/CommunityEd)

# Aquatics

Campus aquatic facilities accommodate a variety of needs. Temperatures are kept within a standardized range, and participants may wish to wear layers such as a wetsuit in order to maintain their ideal core temperature. Consult your doctor before registering for Aquatics classes. For inquiries about class difficulty, email [communityed@marin.edu](mailto:communityed@marin.edu) to contact staff or leave a message for the instructor. See our refund policy at [www.Marin.edu/Communityed](http://www.Marin.edu/Communityed).

## Fitness Swim

This is a coached group class which focuses on technique, fitness and fun. Participants will improve their stroke technique while avoiding injury and developing endurance in the water. Workouts will be tailored to meet the goals of both individuals and the group. Participants will have the opportunity to learn new strokes, flip turns, and other techniques to make swimming easier and more enjoyable. Please note that participants must be able to swim 25 yards and may be required to share lanes.

**ID #25338 | Cruse | IVC | MAFC Pool**  
**6 Mon & 7 Wed 5-6pm | Sep 3-Oct 15**  
**\$167**

## Sunset Aqua Yogilates

Enjoy a non-impact, full-body workout in the water. Yoga poses and Pilates exercises are performed in the water where your body becomes weightless, giving you a new kind of workout challenge. While Aqua Yogilates has a low impact on your joints, it has a high impact on your cardiovascular system. Gain core strength, stability, flexibility, and mental control.

**ID #25307 | Lyonnet | IVC | MAFC Pool**  
**7 Tuesdays 7:10-8pm | Sep 2-Oct 14**  
**\$119**

## Aqua Exercise for Older Adults

The purpose of this class is to experience healthy exercises in a relaxing medium—the water. This active class strengthens, creates greater flexibility and promotes a peaceful state of mind. Students should be in good cardiovascular health, with the ability to walk

in the water.

**ID #25351 | Murphy | IVC | MAFC Pool**  
**6 Mon & 7 Tues & 7 Thurs 9:40-11am | Sep 2-Oct 16**  
**\$231**

**ID #25558 | Murphy | IVC | MAFC Pool**  
**7 Mon & 6 Tues & 6 Thurs 9:40-11am | Oct 27-Dec 11**  
**(No class Nov 11 & 27)**  
**\$224**

**ID #25346 | Murphy | IVC | MAFC Pool**  
**6 Mon & 7 Tues & 7 Thurs 2:30-3:50pm | Sep 2-Oct 16**  
**\$231**

**ID #25550 | Murphy | IVC | MAFC Pool**  
**7 Mon & 6 Tues & 6 Thurs 2:30-3:50pm | Oct 27-Dec 11**  
**(No class Nov 11 & 27)**  
**\$224**

## Deep Water Aqua Exercise

Submerge yourself in the deep end of a pool for a full body water fitness workout. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. Students will wear a flotation belt for support in the deep water to perform aerobics routines. An aqua exercise belt may be required at a cost of \$25-\$35; belt recommendations will be provided by the instructor.

**ID #25350 | Murphy | IVC | MAFC Pool**  
**6 Mon & 7 Tues & 7 Thurs 8:30-9:30am | Sep 2-Oct 16**  
**\$154**

**ID #25557 | Murphy | IVC | MAFC Pool**  
**7 Mon & 6 Tues & 6 Thurs 8:30-9:30am | Oct 27-Dec 11**  
**(No class Nov 11 & 27)**  
**\$147**

**ID #25347 | Murphy | IVC | MAFC Pool**  
**6 Mon & 7 Tues & 7 Thurs 1:20-2:20pm | Sep 2-Oct 16**  
**\$154**

**ID #25551 | Murphy | IVC | MAFC Pool**  
**7 Mon & 6 Tues & 6 Thurs 1:20-2:20pm | Oct 27-Dec 11**  
**(No class Nov 11 & 27)**  
**\$147**

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For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

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## **NEW | The Creative Incubator: Learn How to Create a Successful Painting**

Immerse yourself in the Creative Incubator! This fun, informative environment is a great place to start your painting journey or elevate your current painting skills. Each class covers an artistic principle for a successful painting. Inspiration (where it comes from and how to develop it) will be highlighted. You'll also explore color, composition and proportion, and refine your artistic eye with discussion and creative exercises. Class includes painting time. For all levels—beginners learn creative and technical skills, and experienced painters will refresh and strengthen technique. We will use watercolor and gouache, but the principles apply to all media.

**ID #25411 | Farmer | KTD | FA 301**  
**7 Fridays 10:10am-1pm | Sep 5-Oct 17**  
**\$238**

## **Exploring Abstract Painting Styles**

Abstracts are a world of interpretation. The beauty of abstracts is that every viewer is correct in how they see it. In this class, you'll express yourself by letting the colors, shapes and textures do the talking. Each class focuses on a successful abstract artist, whose style we'll emulate. There will be a presentation and weekly exercises followed by lots of time to paint. Composition, rhythm and knowing when to stop will be covered. We'll also do exercises tapping into our five senses for inspiration. A painting background is not necessary, and all media are welcome.

**ID #25412 | Farmer | KTD | FA 301**  
**7 Fridays 2:10-5pm | Sep 5-Oct 17**  
**\$238**

## **NEW | Abstract Painting Studio: Developing Your Creative Vision**

Abstracts are lively and open to interpretation, encompassing a wide range of styles from minimal to expansive color. In this studio course, you will find and develop your creative vision in an abstract style. After exploring multiple sources of inspiration, you will select a theme to develop into a series of paintings and learn strategies to create a cohesive art series. All media welcome; however, some abstract painting experience is recommended. Exploring Abstract Painting Styles is a good starting point. Class time will be primarily for painting. You'll receive weekly one-on-one guidance for your theme and your painting as well.

**ID #25605 | Farmer | KTD | FA 301**  
**6 Fridays 10:10am-1pm | Oct 31-Dec 12**  
**(No class Nov 28)**  
**\$214**

## **Introduction to Fashion Design**

If you are interested in fashion design, fashion accessories or home decor, this is a great starting point for you. Taught by an industry professional, you will learn how to focus your creative energy and create a comprehensive line whether you are a maker or want to work for a large company. No art, drawing or sewing skills are needed but helpful. Each class will cover an aspect of the creative process, referencing the technical skills used to develop a product line. This is a sketching class, not a sewing class. Join us and express yourself!

**ID #25604 | Farmer | KTD | FA 312**  
**6 Tuesdays 6-9pm | Oct 28-Dec 9**  
**(No class Nov 11)**  
**\$214**

## **Drawing Workshop**

Learn to draw in this fun and informative six-week workshop where you will be introduced to a variety of materials including graphite, charcoal and ink, while learning core drawing skills. This workshop will help you feel comfortable with the materials covered and give you tools you can use for future two-dimensional projects. Students are encouraged to keep an ongoing notebook. Additional materials cost between \$150-\$175. A list will be provided by the instructor prior to the first session.

**ID #25400 | Yokell | KTD | FA 214**  
**6 Mondays 9:40am-12:30pm | Sep 8-Oct 13**  
**\$207**

## Drawing Workshop Continued

This workshop is designed for students who have either taken Drawing Workshop or have already had an introduction to the fundamentals of drawing, including, shape, form, mass, value, composition, gesture and contour. Participants will gain confidence to experiment with a variety of materials and extend traditional concepts of drawing. Personal expression will be encouraged through maintaining a notebook of reflections and experimentation.

**ID #25600 | Yokell | KTD | FA 214**  
**7 Mondays 9:40am-12:30pm | Oct 27-Dec 8**  
**\$231**

## Watercolor Basics and Beyond

An all-levels class, however, beginners will receive the very basics. More advanced students are encouraged to work on their own projects, or, if desired, the instructor will provide specific assignments. How to control the paint or let it flow, color mixing, and composition will be covered. Come and paint in a very supportive atmosphere. Materials list can be found online.

**ID #25425 | Meade | Zoom Virtual Classroom**  
**6 Fridays 10am-1pm | Sep 5-Oct 10**  
**\$207**

**ID #25615 | Meade | Zoom Virtual Classroom**  
**6 Fridays 10am-1pm | Oct 31-Dec 12**  
**(No class Nov 28)**  
**\$207**

**ID #25432 | Johnson | KTD | FA 312**  
**7 Saturdays 10:10am-1pm | Sep 6-Oct 18**  
**\$231**

**ID #25619 | Johnson | KTD | FA 312**  
**6 Saturdays 10:10am-1pm | Nov 1-Dec 13**  
**(No class Nov 29)**  
**\$207**

## The Flow of Watercolor: Flower Abstractions

You enjoy looking at abstract art, and you also love the beautiful lines and colors of flowers. Learn how to think abstractly and add elements of the flower to your abstracts. Instead of copying flowers, use photos and real flowers only as an inspiration. Paint delicately and boldly with brushes, blot with paper towel, and scrape with old credit cards as you bring the vitality of flowers into the world of abstraction. All levels are welcome, though some watercolor experience is helpful.

**ID #25426 | Cohn | KTD | FA 312**  
**6 Mondays 10:30am-1:30pm | Sep 8-Oct 13**  
**\$217**

## The Flow of Watercolor: Skyscapes

Early morning light, fog, striking sunsets—paint brilliant and moody skies using wet-into-wet and wet-on-dry watercolor techniques. Focus on natural and/or expressionistic uses of color and light. By combining increasingly complex skies with simple landscapes, build your watercolor foundation of distant trees, mountains, tundra, grasses and lakes. All levels are welcome, though some watercolor experience is helpful.

**ID #25611 | Cohn | KTD | FA 312**  
**6 Mondays 10:30am-1:30pm | Oct 27-Dec 1**  
**\$217**

## Figure Painting

This studio course is an opportunity to explore materials, color, composition and agenda in any medium of the student's choice while painting the figure. Class time will be devoted to painting but will also include discussions, demonstrations and critiques. You will work from undraped models every session and also have the option of working on your own projects from photos. Please bring your own supplies that you wish to work with to the first class.

**ID #25402 | Bencich | KTD | FA 301**  
**6 Saturdays 9:10am-1pm | Sep 6-Oct 11**  
**\$303**

**ID #25601 | Bencich | KTD | FA 301**  
**6 Saturdays 9:10am-1pm | Nov 1-Dec 13**  
**(No class Nov 29)**  
**\$303**

## Non-Traditional Watercolor and Fluid Acrylic Painting

Free your painting style with wet-on-wet techniques that enhance visual interest, atmospheric effects and textual elegance. Course includes tips and techniques on color mixing and saturation, composition, brushwork, use of inks, improvisation, intuitive voice and expressivity. Our mantra of presence, process and practice opens us to the beauty and magic that wet-on-wet painting provides. Abstract, representational and combined approaches are covered. We experiment with degrees of wetness, pigment interaction, rhythm and feeling tone. Beginning and practicing artists are welcome. Students may select watercolor and/or fluid acrylic as their medium. Bring your playful spirit and fun-loving heart. See [www.blurb.com/books/7939639](http://www.blurb.com/books/7939639) or <https://carolduchamp.wixsite.com> for instructor information.

