

Community Education & Programs



WINTER JAN 27-MAR 15

SPRING MAR 24-MAY 10



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to Fashion
Design**

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Happy New Year

As we step into the new year, there's no better time to spark your creativity, explore fresh ideas, and dive into the joy of learning. Whether you're looking to pick up a new skill, nurture a passion, or simply try something different, this term's course offerings are designed to inspire and motivate you.

Our diverse range of classes encourages everyone—from beginners to seasoned learners—to engage in hands-on experiences, artistic pursuits, and personal growth. It's a perfect opportunity to start a new chapter in your creative journey. Maybe you've always wanted to explore woodworking, try your hand at book binding, or finally embrace that art form you've admired for years. This is your chance!

The start of a new year invites possibility, and we hope you'll find the perfect course to expand your horizons. Join us, and let's get creative together!

Lori Friedman
Director of
Community Programs



TEACH
WITH
US

Share your talent and skills! We're accepting new course proposals. Visit the Teach With Us page at MarinCommunityEd.com for more information.



About

Discover our short-term courses spanning from personal enrichment to career advancement. No college credit and no tests. 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.

MarinCommunityEd.com
(415) 485-9305
info@marincommunityed.com

MarinCommunityEd.com



Facebook.com/CommunityProgramsCOM



@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
**LIMITED IN PERSON
SUPPORT AVAILABLE**

Register at MarinCommunityEd.com
For support contact
info@marincommunityed.com
or call (415) 485-9305

There are no classes held on the following days

- Feb 14-17 Presidents' Weekend

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 drop a class and request a refund, make sure to review the refund policy at MarinCommunityEd.com and submit your request by 4pm at least three (3) business days before the class begins.

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

- Students wishing to park in student parking lots must have 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.

Annual Security Report

police.marin.edu/sites/default/files/2024_COM_ASR.pdf

COVID-19

Please refer to www1.Marin.edu/Strong for current information about COVID-19 and check MarinCommunityEd.com 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 Jan 7 at 9 AM
Register at MarinCommunityEd.com

Aquatics

Campus aquatic facilities accommodate a variety of needs. Temperatures are kept within a standardized range, and users 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 info@marincommunityed.com to contact staff or leave a message for the instructor. See our refund policy at www.marincommunityed.com.

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 #6694 | Cruse | IVC | MAFC Pool
6 Mon & 7 Wed 5-6pm | Jan 27-Mar 12
(No class Feb 17)
\$147

ID #6696 | Cruse | IVC | MAFC Pool
7 Mon & 7 Wed 5-6pm | Mar 24-May 7
\$154

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 #6684 | Murphy | KTD | PE Pool
6 Mon, 7 Wed & 6 Fri 9:40-11am
Jan 27-Mar 14
(No class Feb 14 & 17)
\$224

ID #6689 | Murphy | KTD | PE Pool
6 Mon, 7 Wed & 6 Fri 9:40-11am
Mar 24-May 9
(No class Apr 4 & 7)
\$224

ID #6685 | Murphy | IVC | MAFC Pool
6 Mon, 7 Tues & 7 Thurs 2:30-3:50pm
Jan 27-Mar 13
(No class Feb 17)
\$231

ID #6690 | Murphy | IVC | MAFC Pool
6 Mon, 7 Tues & 7 Thurs 2:30-3:50pm
Mar 24-May 8
(No class Apr 7)
\$231

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 #6687 | Murphy | KTD | PE Pool
6 Mon, 7 Wed & 6 Fri 7:20-8:20am
Jan 27-Mar 14
(No class Feb 14 & 17)
\$189

ID #6693 | Murphy | KTD | PE Pool
6 Mon, 7 Wed & 6 Fri 7:20-8:20am
Mar 24-May 9
(No class Apr 4 & 7)
\$189

ID #6686 | Murphy | KTD | PE Pool
6 Mon, 7 Wed & 6 Fri 8:30-9:30am
Jan 27-Mar 14
(No class Feb 14 & 17)
\$189