**ID #25401 | Duchamp | KTD | FA 312**  
**6 Fridays 1:10-4:00pm | Sep 12-Oct 17**  
**\$207**

## The Language of Drawing

No doubt you have looked at great drawings through art history and felt the tug of their beauty, regardless of the “what” of the picture. We have a sense that we are responding to the “how”—the tapestry of marks that magically coalesce into a whole. This class explores the expressive potential of a mark, with special emphasis on line. Training will focus on close observation, in a nonlinear approach to technique development. Advanced students will be challenged to transcribe the close observation with varied and expressive mark-making. Master drawings will be our inspiration, as we cultivate a nuanced sensitivity. For more information about the instructor, please visit [deepening.net](http://deepening.net).

**ID #25431 | Bala | KTD | FA 214**  
**7 Fridays 2:10-5pm | Sep 5-Oct 17**  
**\$237**

## Keeping a Museum Notebook

Lengthen your engagement with works of art before, during and after a museum visit by keeping a visual diary that is enriching and artistically inspiring! A few simple drawing approaches will be offered along with suggestions on how to set up and work in a dedicated notebook. We'll identify works of interest, study them by drawing, research themes and record impressions, using creative prompts. This class includes a field trip to the Asian Art Museum in San Francisco on November 7. Museum admission is free. For more information about the instructor, please visit [deepening.net](http://deepening.net).

**ID #25618 | Bala | KTD | FA 301**  
**3 Fridays 2:10-5pm | Oct 31-Nov 14**  
**\$141**

## NEW | Experimental and Unconventional Art

Explore the boundaries of traditional art techniques and materials. Experimental and Unconventional Art combines solid art principles with a fun, unconventional approach to creativity. We'll experiment with unfamiliar materials, methods and theories while exploring the conventions of drawing, building and printing to create art that is fun and excites the senses. Participants will create simple monoprints such as cyanotypes, gel plates and foil prints, and utilize natural objects and materials for collaging. This class welcomes students of all experience levels, from brand new to experienced artists.

**ID #25439 | Tsark | IVC | BLDG 3 205**  
**6 Mondays 11:40am-4:30pm | Sep 8-Oct 13**  
**\$328**

## Loose and Lively Portraits

Learn the rules of features and proportion, so you can break them! This course will help you understand the basic construction of the face. Learn how portraiture can be so much more than rendering a face. Practice key elements and features in order to render expressive portraits. We will also examine portraits and features from famous and classic art masters and discuss key differentiators.

**ID #25623 | Tsark | IVC | BLDG 3 205**  
**7 Mondays 12:10-4:30pm | Oct 27 - Dec 8**  
**\$334**

## Everyone Can Paint: Painting Studio

Join an experienced Community Education art instructor and a supportive painting community! This class is open to all skill levels and students may work in any media. Students will work with instructor on independent projects. This lab-style course will include weekly exercises, as well as individual support—and plenty of time to paint! Instructor will contact students to advise on recommended supplies prior to the start of class. New students should bring materials they have available on the first day, and the instructor will then discuss any particulars as needed.

**ID #25440 | Tsark | IVC | BLDG 3 205**  
**7 Wednesdays 9:40am-3:30pm | Sep 3-Oct 15**  
**\$436**

**ID #25624 | Tsark | IVC | BLDG 3 205**  
**7 Wednesdays 9:40am-3:30pm | Oct 29-Dec 10**  
**\$436**

## Mixed-Media Journaling Workshop: Self-Discovery Through Creative Play

This mixed-media workshop is for anyone who wishes to discover a window into their inner life and free their creativity. Come and learn the basics of mixed-media journaling, and play with an assortment of art materials and writing exercises in a supportive, non-judgmental environment. No art or writing experience required! Please bring a blank sketchbook and assorted materials to class. Details for suggested supplies at <https://marinarttherapy.com/com-journaling-supplies>.

**ID #25421 | Danberg | KTD | FA 312**  
**1 Saturday 1:30-4:30pm | Sep 13**  
**\$92**

**ID #25422 | Danberg | KTD | FA 312**  
**1 Saturday 1:30-4:30pm | Oct 11**  
**\$92**

## An Artful Approach to Personal Style

Rediscover the enjoyment of getting dressed and anticipating the day ahead while choosing an expressive, comfortable outfit. Class will focus on different aspects of appearance, including color, silhouette, personal style and how to shop your closet. Demonstrations, hands-on activities and group discussion will engage your imagination and help you develop a creative focus for daily self-expression. Practical tools include creating a “look book” with simple painting exercises and a collage of beauty imagery. The recommended text for this class is “Growing More Beautiful: An Artful Approach to Personal Style.” For more information about supplies, please visit <https://www.growingmorebeautiful.com/events>.

**ID #25424 | Robin | KTD | SMN 227**  
**1 Saturday 10:10am-3pm | Oct 18**  
**\$103**

## Business/Career Development

### Unleash the Leader in You!

Embark on a transformative journey with this dynamic course designed to unleash your innate potential for leadership and influence. Delve into the profound understanding that true leadership transcends individual personalities, focusing on nurturing greatness within both people and organizational practices. Discover the power of fostering an environment that develops critical thinking and empowers individuals to become future leaders. Whether in the realm of business or personal, these empowering concepts promise to revolutionize your approach to leadership and life.

**ID #25549 | Ard | KTD | AC 248**  
**4 Thursdays 6:10-8pm | Oct 30-Nov 20**  
**\$127**

# Computers and Technology

## **NEW | Google Gemini**

Take your AI skills further in this online course focused on Google Gemini tools. Ideal for those with basic computer and internet skills, this class builds on concepts from the Generative AI course, but all are welcome. Learn to craft effective prompts to retrieve information, generate content and analyze data. You'll explore generative AI vocabulary, ethical and copyright considerations, and evaluate real-world uses of Gemini. Through hands-on projects, discover how to create personal or professional content and improve your workflow using Gemini's powerful capabilities.

**ID #25627 | Salazar | Zoom Virtual Classroom  
5 Mondays 6-7:30pm | Nov 3-Dec 1  
\$127**

## **ChatGPT**

Unlock the Power of ChatGPT! Dive into this exciting online course designed for students with basic computer and internet skills. Explore how ChatGPT tools enhance your personal and professional life. Learn prompt engineering to retrieve information, create content and analyze data, and master ChatGPT communication via text, voice and document uploads. Gain understanding of AI vocabulary, ethical and copyright considerations, and create text, image, data and voice content, too. Prior enrollment in Generative AI is suggested, but all are welcome.

**ID #25617 | Salazar | Zoom Virtual Classroom  
6 Thursdays 6-7:30pm | Oct 30-Dec 11  
(No class Nov 27)  
\$135**

## **Generative AI**

This online course is geared towards students with at least the minimum knowledge of using computers and internet search browsers. We will cover practical generative AI tools which students can use in their personal or professional lives. We will explore several generative AIs including OpenAI Chat GPT, Google Gemini and Microsoft Copilot.

**ID #25430 | Salazar | Zoom Virtual Classroom  
6 Thursdays 6-7:30pm | Sep 4-Oct 9  
\$135**

## **Crafts**

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For full class descriptions, including information about materials to purchase and the price of materials, please see our online class listings.

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## **NEW | Convert a Paperback to Hardback Book**

Give cherished paperback books a second life. In this interactive, one-day workshop, you'll convert a paperback book into a beautifully handbound, hardcover edition. Bring a well-loved (even dog-eared) paperback to class and leave with a custom handbound version. No previous bookbinding experience required. Class includes a 30-minute break for lunch. All paperbacks welcome!

**ID #25625 | Sarjeant | IVC | BLDG 7 101  
1 Saturday 9am-3pm | Nov 8  
\$83**

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This class is discounted by the Anonymous Fund of the Marin Community Foundation.

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## Handbind 3 Styles of Personal Journals

Make your own handmade journals! In this class you will create three unique personal journals from scratch: a limp, leather non-adhesive traveling journal; a Coptic stitched sketching journal; and a junk journal for writers and artists. Learn the basics of bookbinding and develop your creative skills, resulting in three beautiful, personalized journals that can be kept for private use or given as gifts. Understand how a book is constructed, and skillfully select appropriate tools and materials for bookbinding repairs.

**ID #25441 | Sarjeant | IVC | BLDG 7 101  
7 Thursdays 11:10am-1pm | Sep 4-Oct 16  
\$225**

## Quiltmaking: The Season and the Holidays

This course teaches the fundamentals of quilt making, including fabric and color selections, hand quilting and finishing of the quilt. The theme will be "The Season and the Holidays." Students will create a small quilt, runner or wall hanging. Ongoing development of techniques and creative design are supported for different skill levels. Students will receive a list of materials needed for the class in advance of the class.

**ID #25610 | Bruvry | KTD | FA 312  
7 Mondays 6:10-9pm | Oct 27-Dec 8  
\$231**

## Jewelry and Metalsmithing: Beginners/Beginners Plus

The beginners/beginners plus class focuses on fundamentals of soldering, forming, construction, use of hand tools and finishing techniques. The number of projects will be at the discretion of the instructor. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques. Class size is limited to 20; early enrollment is advised.

**ID #25436 | Moore | KTD | FA 123  
7 Tuesdays 6:10-9pm | Sep 2-Oct 14  
\$263**

**ID #25621 | Moore | KTD | FA 123  
6 Tuesdays 6:10-9pm | Oct 28-Dec 9  
(No class Nov 11)  
\$239**

## Jewelry and Metalsmithing: Intermediate/Advanced

This course is for students who have soldering experience. Each session consists of one project that can be completed in the allotted time, with weekly attendance. Projects/techniques are chosen at the discretion of the instructor. Materials are supplied. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques. Class size is limited to 20, and early enrollment is advised. Please note that there is a one-hour lunch break from 12-1pm.

**ID #25437 | Moore | KTD | FA 123  
7 Wednesdays 9:10am-4pm | Sep 3-Oct 15  
\$431**

**ID #25622 | Moore | KTD | FA 123  
7 Wednesdays 9:10am-4pm | Oct 29-Dec 10  
\$431**

## Woodworking Hand Tools: Japanese Joinery or the Art of Dovetails

This class lays a foundation for technical and practical skills to comfortably use a variety of hand tools including combination squares, marking gauges, Japanese pull saws and chisels. The focus is to develop precision with common hand tools to achieve success with a variety of different joinery. Students will use these techniques to make either a Japanese joinery puzzle or a dovetail tray. This class also provides you with hand tool skills and knowledge which you'll be able to use in everyday scenarios. All material provided. Class size is 8. Early enrollment advised.

**ID #25413 | dell'Avo | OFF | Make It Home\*\*  
7 Fridays 9:30am-12:30pm | Sep 5-Oct 17  
\$427**

**ID #25606 | dell'Avo | OFF | Make It Home\*\*  
6 Fridays 9:30am-12:30pm | Oct 31-Dec 12  
(No class Nov 28)  
\$370**

**\*\*5800 Northgate Drive, San Rafael**

## Resin Charms Workshop

In this interactive, three-hour workshop, you'll learn how to make resin charms. These unique gifts and keepsakes are little metal frames that can be filled with glitter, tiny gems, paper ephemera, coins and flowers—anything small and special to you. There will be plenty of supplies to make charms. You can also bring some meaningful little trinkets to add to your charms, like a beloved earring that has lost its mate, a loved one's photo, petals, tiny

flowers or a snippet of a ticket stub. Expect to create three to five charms.

**ID #25418 | Starr | KTD | FA 312**  
**1 Wednesday 6:10-9pm | Oct 15**  
**\$92**

**ID #25631 | Starr | KTD | FA 312**  
**1 Saturday 2:10-5pm | Nov 15**  
**\$92**

## Current Events

### Exploring Current Events

Explore some of the most compelling questions of our time in this seminar-style course. We'll tackle topics like, how will AI impact society and the economy? How does social media benefit and harm us? What are pros and cons of the nuclear family? Are we experiencing a cultural and political transition? Has civility changed in our conversations? Together, we'll also examine possible solutions for homelessness, the cost of constant surveillance and how popular culture shapes—and is shaped by—our societal concepts. Each class is driven by student input, encouraging open-minded dialogue and fresh perspectives.

**ID #25414 | Frishman | KTD | VS 11**  
**7 Thursdays 6:10-7:40pm | Sep 4-Oct 16**  
**\$76**

**ID #25607 | Frishman | KTD | VS 11**  
**6 Thursdays 6:10-7:40pm | Oct 30-Dec 11**  
**(No class Nov 27)**  
**\$68**

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These classes are discounted by the Anonymous Fund of the Marin Community Foundation.

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## Dance

### Introduction to Traditional Hawaiian Dance

Now you too can learn Hula: the traditional dance of Hawai'i. We will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, and the history and culture of what is now the 50th state.

**ID #25332 | Saunders | KTD**  
**7 Tuesdays | Sep 2-Oct 14**  
**Lecture 5:45-6:30 | PE 61**  
**Practice 6:30-7:30 | PE 60**  
**\$162**

**ID #25536 | Saunders | KTD**  
**6 Tuesdays | Oct 28-Dec 9**  
**(No class Nov 11)**  
**Lecture 5:45-6:30 | PE 61**  
**Practice 6:30-7:30 | PE 60**  
**\$151**

### Traditional Hawaiian Dance Level I

This course offers an introduction to classic choreography in two styles of Hawaiian dance: the ancient form (hula kahiko) and the contemporary style (hula auwana). We will explore pre-missionary era history, culture and social protocols in relationship to the Hula. To enroll, students should complete Introduction to Hawai'ian dance or consult with instructor.

**ID #25331 | Saunders | KTD**  
**7 Thursdays | Sep 4-Oct 16**  
**Lecture 5:45-6:30 | PE 61**  
**Practice 6:30-7:30 | PE 60**  
**\$162**

**ID #25535 | Saunders | KTD**  
**6 Thursdays | Oct 30-Dec 11**  
**(No class Nov 27)**  
**Lecture 5:45-6:30 | PE 61**  
**Practice 6:30-7:30 | PE 60**  
**\$151**

# Family Health

## Raising Happy, Responsible and Resilient Teenagers - Without Nagging, Yelling or Punishing

Raising a preteen and a teenager is harder than ever before. Our teens are good kids yet they're at an alarmingly high risk for irresponsibility, laziness, feeling entitled, struggling in school, or succumbing to drug, alcohol or digital addiction. Parents will learn how to successfully overcome these obstacles. By integrating the sciences of adolescent brain development, positive psychology, personal growth, stress management and tribal family wisdom, you'll know how to handle the toughest situations by skillfully using your influence and authority in ways that will guide your teen to become more respectful, responsible and resourceful. Dr. Mark's successful work with families was featured on CNN's "This is Life with Lisa Ling."

**ID #25314 | Schillinger | Zoom Virtual Classroom**  
**4 Mondays 7-8:45pm | Sep 15-Oct 6**  
**\$119**

**ID #25517 | Schillinger | Zoom Virtual Classroom**  
**4 Mondays 7-8:45pm | Oct 27-Nov 17**  
**\$119**

# Farm and Garden

## The Watershed Approach to Landscaping Series

A series of classes based on the Watershed Approach to Landscaping philosophy with the purpose of engaging the public in current thinking on conservation practices and assisting home gardeners in the step-by-step process of creating their own beautiful, environmentally sensitive, waterwise landscapes. The Watershed Approach to Landscaping booklet, published by the Marin Municipal Water District, is provided to students at no additional cost. This series includes the six workshops listed below. Each workshop is \$87, or take all six classes for \$372 (and save \$150)!

### Design Inspiration: Gardening with a Sense of Place

Learn about the environmental qualities that make Marin such a special place—the watersheds in which we live and garden, our varied microclimates, our native plant communities and the wildlife they support. We will look at plant specimens and plant types, focusing on the special attributes that allow them to survive in our Mediterranean climate. With this knowledge, you will be able to create a garden that truly reflects a sense of place within your own watershed.

**ID #25405 | Torgovitsky | IVC | BLDG 28B 201**  
**1 Saturday 10:10am-12:30pm | Sep 13**  
**\$87**

### Designing Your Home Landscape

Whether you envision your garden to be for entertaining, quiet relaxation or family fun, sustainable landscape design is a collaboration between the needs of the designer and the needs of the earth. Learn the basics of successful landscape design and how to create a site plan and planting plan for your home garden that both reflects your vision and supports our environment.

**ID #25406 | Draheim | KTD | PE 91**  
**1 Saturday 10:10am-12:30pm | Sep 20**  
**\$87**

## Design Your Garden as a Mini Ecosystem

Take your garden design skills to the next level of competency! Identify and plan for the environmental factors in your garden that can affect the success of your design. Explore climate zones, hydrozones, microclimates and shade/ sun patterns. Learn the basics of mapping your yard as a sustainable mini watershed system, designed for rainwater capture and dispersal.

**ID #25407 | Draheim | KTD | PE 91**  
**1 Saturday 10:10am-12:30pm | Sep 27**  
**\$87**

## Irrigating Efficiently: How Much Water Does Your Garden Need?

A plant's type, location in the landscape and the local climate all play a major role in determining its irrigation needs. Learn to determine how much water your plants need and when they need it. Learn the basic components of an irrigation system, which types are best for your garden and how to set an appropriate irrigation schedule.

**ID #25408 | Draheim | KTD | PE 91**  
**1 Saturday 10:10am-12:30pm | Oct 4**  
**\$87**

## Building Healthy Soil in Your Garden

Healthy soil is a living ecosystem that supports all other life on earth. Learn about the basic soil types common in Marin and how they can be improved with easy methods mimicking natural processes. You'll also learn about different styles of home composting, the simple science behind decomposition and how to best maintain a healthy, vigorous garden using only organic, sustainable practices.

**ID #25409 | Torgovitsky | IVC | BLDG 28B 201**  
**1 Saturday 10:10am-12:30pm | Oct 11**  
**\$87**

## Planning for Marin Gardens

Choosing the right plant for the right place is key to a successful garden. In this class, you will learn about pollinator and butterfly gardens, gardening with deer and wildlife, fire-resistant plants, plant communities appropriate for different garden types and tips on maintaining these gardens. You will learn what resources we have in our area to purchase native and Mediterranean landscape plants and a bit on how to propagate them yourself to begin a home watershed garden.

**ID #25410 | Torgovitsky | IVC | BLDG 28B 201**  
**1 Saturday 10:10am-12:30pm | Oct 18**  
**\$87**

# Financial Planning

## Understanding Reverse Mortgages

You've probably heard about them and seen the TV ads but are not sure how reverse mortgages really work. If you are a homeowner, age 62+ who would like to utilize a portion of your home equity to financially secure your retirement years come learn how you can maximize the benefits of turning equity into cash. We'll discuss how these FHA-government insured loans have helped millions of seniors secure their financial longevity, the pros and cons, eligibility, options for receiving your money, and everything else you need to know to secure your retirement.

**ID #25502 | Schwartz | Zoom Virtual Classroom**  
**1 Thursday 12:30-3:30pm | Nov 13**  
**\$87**

## Create a Rental Unit and Let Your Home Work for You

Explore the creation of an accessory dwelling unit (ADU) or junior ADU on your property. The class will cover the steps involved in creating an ADU, configuration options, zoning and permitting, prefab versus stick-built units, unpermitted ADUs, traditional and innovative financing methods, an introduction to some of the new ADU firms that are standing by to help and more.

**ID #25337 | Moon | Zoom Virtual Classroom**  
**5 Wednesdays 6:30-8pm | Sep 17-Oct 15**  
**\$127**

## Your Investment Portfolio: Crafting Your Strategy

To have a winning portfolio, you need a clear understanding of today's fundamental investment principles and concepts. In this course, you will learn how to understand asset classes; how to classify assets by type; evaluate asset allocations and diversification; establish time horizons; measure return and performance; and whether, when, and how to rebalance. Learn how seasoned investors are generating investment returns to grow their wealth over time. Gain a framework of understanding in order to craft an investment strategy for yourself.

**ID #25328 | Campbell | Zoom Virtual Classroom  
4 Tuesdays 6-7:30pm | Sep 23-Oct 14  
\$111**

## Floral

### How To Make Store-Bought Bouquets Look Great

Supermarket bouquets are how most of us bring flowers home. But how do we make them look better? In this beginning class, we make a simple arrangement in a large ball jar using store-bought bouquets supplemented with special flowers and botanicals provided by the instructor. You'll learn how to assess freshness of the flowers, determine where they come from, how to prepare and compose them, and tips for making them last longer. Please bring one bunch of mixed flowers with five or more varieties and a pair of pruners or sturdy kitchen scissors.

**ID #25438 | Nardo | KTD | FA 312  
1 Saturday 2:10-5:30pm | Oct 18  
\$165**

## Food and Wine

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Food & Wine classes are offered with generous support from Nugget Markets, providing funding for fresh, quality ingredients and cooking supplies to meet community needs. Please note ingredients may contain common food allergens, and food is prepared on shared equipment. Registration for hands-on cooking classes closes three days in advance of class.

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### Spring Rolls, Egg Rolls and Wontons, Oh My!

Unravel the secrets of Asian cooking and diversify your culinary skillset with Chef Sarah. In this Vietnamese fusion class, you'll learn the art of wrapping spring rolls with vermicelli rice noodles, fresh herbs, shrimp or tofu in delicate rice paper. Discover the secrets to frying eggrolls to crispy, crunchy perfection, as well as how to make the most flavorful, delicious wontons. Students will share a family-style meal at the end. You may also bring your own to-go containers to bring home extras to share.

**ID #25427 | Hellman | IVC | BLDG 28A 101  
1 Saturday 10am-1pm | Sep 6  
\$175**

### NEW | Intuitive Cooking, Flavor First: A Vegetarian Workshop

In this intuitive cooking class, we'll make a fully vegetarian, seasonal meal—no meat, no substitutes, just bold, satisfying flavor. Build dishes from the ground up with pantry staples, fresh produce and your instincts. Whether you're a longtime vegetarian, new to cooking without meat, or someone wanting to create a thoughtful meal for vegetarian guests, you'll walk away with real-time experience, flexible tools and the confidence to make a meal that feels welcoming and nourishing. Students share a family-style meal at the end of class.

**ID #25434 | Allen | IVC | BLDG 28A 101  
1 Saturday 10am-2pm | Sep 20  
\$103**

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This class is discounted by the Anonymous Fund of the Marin Community Foundation.

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## **NEW | Intuitive Cooking: Soup Season Made Simple**

Ditch the recipes and build flavor from the ground up using seasonal ingredients and pantry staples in this intuitive cooking class. Learn how to layer flavor, adjust as you go and trust your intuition to create delicious soups and stews, and leave with the confidence to riff on what you've got. No more canned soup, takeout or flavorless bowls! Perfect for home cooks who want to feel less overwhelmed and more empowered in the kitchen. Students share a family-style meal at the end of class.

**ID #25435 | Allen | IVC | BLDG 28A 101  
1 Saturday 11am-2pm | Oct 11  
\$175**

## **NEW | Intuitive Cooking: Thanksgiving With a Twist**

Take classic Thanksgiving flavors and give them a twist by borrowing from other cultures, cooking intuitively and leaning into bold flavors. You'll cook while making real-time decisions, with guidance and support to help you trust your kitchen intuition. This class is perfect for adventurous cooks and anyone feeling uninspired by the standard holiday menu. Whether you're hosting or contributing a dish, you'll walk away with fresh ideas and the confidence to make a holiday meal. Students share a family-style meal at the end of class.

**ID #25620 | Allen | IVC | BLDG 28A 101  
1 Saturday 10am-2pm | Nov 1  
\$205**

## **The History of Wine in 150 Minutes!**

For over 7,000 years, wine has shaped cultures and civilizations throughout recorded human history, but what do you really know about it? Take a whirlwind historical ride and learn about one of the planet's most exciting and intriguing beverages in this fast-paced, fun and slightly irreverent presentation—all in 150 minutes! Time for questions and dialogue with the instructor, a foremost wine expert and wine competition judge, included.

**ID #25419 | Sandri | IVC | BLDG 28A 101  
1 Wednesday 6:30-9pm | Sep 3  
\$87**

## **A Romantic Italian Dinner for Two**

Let Chef Lisa Lavagetto guide you in cooking delicious summer dishes for a romantic dinner for two. Recipes include Chilled Cucumber Soup and Dill Mousse with Lobster; Fall Greens with Roasted Beets, Caramelized Almonds and Goat Cheese with Walnut Dressing; Beef Tenderloin Steaks with Boursin Cheese Stuffing and a Rosemary Pepper Sauce; Boulangere Potatoes; and Lemon Panna Cota. Students share a family-style meal at the end of class.

**ID #25428 | Lavagetto | IVC | BLDG 28A 101  
1 Saturday 10am-2pm | Sep 27  
\$205**

## **Italian Handmade Artisan Pasta**

Join us as Chef Lisa showcases the true art of making fresh pasta, demonstrating how to make and shape different types. Recipes include Fresh Cavatelli with Roasted Rabbit and Olive Sauce; Maccheroni alla Chitarra-Spaghetti with Italian Sausage Vodka Sauce; Artisan Corzetti Pasta with Scallops, Clams and Chard in a Saffron Broth; Short Rib Angolotti in Nona's Meat Sauce; and Deep Fried Ravioli with Vanilla Custard Sauce. Students share a family-style meal at the end of class.

**ID #25616 | Lavagetto | IVC | BLDG 28A 101  
1 Saturday 10am-2pm | Nov 22  
\$205**

# Health Education

## **NEW | Homeopathy Made Simple and Easy**

This introductory class offers a foundational understanding of homeopathy, covering its principles, history, and healing potential. Participants will explore the concept of "like cures like" and the importance of individualized treatment. The course includes common remedies and their uses, along with how homeopathic medicines are prepared and prescribed. Emphasis is on practical application and self-care for minor ailments. Students will gain a deeper appreciation for homeopathy's holistic approach to wellness and the confidence to use basic remedies in daily life. The course blends traditional instruction with interactive case studies and self-care practices, making it ideal for beginners and natural health enthusiasts.

**ID #25546 | Armstrong | KTD | AC 248**  
**6 Wednesdays 7-8:15pm | Oct 29-Dec 3**  
**\$127**

# History

## **NEW | The World in 1500**

We will investigate the World around the year 1500 CE. We will be looking at a roughly 300-year span of time, starting with the Black Plague in 1348 and ending with the Treaty of Westphalia in 1648. Along the way, we will encounter the Renaissance and Protestant Reformation, Henry VIII and his progeny, the Elizabethan Age, the "Age of Exploration," the Aztecs and Incas and Mayans, the Ming Dynasty, the Mughal Empire in India, the religious wars in Europe, and a bit of Japanese history during the Age of the Samurai. It is an era full of memorable characters and events! Join us for our own "age of discovery." Students should be willing to read some primary source material.

**ID #25541 | Shipman | KTD | VS 1**  
**7 Mondays 11:10-1pm | Oct 27-Dec 8**  
**\$175**

## **Castles, Churches, and Caravanseris!**

Evidence of art and architecture in the Caucasus Mountain region stretches far back into time. However, the best preserved sites date back to the Middle Ages.

The kingdoms of Armenia and Georgia put great effort into their monastic art and architecture which today serve as a reminder of a once prosperous past. While these ensembles are religious sites, each building is considered an "encyclopedia of medieval art." Join us for to learn all about the art and architecture of the Caucasus!

**ID #25343 | Hajinian-Corbal | KTD | AC 236**  
**5 Tuesdays 1:10-3pm | Sept 2-30**  
**\$143**

## **Contagion: 17th to 20th Century Responses to Epidemic, Bubonic Plague and Smallpox**

This course focuses on three examples of contagious disease outbreaks and the varied responses to each, affording a historical analysis that highlights the significance of the context of place and time: the London plague of 1665, the Boston smallpox epidemic of 1721 and the San Francisco plague of 1900-1907. In each of these cases, political and financial vested interests, cultural and economic diversity of impacted populations, and misgivings regarding scientific and medical approaches shaped the response to and outcome of the spread of contagion. Participants will explore how these factors illuminate the constancy of human nature in the midst of crisis.

**ID #25308 | Gutgsell | KTD | AC 105**  
**5 Thursdays 2:10-3:40pm | Sep 4-Oct 2**  
**\$127**

## **NEW | The Scientific Revolution in 17th Century England, Science Applied: Miraculous Healings, Alchemy, & the Plurality of Worlds**

This course explores the Scientific Revolution in 17th-century England, when new experimental methods and instruments transformed the study of nature. We will examine how natural philosophers, physicians, and clergymen—many of them Fellows of the newly founded Royal Society (1660)—used inductive reasoning to explore phenomena such as miraculous healings, alchemy, and the plurality of worlds. This period of unprecedented advances in natural philosophy will engage students and enthusiasts of history, science, theology, and medicine alike.

**ID #25510 | Gutsell | KTD | AC 103**  
**5 Thursdays 2:10-3:40pm | Oct 30-Dec 4**  
**(No class Nov 27)**  
**\$127**

## **History of France Revisited**

France is one of the oldest nations on Earth and the most ethnically diverse country in Europe. Starting with France's ancestors during the Iron Age, the Gauls, its historical evolution is a constant adventure and mystery book. France is also renowned for its literature, music and cuisine, and most of its historical participants are renowned heroes! Join us in discussing and learning about the details of this fascinating country.

**ID #25340 | Harkins | KTD | AC 241**  
**7 Mondays 2:10-4pm | Sep 8-Oct 20**  
**\$175**

## **NEW | History of Romania**

In ancient times the Romanian territory used to be called Dacia. After the Roman conquest and post-barbarian invasions, from Antiquity to the Middle Ages, Dacia ceased to be a unitary region and its territory was divided in 3 separate countries, reunited only in the XIX century. For the Ottoman Empire the Romanian regions represented the entrance gate to Western Europe. Join us in exploring the very special history of Romania, the only country in Eastern Europe of Latin origin.

**ID #25542 | Harkins | KTD | AC 241**  
**7 Mondays 2:10-4pm | Oct 27-Dec 8**  
**\$175**

# Languages/ Linguistics

## **Program Timeline**

LEVEL	DESCRIPTION
A1	Uses basic expressions and simple interactions
A2	Communicates on familiar topics in simple exchanges
B1	Understands main points and handles basic topics
B2	Understands complex ideas and writes clearly
C1	Expresses ideas fluently and writes well-organized text
C2	Understands and expresses ideas precisely

## **Conversational German**

**ID #25310 | A1 | Emami | KTD | VS 7**  
**7 Thursdays 6:40-8:30pm | Sep 4-Oct 16**  
**\$175**

**ID #25512 | A2 | Emami | KTD | VS 7**  
**6 Thursdays 6:40-8:30pm | Oct 30-Dec 11**  
**(No class Nov 27)**  
**\$159**

## **Conversational Italian**

**ID #25330 | A1 | Beraldi | Zoom Virtual Classroom**  
**7 Fridays 10:10am-12pm | Sep 5-Oct 17**  
**\$175**

**ID #25534 | A2 | Beraldi | Zoom Virtual Classroom**  
**6 Fridays 10:10am-12pm | Oct 31-Dec 12**  
**(No class Nov 28)**  
**\$159**

**ID #25329 | B1 | Beraldi | Zoom Virtual Classroom**  
**7 Wednesdays 1:10-3pm | Sep 3-Oct 15**  
**\$175**

**ID #25533 | B2 | Beraldi | Zoom Virtual Classroom**  
**7 Wednesdays 1:10-3pm | Oct 29-Dec 10**  
**\$175**

**ID #25300 | C1 | Padula | Zoom Virtual Classroom**  
**6 Mondays 1:10-3pm | Sep 8-Oct 13**  
**\$159**

**ID #25500 | C2 | Padula | Zoom Virtual Classroom**  
**7 Mondays 1:10-3pm | Oct 27-Dec 8**  
**\$175**

## Conversational Spanish

**ID #25333 | A1 | Marshall | KTD | PV 10**  
**7 Tuesdays 5:40-7:30pm | Sep 2-Oct 14**  
**\$175**

**ID #25537 | A2 | Marshall | KTD | PV 10**  
**6 Tuesdays 5:40-7:30pm | Oct 28-Dec 9**  
**(No class Nov 11)**  
**\$159**

**ID #25334 | B1 | Marshall | KTD | FA 201**  
**7 Wednesdays 5:40-7:30pm | Sep 3-Oct 15**  
**\$175**

**ID #25538 | B2 | Marshall | KTD | FA 201**  
**7 Wednesdays 5:40-7:30pm | Oct 29-Dec 10**  
**\$175**

**ID #25335 | C1 | Marshall | KTD | PV 10**  
**5 Thursdays 5:40-7:30pm | Sep 4-Oct 16**  
**(No class Sep 11 & Oct 2)**  
**\$143**

**ID #25539 | C2 | Marshall | KTD | PV 10**  
**6 Thursdays 5:40-7:30pm | Oct 30-Dec 11**  
**(No class Nov 27)**  
**\$159**

## Advanced Spanish Workshop

Sharpen your Spanish skills in this interactive, advanced-level workshop designed for advanced learners and speakers. Through engaging discussions, real-world scenarios, and immersive activities, participants will refine grammar, learn and practice using more advanced verb tenses, expand vocabulary, and enhance fluency. Emphasis is placed on conversation, idiomatic expressions, and cultural content. Ideal for those looking to polish their speaking and comprehension for professional, travel, or personal enrichment. Come prepared to speak, participate, and grow your confidence in Spanish communication.

**ID #25352 | Marshall | KTD | AC 236**  
**5 Fridays 3:10-5pm | Sep 5-Oct 17**  
**(No class Sep 12 & Oct 3)**  
**\$143**

**ID #25560 | Marshall | KTD | AC 236**  
**6 Fridays 3:10-5pm | Oct 31-Dec 12**  
**(No class Nov 28)**  
**\$159**

## Let's Talk about Words

What do we know when we know a word? Linguistics reveals that we know a LOT MORE information than just a word's meaning. In a lighthearted manner we'll explore much of that hidden information, looking at words through the lens of morphology, semantics, phonology, and history. While studying primarily English words, we'll also explore ways in which global languages convey that additional, hidden information. The sessions will address:

- Hidden information found inside words.
- Morphological information packed into pieces of words.
- Clues about a word's history.
- Semantic meanings hidden inside a word
- "Fun Phonology" studies and understanding English spelling.

**ID #25515 | Verplaetse | KTD | SS 111**  
**5 Mondays 5:30-7:15pm | Nov 3-Dec 1**  
**\$135**

## Literature/ Humanities

### Walking with Nietzsche

Friedrich Nietzsche believed that true thought arises in the open air, shaped by movement and nature. He carried notebooks on solitary walks, writing ideas that would later revolutionize philosophy. Though largely unknown in his lifetime, his works gained immense popularity after WWI. Nietzsche lived in an era of rapid globalization, witnessing vast changes in transportation, migration, and economic integration. This course explores his philosophy as he practiced it—outdoors. We will read and discuss his works while hiking, embracing his method of thinking en plein air. By immersing ourselves in nature, we aim to understand both his ideas and their origins.

**ID #25344 | Pines | IVC | BLDG 28B 201**  
**7 Thursdays 12-1pm | Sep 4-Oct 16**  
**\$119**

# Marin Adventures

## Meandering in Marin: Natural History and Hiking

If you enjoy getting exercise, socializing with a congenial group and learning about birds, flowers, butterflies and mushrooms, come join the Meanderers. Hikes are four to six miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine.

**ID #25318 | Dreskin/Clark | OFF**  
**7 Thursdays 9:45am-1:45pm | Sep 4-Oct 16**  
**\$287**

**ID #25519 | Dreskin/Clark | OFF**  
**6 Thursdays 9:45am-1:45pm | Oct 30-Dec 11**  
**(No class Nov 27)**  
**\$257**

## Hiking Marin Trails

Explore some of the many, scenic open spaces in our county on these moderately strenuous, guided hikes. On the trail, we'll discuss natural history and get to know the local flora and fauna. We'll learn a little history about our abundant public lands and touch on current conservation topics. This is not a course for beginning hikers. Participants must be physically fit and capable of sustaining, without undue fatigue, a 30-minute per mile hiking pace. Hikes are typically 5-7 miles on uneven terrain with about 1,200 feet of total elevation gain. The instructor will email the field trip itinerary and a syllabus to enrolled students before the first class. The syllabus is chock full of important information, please read it before the first class.

**ID #25336 | Barnett | OFF**  
**6 Saturdays 9:30am-1:30pm | Sep 6-Oct 11**  
**1 Saturday 9:30am-3:30pm | Oct 18**  
**\$303**

**ID #25540 | Barnett | OFF**  
**5 Saturdays 9:30am-1:30pm | Nov 1-Dec 6**  
**(No class Nov 29)**  
**1 Saturday 9:30am-3:30pm | Dec 13**  
**\$271**

## Fly Fishing 101

Fly fishing 101 is a fast-paced beginning class. These sessions cover everything from the basic "how to set up your first rod and reel" to knot tying; an introduction to entomology—and how that affects fly patterns; and, of course, casting lessons. Sessions include field trips for those things that can't be learned in the classroom so set aside a weekend or two! The goal? Learn the skills that allow 10% of anglers to catch 90% of the fish!

**ID #25554 | Dempsey | SMN 225/OFF**  
**4 Wednesdays 7:10-9pm | Oct 29-Dec 3**  
**(No class Nov 19 & 26)**  
**1 Saturday 9-11am | Nov 8\***  
**2 Saturdays 9am-2pm | Nov 22 & Dec 13\***  
**\$255**

**\*Field Trips**

## Birds of the North Bay

Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of the North Bay Area. The first class meets in the classroom for a slide show and lecture featuring local seasonal birds, to be followed by a birdwatching walk. All other classes meet at field sites. Be sure to bring binoculars to the first day of class. An itinerary and directions to field sites will be distributed at the first class meeting. Students are responsible for their own transportation.

**ID #25525 | Hug | BLDG 28B 201/OFF**  
**1 Wednesday 9:10am-1:10pm | Oct 29**  
**4 Wednesdays 8:30am-12:30pm | Nov 5-26**  
**\$221**

# Meditation

## Mindful Morning, Skillful Aging

Enjoy a morning embracing the aging body with mindfulness, compassion, gratitude and awe! During this half-day event we'll use meditation, biology, movement and group support to feel less stressed and more joyous around the fact of aging. Our focus this term is "warmth of heart." We'll review how the heart is understood biologically; how the heart region plays important roles in social engagement; and how we can feel the aliveness, tenderness and courage of our own heart using mindfulness. We'll discover how connecting with the heart helps us meet the challenges of aging with skill, ease and grace!

**ID #25609 | Meecham | IVC | BLDG 27 116**  
**1 Saturday 9am-12:30pm | Nov 22**  
**\$62**

## Everyday Mindfulness for Skillful Aging

Aging poses challenges, but mindfulness can help! Using simple practices that fit into daily routines, we can age with more skill and much less stress. In this class, we'll explore common sense ideas and techniques that help us find ease and joy while honoring the natural feelings that come with aging, illness and loss. With brief talks, simple practices and group support, you'll improve your ability to find refuge in the present moment, any moment of the day. Even if you feel skeptical or "can't meditate," Everyday Mindfulness can help!

**ID #25415 | Meecham | Zoom Virtual Classroom**  
**4 Thursdays 11:10am-12:30pm | Sep 25-Oct 16**  
**\$42**

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This class is discounted by the Anonymous Fund of the Marin Community Foundation.

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# Music

## Beginning Guitar

Learn correct hand positions, sight reading, scale patterns, arpeggios, chords and fingerstyle techniques such as Travis picking. The course includes classical etudes for technique and song learning from folk, popular and rock styles; students must bring their own guitar, preferably a nylon stringed instrument.

**ID #25319 | Bianculli | KTD | PA 177**  
**7 Tuesdays 6-8:30pm | Sep 2-Oct 14**  
**\$207**

**ID #25522 | Bianculli | KTD | PA 177**  
**6 Tuesdays 6-8:30pm | Oct 28-Dec 9**  
**(No class Nov 11)**  
**\$183**

## Introduction to DJ'ing

Whether you're already a DJ or a beginner, this course is perfect for skill development. Learn to download and organize your music, playlist preparation, and mix harmonically. Understand different music formats and effectively manage your music library. If you're considering purchasing your own equipment, we'll discuss setup options.

**ID #25506 | Yu | KTD | PV 8**  
**2 Mondays 5-7pm | Oct 27-Nov 3**  
**\$95**

## Piano Classes for Beginner to Advanced

Piano instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive and friendly environment on the Kentfield campus. You will have your own upright piano in the classroom. Students will be required to buy music (\$25). See online class listings for more information, including books.

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Section A is for the student with little or no knowledge of the piano.

Section B assumes the student has knowledge of note reading and basic piano skills.

Section C is for the student who can proficiently play and count, hands together, pieces of moderate difficulty.

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**A: ID #25322 | Bauman | KTD | PA 188**  
**7 Wednesdays 7:40-9pm | Sep 3-Oct 15**  
**\$151**

**A: ID #25527 | Bauman | KTD | PA 188**  
**7 Wednesdays 7:40-9pm | Oct 29-Dec 10**  
**\$151**

**B: ID #25323 | Bauman | KTD | PA 188**  
**7 Wednesdays 6:10-7:30pm | Sep 3-Oct 15**  
**\$151**

**B: ID #25528 | Bauman | KTD | PA 188**  
**7 Wednesdays 6:10-7:30pm | Oct 29-Dec 10**  
**\$151**

**C: ID #25324 | Bauman | KTD | PA 188**  
**7 Thursdays 6:10-7:30pm | Sep 4-Oct 16**  
**\$151**

**C: ID #25529 | Bauman | KTD | PA 188**  
**6 Thursdays 6:10-7:30pm | Oct 30-Dec 11**  
**(No class Nov 27)**  
**\$134**

## **NEW | Sound and Vision: The Visuals of Popular Music**

Popular music has been packaged and promoted in many visually striking formats. "Sound and Vision" documents this evolution with hundreds of record covers, concert posters, and advertisements, from the days of wind-up gramophones through jazz, rock, soul, psychedelia, punk, and rap. Besides famous artifacts like withdrawn Beatles and Rolling Stones LPs and Fillmore posters, the course will also discuss work by famous artists like Andy Warhol, Jean-Michel Basquiat, and Robert Mapplethorpe used to promote recordings, and how the way music "looked" changed as record labels adopted signature styles and formats evolved from 78s, 45s, and LPs to cassettes and CDs.

**ID #25320 | Unterberger |**  
**KTD / Zoom Virtual Classroom | VS 3**  
**7 Tuesdays 7:10-9:30pm | Sep 2-Oct 14**  
**\$207**

## **Women in Rock: The First 25 Years**

This course is about the history of women's contributions to rock music from the late 1950s to the early 1980s. Using both common and rare recordings and video clips, the course will cover women performers from rockabilly and girl groups through soul, the British Invasion, psychedelia, the singer-songwriter movement, and punk/new wave. It will also discuss women's behind-the-scenes roles in songwriting, production, and rock journalism, as well as how the changing roles of women in society were reflected in how they sang, wrote, and recorded.

**ID #25524 | Unterberger |**  
**KTD / Zoom Virtual Classroom | VS 3**  
**7 Tuesdays 7:10-9:30pm | Oct 28-Dec 16 (No class Nov 11)**  
**\$207**

## **Ukulele for the Holidays**

Here Comes Santa Claus and Rudolph the Red Nosed Reindeer because they're ringing Silver Bells, Rocking Around the Christmas Tree and Having a Holly Jolly Christmas with Frosty the Snowman. Tired of the same old strums? Ready for some new techniques while getting ready for the holidays? Treat yourself to an early Holiday present. Join Tuck and your fellow ukulele players for one, two or all three classes! Each student will receive a free Ukulele Holiday packet.

**ID #25559 | Spolter | KTD | PA 75**  
**1 Wednesday 9-11am | Nov 6**  
**\$79**

**ID #25561 | Spolter | KTD | PA 75**  
**1 Wednesday 9-11am | Nov 13**  
**\$79**

**ID #25562 | Spolter | KTD | PA 75**  
**1 Wednesday 9-11am | Nov 20**  
**\$79**

## **Journey Through Jewish Music: Pop and Rock Stars, 1950s to Today**

Take a musical journey through the influential contributions of Jewish artists to pop and rock music from the 1950s to today. This engaging multimedia course explores how Jewish identity, heritage, and culture helped shape the music and message of iconic performers. Featuring music clips, videos, photos, and stories, we'll highlight artists such as Carole King, Simon & Garfunkel, Janis Ian, Bob Dylan, Billy Joel, Bette Midler, Adam Levine, Pink, and more. Taught by Howard Rachelson, Marin's Master of Trivia and Trivia Café columnist. No prior knowledge required—just a love of music.

**ID #25501 | Rachelson | KTD | VS 3**  
**3 Wednesdays 4:30-6pm | Nov 5-19**  
**\$103**

## Middle Eastern Percussion

### BEGINNERS

An introductory course in techniques and rhythms primarily for Middle Eastern music with plenty of applicable crossover into other musical forms. Bring your darbuka, smallish djembe or frame drum. We'll touch on general music concepts and specifically how to fit in with a group.

**ID #25313 | Bell | KTD | PE 22**  
**7 Thursdays 6:30-8:20pm | Sep 4-Oct 16**  
**\$175**

**ID #25516 | Bell | KTD | PE 22**  
**6 Thursdays 6:30-8:20pm | Oct 30-Dec 11**  
**(No class Nov 27)**  
**\$159**

# Personal Enrichment

## An Introduction to the Tibetan Book of the Dead

The Tibetan Book of the Dead is not only a view of death and the post-death experience; it is also about how to live fully and mindfully so death can be met with less anxiety. It provides an opportunity for immense spiritual growth. This class translates what appear to be hard-to-understand concepts and shows how they're relevant in everyday experience. Emphasis will be on these psychospiritual areas of emotional stress: anger, desire, unawareness of True Self, entitlement, narcissism and envy. We'll examine why it's hard to let go in life, seeking happiness in the wrong places and facing end-of-life issues.

**ID #25632 | Thomas | KTD | VS 3**  
**5 Thursdays 6:10-8pm | Oct 30-Dec 4**  
**(No class Nov 27)**  
**\$143**

## Dreamwork: An Introduction

Dreaming is for everyone. What might our dreams mean? This class looks at the basics of dreamwork: incubating, remembering, recording, presenting and interpreting. We seek to appreciate dreams for a better understanding of our lives. We will look at good sleeping habits, keep a journal and share dreams in a group. We will also explore Freud and Jung, and how other cultures work with dreams. There will be in-class symbolic exercises, personal presentation and exploration.

**ID #25417 | Gerike | KTD | AC 103**  
**7 Tuesdays 1:10-3pm | Sep 2-Oct 14**  
**\$175**

## A Course in Miracles

Since its first publication in 1976, over 2 million people have bought the book "A Course in Miracles" and many more have become its students. In this class, we will discuss how we are too readily at the effect of outside circumstances. We will learn how to be more at peace amid the turmoil of our daily lives and the noisy pull of contemporary culture, and how better to appreciate the importance of honest relationships. Although there is a recommended (but not required) text, the primary mode of instruction will be class discussions. No prior familiarity with "A Course in Miracles" is required.

**ID #25608 | Frishman | KTD | VS 11**  
**6 Tuesdays 6:10-7:40pm | Oct 28-Dec 9**  
**(No class Nov 11)**  
**\$135**

## Soul Collage

SoulCollage is an internationally known creative arts process, developing creativity, intuition, and self-understanding. Similar to conscious dreaming, make collage cards of your own intuitive images, then understand them and their power with journaling and reflection. Soul Collage meets you wherever you are in life and offers you healing and guidance for your journey. Easy to do, inexpensive to create, and open to all levels. No art experience is needed, and all materials are provided.

**ID #25556 | Houghton | KTD | VS 1**  
**5 Fridays 1-3:30pm | Nov 7-Dec 12**  
**(No class Nov 28)**  
**\$167**

# Photography

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## Exploring the World With Your Smartphone

With excellent image quality, portability and easy sharing, the smartphone has largely become the camera of choice. While you can get great images with the native camera app, unlocking the best your camera offers sometimes requires additional apps. This class will primarily use the free tools in the Adobe Lightroom app and explore those available on a \$5 monthly subscription. Learn how to take sharp photos, optimize them with tone and color adjustments, and safely back them up to your computer for free. Please sign up at least one week in advance since instructor will email preparation notes before the first class.

**ID #25444 | Thaler | KTD | AC 114**  
**3 Thursdays 7:10-9pm | Sep 11-25**  
**\$56**

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This class is discounted by the Anonymous Fund of the Marin Community Foundation.

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## Up And Rolling With Adobe Lightroom Classic, Develop Module

This class will focus on Lightroom Classic's Develop module for optimizing your images with tone and color adjustments. You'll learn to apply global adjustments and tools for applying adjustments selectively to portions of your image. We'll also create "develop presets," which may be used on additional devices. Students will need to bring a laptop computer with the current version of Lightroom Classic, not the version just called Lightroom, installed. Open to all levels; however, previous experience with Lightroom Classic is recommended. Please sign up at least one week in advance since instructor will email preparation notes before the first class.

**ID #25443 | Thaler | KTD | AC 114**  
**5 Mondays 7:10-9pm | Sep 15-Oct 13**  
**\$143**

## NEW | The Lightroom Classic Lab

Combining group and individual instruction, this advanced class is for those who want to elevate their ability to optimize images or address previous image management challenges. Students will confer with the instructor to plan a course of action. Possible projects could include increasing catalog efficiency, honing advanced image optimization skills including learning to make sophisticated development presets for streamlining their workflow, exporting images for screen or print, or creating books, slideshows, online galleries. Students will need to bring their own laptop with the latest version of Lightroom Classic installed. All levels are welcome, however previous Lightroom Classic experience is recommended.

**ID #25628 | Thaler | KTD | AC 114**  
**3 Wednesdays 7:10-9pm | Oct 29-Nov 12**  
**\$111**

## NEW | Mastering Fine Art Digital Photographic Printing

On the screen, it's an image, but only it becomes a photograph when you can hold, frame and hand it to another. This class is for those that want to print images using Lightroom Classic. You'll learn about the different types of printers, color management and how to get consistent matching between your screen and prints, and software to produce the best prints. Students will need a laptop computer with Lightroom Classic installed and to know how to download and optimize images. Please sign up at least one week in advance since the instructor will email preparation notes before the first class.

**ID #25629 | Thaler | KTD | AC 116**  
**3 Mondays 7:10-9pm | Nov 24-Dec 8**  
**\$111**

# Physical Fitness

**ID #25548 | Lynn | IVC | MAFC 123**  
**6 Fridays 9:15-10:15am | Oct 31-Dec 12**  
**(No class November 28)**  
**\$111**

Please check with your physician before you register for any physical fitness classes. If you have any questions about the level of difficulty of the class, please email [communityed@marin.edu](mailto:communityed@marin.edu) to reach a staff person and ask to leave a message for the instructor. Please see our Refund Policy at [www.Marin.edu/Communityed](http://www.Marin.edu/Communityed). Please refer to "Aquatics" section for classes in the water.

## **NEW | Pickleball for Lifelong Fitness**

Curious about pickleball? Designed for older adults, this course introduces the fundamentals of pickleball in a low-impact, social setting. Emphasizing mobility, balance, and coordination, participants will learn basic strokes, rules, and strategies with a focus on fun, friendly play rather than competition. Doubles play encourages teamwork and community-building, making this an enjoyable way to stay active and engaged with your community. No experience required!

**ID #25345 | Liencres | KTD | PE Courts**  
**7 Wednesdays 11:20am-12:20pm | Sep 3-Oct 15**  
**\$119**

**ID #25349 | Liencres | KTD | PE Courts**  
**7 Wednesdays 12:30-1:30pm | Sep 3-Oct 15**  
**\$119**

**ID #25545 | Liencres | KTD | PE Courts**  
**7 Wednesdays 11:20am-12:20pm | Oct 29-Dec 10**  
**\$119**

**ID #25553 | Liencres | KTD | PE Courts**  
**7 Wednesdays 12:30-1:30pm | Oct 29-Dec 10**  
**\$119**

## **Essentrics**

This class is a low-impact yet dynamic full-body workout of standing, floor and barre exercises. Essentrics is similar to dance, with movements choreographed to music. We stretch, strengthen and rebalance all 650 muscles and decompress joints. It will improve your strength, mobility, balance and posture and give you more energy and freedom of movement as you go through your day! Beneficial for all ages and safe for seniors.

**ID #25316 | Lynn | IVC | MAFC 123**  
**6 Mondays 11:15am-12:15pm | Sep 8-Oct 13**  
**\$111**

**ID #25547 | Lynn | IVC | MAFC 123**  
**7 Mondays 11:15am-12:15pm | Oct 27-Dec 8**  
**\$119**

**ID #25315 | Lynn | IVC | MAFC 123**  
**7 Fridays 9:15-10:15am | Sep 5-Oct 17**  
**\$119**

## **Feldenkrais for the Active Older Adult**

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity.

To participate in this class, it is necessary to be able to raise and lower yourself from the floor. Please have a mat and two bath towels for comfort.

**ID #25321 | Binnings/Clifford | KTD | PE 22**  
**7 Wednesdays 12:40-2pm | Sep 3-Oct 15**  
**\$151**

**ID #25526 | Binnings/Clifford | KTD | PE 22**  
**7 Wednesdays 12:40-2pm | Oct 29-Dec 10**  
**\$151**

## **laido: The Art of the Japanese Sword**

Discover laido, a classical Japanese martial art practiced for over 500 years. Often called a "moving meditation," laido cultivates awareness, a calm mind and mental-physical harmony through the use of the Japanese katana sword. Originally designed to train the samurai to counter surprise attacks from any angle, today, people worldwide, regardless of age or martial arts background, benefit from its techniques. Whether you're a seasoned practitioner or a novice, laido offers an invigorating yet non-combative path to mastering elegant, controlled movement, deep concentration and self-understanding.

**ID #25348 | Campbell | KTD | PE 60**  
**7 Wednesdays 6:40-8:30pm | Sep 3-Oct 15**  
**\$175**

**ID #25552 | Campbell | KTD | PE 60**  
**7 Wednesdays 6:40-8:30pm | Oct 29-Dec 10**  
**\$175**

## Women's Self-Defense

What would you do if you had to defend yourself? This introduction to women's self-defense is effective yet fun. Learn how to be prepared, not paranoid, in everyday situations. You don't have to be physically strong to defend yourself; you need the most effective strategies. Learn to sense an attack before it happens by recognizing subtle cues. We use simple, straightforward strategies which target a predator's most vulnerable areas, making them lose interest in you. Join this class to gain peace of mind while out in the world. Don't wait until it happens to you. Learn more at <https://larryberkelhammer.com/womens-self-defense/>.

**ID #25442 | Berkelhammer | KTD | PE 22**  
**7 Tuesdays 1:10-2pm | Sep 2-Oct 14**  
**\$119**

**ID #25626 | Berkelhammer | KTD | PE 22**  
**6 Tuesdays 1:10-2pm | Oct 28-Dec 9**  
**(No class Nov 11)**  
**\$111**

## Joy of Tai Chi

Tai Chi combines the flow of dance with stretching movements that tone and trim the body and improve circulation, balance, and vitality. The course is open to adults of all ages.

### BEGINNERS/INTERMEDIATE

**ID #25304 | Rolston | KTD | PE 60**  
**6 Mondays 3-4:30pm | Sep 8-Oct 13**  
**\$135**

**ID #25507 | Rolston | KTD | PE 60**  
**7 Mondays 3-4:30pm | Oct 27-Dec 8**  
**\$151**

### INTERMEDIATE/ADVANCED

Students should have familiarity with a 24 movement form of Tai Chi.

**ID #25305 | Rolston | KTD | PE 22**  
**7 Wednesdays 10:45am-12:15pm | Sep 3-Oct 15**  
**\$151**

**ID #25508 | Rolston | KTD | PE 22**  
**7 Wednesdays 10:45am-12:15pm | Oct 29-Dec 10**  
**\$151**

## Wado Ki Kai Karate

Wado Ki Kai means "to learn from all things." Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques. This class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility and a powerful sense of awareness are all attributes of this class. Karate attire is optional.

**ID #25309 | Baker | KTD | PE 22**  
**6 Mon & 7 Wed 6:30-8pm | Sep 3-Oct 15**  
**\$237**

**ID #25511 | Baker | KTD | PE 22**  
**7 Mon & 7 Wed 6:30-8pm | Oct 27-Dec 10**  
**\$249**

## Wild Goose Qigong

Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. Throughout the year we will go through a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. This is a wonderful introduction class to the Wild Goose and a great review for experienced students. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care, strengthening the immune system. Improve your posture, balance, strength and flexibility.

**ID #25301 | Govrin | KTD | PE 60**  
**7 Fridays 10:45am-12:15pm | Sep 5-Oct 10**  
**\$151**

**ID #25503 | Govrin | KTD | PE 60**  
**5 Fridays 10:45am-12:15pm | Oct 31-Dec 5**  
**(No class Nov 28)**  
**\$127**

## Wisdom Healing Qigong

Through movement, visualization, sound, breathing and conscious intention to cultivate energy for health, well-being, and self-healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, heals dis-ease, activates more life energy, enhances mental clarity and emotional stability. It is especially beneficial for people with high blood pressure, Parkinson's, arthritis, cancers, chronic fatigue, and other imbalances. Based on the teachings of Dr. Pang Ming, founder of the largest Medicineless Hospital in China, students will participate in a collective healing chi field and learn the basic Wisdom Healing Practices. This practice is for everyone, all ages and abilities.

**ID #25302 | Govrin | Zoom Virtual Classroom**  
**6 Thursdays 10:45am-12:15pm | Sep 4-Oct 9**  
**\$135**

**ID #25504 | Govrin | Zoom Virtual Classroom**  
**5 Thursdays 10:45am-12:15pm | Oct 30-Dec 4**  
**(No class Nov 27)**  
**\$127**

## Beach Volleyball Basics

This course introduces students to the fundamentals of beach volleyball, including passing, serving, hitting, and setting. The course focuses on ball control skills and learning how to play doubles volleyball.

**ID #25317 | Kimbrough | KTD | Volleyball Courts**  
**5 Sundays 3-5pm | Sep 7-Oct 19**  
**(No class Oct 5 & 12)**  
**\$143**

**ID #25518 | Kimbrough | KTD | Volleyball Courts**  
**6 Sundays 2-4pm | Nov 2-Dec 14**  
**(No class Nov 30)**  
**\$159**

## Introduction to Mat Pilates

This popular mind/body exercise conditioning program was developed by Joseph Pilates. We focus on deep breathing while strengthening the core muscles of the trunk of the body, allowing the limbs to move more freely and in proper alignment. Learning to move through Pilates training allows for better function and control of muscles for sports and is now practiced by many athletes, dancers, and office workers, not only to increase performance, but also to rehabilitate the body after injury. Be sure to arrive on time for warmups to prevent injury.

**ID #25303 | Laws | KTD | PE 22**  
**7 Tues 10:10-11am | Sep 2-Oct 14**  
**\$119**

**ID #25505 | Laws | KTD | PE 22**  
**6 Tues 10:10-11am | Oct 28-Dec 2**  
**(No class Nov 11)**  
**\$111**

## Joy of Tennis—Beyond Competition

Joy of Tennis eliminates the biggest obstacle to playing your best—competition. Competing before developing the physical and psychological fundamentals makes learning more difficult, inhibits performance, limits potential, undermines self-esteem and confidence, diminishes enjoyment, and makes people way too tense. Come learn the FUNdamentals without competition impeding your progress. You'll love it!

**FUN 1- FOR PEOPLE WITH PREVIOUS EXPERIENCE, HAVEN'T TAKEN MANY LESSONS OR HAVEN'T PLAYED FOR YEARS-SORRY, NO BEGINNERS.**

**ID #25341 | Zeller | KTD | Tennis Courts**  
**7 Tues & 7 Thurs 9:10am-10:30am | Sep 2-Oct 16**  
**\$424**

**ID #25543 | Zeller | KTD | Tennis Courts**  
**6 Tues & 6 Thurs 9:40am-11am | Oct 28-Dec 11**  
**(No class Nov 11 & 27)**  
**\$367**

**FUN 2- FOR MORE EXPERIENCED PLAYERS WITH GOOD MECHANICS.**

**ID #25342 | Zeller | KTD | Tennis Courts**  
**7 Tues & 7 Thurs 10:40am-12pm | Sep 2-Oct 16**  
**\$424**

**ID #25544 | Zeller | KTD | Tennis Courts**  
**6 Tues & 6 Thurs 11:10am-12:30pm | Oct 28-Dec 11**  
**(No class Nov 11 & 27)**  
**\$367**

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To join FUN 2: New students should consult with instructor Brent Zeller before enrolling, call (415) 717-5446 or email [effortlesstennis@comcast.net](mailto:effortlesstennis@comcast.net).

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## Chi Walking: Focus on Form to Increase Energy and Prevent Injury

How you walk dictates how stress moves through your body while walking. The Chi Walking technique emphasizes walking form—the proper and efficient biomechanics of walking and draws from the movement principles of Tai Chi to make walking easier on the body. Most walkers overuse their legs for propulsion, which can lead to fatigue and injury. Through simple walking drills and exercises you will learn and practice how to: develop and maintain good posture, use the power of your core for walking and balance, engage efficient arm swing for different walking speed, breathe more freely and increase endurance. Bonus - materials to support your walking practice are included.

**ID #25520 | Wood | KTD | PE 22**  
**1 Saturday 9am-12pm | Nov 8**  
**\$87**

## Chi Running: Focus on Form, Run Smarter not Harder

Your form can make all the difference in how you feel during and after a run. Chi Running draws from Tai Chi and emphasizes running form for energy efficiency and injury prevention by minimizing strain and impact. Learn and practice how to: develop, maintain, and body sense good posture and alignment; avoid over-using your legs by engaging the power of your core and moving forward from your center. Learn upper and lower body focuses and visualizations for efficient arm swing, cadence and more to help conserve energy, vary speed and enjoy running with a relaxed and safe stride. This workshop is for runners of all abilities.

**ID #25521 | Wood | KTD | PE 22**  
**1 Saturday 1-4pm | Nov 8**  
**\$87**

# Writing

## Pen to Page 1: A Freewriting Workshop

Pen to Page is a generative writing workshop intended for writers of any experience level. We will use each class to unearth new pieces from the hidden corners of your brain. Each session consists of two prompts, followed by 20 minutes of writing time. Writers will have the opportunity to share new writing and receive supportive feedback from other group members, focusing on the imaginative strengths of each piece. You are guaranteed to surprise yourself with the stories you find inside. Writers are encouraged to take both Fall 1 and 2 sessions, if possible.

**ID #25423 | Scully | KTD | VS 3**  
**7 Wednesdays 9:10-11am | Sep 3-Oct 15**  
**\$179**

**ID #25614 | Scully | KTD | VS 3**  
**6 Wednesdays 9:10-11am | Oct 29-Dec 10**  
**(No class Nov 26)**  
**\$163**

## Pen to Page 2: A Freewriting Workshop

You came, you wrote, you surprised yourself—and now you're back for more! Pen to Page 2 is for returning writers who've already taken this generative workshop and want to keep the words (and the weird magic) flowing. Each class offers two new creative prompts and the warmest circle of fellow creatives this side of your imagination. We focus on what's working, what's sparking, and what made someone laugh out loud (or get a little misty-eyed). If you found gold last time, there's more where that came from. Previous participation in Pen to Page 1 is recommended. Students may register for both Fall 1 and Fall 2, respectively, to keep the creative buzz going.

**ID #25433 | Scully | KTD | VS 3**  
**7 Wednesdays 11:10am-1pm | Sep 3-Oct 15**  
**\$179**

**ID #25630 | Scully | KTD | VS 3**  
**6 Wednesdays 11:10am-1pm | Oct 29-Dec 10**  
**(No class Nov 26)**  
**\$163**

## Guided Autobiography 1: Writing Your Life Stories Two Pages at a Time

Writing and sharing life stories is an enjoyable way to gain a growing appreciation of your life and the lives of others. In this course you will acquire storytelling and writing skills while finding meaning for yourself. Each class will include creative exercises, discussion of the week's theme, writing tips, writing and sharing of stories. The questions and writing prompts from the instructor will help you recall memories of events and people and find the story you want to write. Writers of all experience levels are welcome and encouraged to join.

**ID #25612 | Vetter | KTD | VS 11**  
**5 Tuesdays 10:10am-12pm | Oct 28-Dec 2**  
**(No class Nov 11)**  
**\$143**

## Re-Visioning You: Connect With Your Values, Strengths, Hopes and Dreams

Design your authentic life. Identify your values, strengths and what creates energy and engagement for you. Participants will clarify who they are and what they want from their life now. Students will use short readings, reflective writing, design thinking and other tools that can be used over and over. At the end of five weeks, participants will know themselves more deeply and find more meaning, purpose and joy. They will also acquire mindset and habit skills to help them stay on track. Re-Visioning You is for people of all ages.

**ID #25613 | Vetter | KTD | VS 11**  
**5 Tuesdays 1:10-3pm | Oct 28-Dec 2**  
**(No class Nov 11)**  
**\$143**

## The Art and Craft of Writing Modern Children's Books

Today's authors compete with modern technology: movies, smartphones, iPads, podcasts and computers. So now, children's books must be action packed, full of meaning and contain dynamic characters. This class is for writers who have worked on a picture book or chapter book and want to develop it to completion. We will analyze the differences between traditional classic books and modern children's literature. Then we will revise, edit and critique your manuscripts and examine what agents and publishers seek today. We will also explore self-publishing as an alternative to finding an agent and a traditional publisher. Be prepared to be inspired!

**ID #25420 | Hockinson | IVC | BLDG 6 100**  
**7 Thursdays 6:40-8:30pm | Sep 4-Oct 16**  
**\$175**

## Elements of Creative Writing

*"There are three rules for writing well. Unfortunately, no one knows what they are."*  
*Somerset Maugham*

Not to worry. There are tried and true elements to the art of writing; this workshop will tell you what they are. Whether you're just beginning or have been at it a while, your work will receive thoughtful critiques in a fun, supportive atmosphere. The class is open to writers of all ages and genres.

**ID #25404 | Centolella | Zoom Virtual Classroom**  
**6 Mondays 5:30-8:30pm | Sep 8-Oct 13**  
**\$207**

**ID #25603 | Centolella | Zoom Virtual Classroom**  
**7 Mondays 5:30-8:30pm | Oct 27-Dec 8**  
**\$231**

## Poetry Writing Master Class

*"Poetry is language at its most distilled and most potent." Rita Dove*

You don't have to be a master poet yourself, but you can get in-depth, encouraging feedback from one and from supportive classmates as well. Just bring your works-in-progress or the optional weekly assignment. Each meeting will begin with the discussion of a notable poem—all supplemented by examinations into poetic forms, the art of revision and creative tactics for extracting the hidden gold of your imagination. For all poets, wherever you are on the journey.

**ID #25403 | Centolella | Zoom Virtual Classroom**  
**7 Wednesdays 2:10-5pm | Sep 3-Oct 15**  
**\$231**

**ID #25602 | Centolella | Zoom Virtual Classroom**  
**7 Wednesdays 2:10-5pm | Oct 29-Dec 10**  
**\$231**

## Yoga

### Yoga for Health, Happiness, and Stress Reduction

A comprehensive, careful, fun and step-by-step-yoga class. For both new and returning students. Learn to safely stretch and strengthen, and how to care for your neck, back and knees. Breath training, progressive relaxation and yogic meditation in every class. Individualized attention with time for questions. Learn from different schools of Yoga, including Iyengar, Sivananda and traditional Indian yoga. Bring a sticky mat to the first class.

**ID #25555 | Houghton | KTD | PE 60**  
**6 Saturdays 11:40am-1pm | Nov 1-Dec 13**  
**(No class Nov 29)**  
**\$68**

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This class is discounted by the Anonymous Fund of the Marin Community Foundation.

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### Yoga for Every Body, Yoga for Every Mind

Practice Iyengar yoga postures with attention to the connection of mind, spirit and breath. Increasing flexibility and strength restores the body's freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health

and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

#### BEGINNERS/INTERMEDIATE

**ID #25311 | Stewart | KTD | PE 60**  
**7 Saturdays 8-9:45am | Sep 6-Oct 18**  
**\$161**

**ID #25513 | Stewart | KTD | PE 60**  
**6 Saturdays 8-9:45am | Nov 1-Dec 13**  
**(No class Nov 29)**  
**\$151**

#### INTERMEDIATE/ADVANCED

**ID #25312 | Stewart | KTD | PE 60**  
**7 Saturdays 10-11:30am | Sep 6-Oct 18**  
**\$151**

**ID #25514 | Stewart | KTD | PE 60**  
**6 Saturdays 10-11:30am | Nov 1-Dec 13**  
**(No class Nov 29)**  
**\$135**

### Mat Yogilates

This class combines elements of yoga and Pilates, focusing on core strength, flexibility and mindfulness. This might include traditional yoga poses, Pilates exercises targeting the core muscles, breathing techniques and relaxation exercises. The class is designed to improve posture, balance, and overall body awareness while promoting a sense of relaxation and well-being. Mats are used for comfort and support during the exercises. All levels welcome.

**ID #25306 | Lyonnet | IVC | MAFC 105**  
**7 Tuesdays 6:10-7pm | Sep 2-Oct 14**  
**\$119**

**ID #25509 | Lyonnet | IVC | MAFC 105**  
**6 Tuesdays 6:10-7pm | Oct 28-Dec 9**  
**(No class Nov 11)**  
**\$111**

### Candlelight Yoga Stretch & Flow

Yoga Stretch & Flow allows you to drop into the essence of your self-awareness through an invitation to soothe your senses and melt away physical and mental tension. A meditative, moderate Vinyasa flow takes you to the present moment through breathing, stretching, and active movement—all set in a calming candlelit environment to deepen relaxation. All levels welcome.

**ID #25563 | Lyonnet | IVC | MAFC 105**  
**6 Tuesdays 7:10-8pm | Oct 28-Dec 9**  
**(No class Nov 11)**  
**\$111**



# ESCOM

Emeritus Students  
College of Marin



## What is ESCOM?

ESCOM (Emeritus Students College of Marin) is a vibrant organization for active older adults, dedicated to lifelong learning, wellness, and community connection. Supported by the College of Marin, ESCOM empowers its members to stay intellectually engaged and socially connected through a wide range of clubs, events, programs, and activities—both on campus and online.

With a legacy spanning over 50 years, ESCOM has been nationally recognized as a model for successful aging through education and engagement. Whether you're looking to expand your knowledge, meet new people, or stay at the forefront of life, ESCOM offers a welcoming space to thrive.

**Discover the possibilities—join ESCOM today!**

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***I invite you to join ESCOM to benefit from our clubs, talks and events. It's free to join and you will be included in all our programs. Our members stay involved and active with new horizons, activities and friends.***

**GARY GONSER**  
ESCOM President



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## ESCOM Classes in Fall 2025!

ESCOM-designated classes are open to all ages, and are recommended to meet the needs of older adults.

- Aqua Exercise for Older Adults
- Birds of the North Bay
- Castles, Churches, and Caravanseris!
- Conversational Italian
- Deep Water Aqua Exercise
- Elements of Creative Writing
- Feldenkrais for the Active Older Adult
- History of France Revisited
- History of Romania
- Guided Autobiography 1
- Joy of Tai Chi
- Meandering in Marin: Natural History and Hiking
- Mixed-Media Journaling Workshop
- Poetry Writing Master Class
- Resin Charms Workshop
- Re-Visioning You: Connect with Your Values, Strengths, Hopes and Dreams
- The Flow of Watercolor
- The World in 1500
- Watercolor Basics and Beyond
- Wild Goose Qigong
- Wisdom Healing Qigong

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## Free Member Activities and Services

- Clubs: Engage in lively discussions on books, history, travel, opera, philosophy, and more.
- Centers: Relax or connect at our cozy campus spaces with libraries, meeting rooms, and computers.
- ESCOM Journal: Enjoy member-created art, poetry, and writing in our bimonthly publication.
- Events & Tech Talks: Join monthly presentations, author talks, and a new computer literacy series with the Marin Commission on Aging.

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## ESCOM Centers

**INDIAN VALLEY CAMPUS**  
1800 Ignacio Blvd.  
Bldg 10, Rm. 40  
Novato, CA 94949  
(415) 457-8811 x8322

**KENTFIELD CAMPUS**  
835 College Avenue  
SS 111  
Kentfield, CA 94904  
(415) 485-9652



## Teach With Us

Ready to make a difference? Inspire others by sharing your knowledge and passion with our community of lifelong learners. We offer a wide range of classes that reflect the diverse interests of our students. Visit [marin.edu/communityed/teach-us](http://marin.edu/communityed/teach-us) to learn more and apply.

We're especially interested in hands-on, interactive classes that engage students. We're now accepting new course proposals—especially in these key areas.

- Crafts (Crochet/Knitting)
- Exercise (Biking/Strength Training)
- Nature Education (Botany/Wildlife)
- Languages (French/Spanish)
- Sports (Archery/Soccer)
- Writing



## Explore New Fall Classes

- Intuitive Cooking Class Series
- Homeopathy Made Simple and Easy
- The World in 1500
- History of Romania
- The Scientific Revolution in 17th Century England
- Sound and Vision: The Visuals of Popular Music
- The Lightroom Classic Lab
- Mastering Fine Art Digital Photographic Printing
- The Creative Incubator: Learn how to Create a Successful Painting
- Abstract Painting Studio: Developing Your Creative Vision
- Experimental and Unconventional Art
- Google Gemini
- Convert a Paperback to a Hardback Book
- Pickleball for Lifelong Fitness

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# COMMUNITY PROGRAMS

Miwok Aquatic and Fitness Center  
Indian Valley Campus

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## Lap Swim

Tuesday, Wednesday, Thursday  
1-3pm  
(times subject to change)

- Single day pass (\$10) and 10-day pass (\$90).
- Discounts for seniors 55+ and youth under 17.
- Purchase at Miwok Center front desk. Credit card and tap pay accepted.

communityswim@marin.edu  
(628) 234-8107

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## Drop-in Gym

Cardio and weights  
Monday-Thursday  
1-3pm  
(times subject to change)

- Single day pass (\$10).
- Discounts for seniors 55+ and youth 15-17.
- Enjoy a swim and workout with a Combined Discount Pass.

communityswim@marin.edu  
(628) 234-8107

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Marin.edu/CommunityEd



Facebook.com/CommunityProgramsCOM



@CommunityProgramsCOM



Registration starts Tuesday July 29 9AM  
Register at [Marin.edu/CommunityEd](https://Marin.edu/CommunityEd)

# Meet Our Instructors



**Brian Pines** is a philosopher and writer based in San Francisco. He is the author of "Nietzsche and Van Gogh" (2025) and "Understanding Nietzsche, Understanding Modernism" (2018). He teaches philosophy at the University of San Francisco, where his interactive classes combine history and close reading. He received fellowships from the Friedrich Nietzsche Kollege, the DAAD and the Van Gogh Museum to support his research. His work explores intersections of aesthetics and history across philosophical and artistic traditions.



**Michelle Sarjeant** is a bookbinder, author, photographer and museum professional. She earned her Masters of Arts in Museum Studies from John F. Kennedy University, in Berkeley, California, and her undergraduate degree from Pacific University in Forest Grove, Oregon. She is currently on the Board for the Hand Bookbinders of California. Michelle co-authored "Modern San Rafael 1940-2000," with Jocelyn Moss, Librarian for the Marin History Museum, "A History of the San Francisco State Belt" with railroad historian Bill Kaufman, and wrote "San Rafael Through Time: As Illustrated & Described in 1884." She is currently writing a book on the California Missions.