ID #6692 | Murphy | KTD | PE Pool
6 Mon, 7 Wed & 6 Fri 8:30-9:30am
Mar 24-May 9
(No class Apr 4 & 7)
\$189

ID #6688 | Murphy | IVC | MAFC Pool
6 Mon, 7 Tues & 7 Thurs 1:20-2:20pm
Jan 27-Mar 13
(No class Feb 17)
\$196

ID #6691 | Murphy | IVC | MAFC Pool
6 Mon, 7 Tues & 7 Thurs 1:20-2:20pm
Mar 24-May 8
(No class Apr 7)
\$196

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

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. Join us and express yourself!

ID #6610 | Farmer | KTD | AC 238
7 Thursdays 6-9pm | Mar 27-May 8
\$210

NEW | 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 welcome.

ID #6767 | Farmer | KTD | FA 301
6 Fridays 10:10am-1pm | Jan 31-Mar 14
(No class Feb 14)
\$203

Drawing Workshop

Learn to draw in this fun and informative seven-week workshop in which you will be introduced to a variety of materials, and practice core drawing skills. This workshop will help you feel comfortable with the materials and give you tools to use for any two-dimensional work you choose. 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 #6698 | Yokell | KTD | FA 214
7 Mondays 9:40am-12:30pm | Mar 24-May 5
\$203

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 #6611 | Meade | Zoom Virtual Classroom
6 Fridays 10am-1pm | Jan 31-Mar 14
(No class Feb 14)
\$182

ID #6612 | Meade | Zoom Virtual Classroom
6 Fridays 10am-1pm | Mar 28-May 2
\$182

ID #6626 | Johnson | KTD | FA 312
6 Saturdays 10:10am-1pm | Feb 1-Mar 15
(No class Feb 15)
\$182

Keys for Perspective and Composition

Have fun learning about the fundamentals of perspective and the basic concepts of composition! This hands-on studio class covers both simple drawing techniques for creating a sense of depth in your artwork and composing interesting, dynamic drawings. Receive straightforward exercises and guidance for achieving the illusion of depth in your drawings, and develop your understanding of different drawing concepts and techniques to create exciting compositions. Includes an introduction to color theories using pastels, color pencils and mixed media.

ID #6742 | Wolfson | KTD | FA 214
6 Wednesdays 10:10am-1pm | Mar 26-Apr 30
\$182

The Flow of Watercolor: Color Through the Eyes of Cézanne and Matisse

You love the way colors make you feel, yet sometimes you have a hard time mixing the exact colors you want. You would like to learn the different ways to harmonize colors so that they work well in a finished painting. Using ideas from masters Paul Cézanne and Henri Matisse, the instructor will teach you about color mixing and application. Paint a variety of subjects, including landscape, still life and floral paintings, or any subjects you prefer, using color schemes that will enliven your paintings. All levels are welcome.

**ID #6721 | Cohn | Zoom Virtual Classroom
6 Thursdays 2:40-5:30pm | Jan 30-Mar 6
\$192**

The Flow of Watercolor: Beginning Portraiture

Just looking at this title might scare you! However, be assured you'll have fun in this class because it is for beginners, and you don't have to know anything at all about painting portraits. Start with developing drawing skills of all the features of the head, and learn how to work with skin tones, hair and clothing. Follow the instructor's five-step method to painting watercolor portraits. By the end of this class, you will have completed at least one knockout portrait, if not two or three. All levels welcome.

**ID #6722 | Cohn | KTD | FA 301
6 Fridays 2:40-5:30pm | Mar 28-May 2
\$192**

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 #6607 | Bencich | KTD | FA 301
6 Saturdays 9:10am-1pm | Feb 1-Mar 15
(No class Feb 15)
\$272**

**ID #6608 | Bencich | KTD | FA 301
6 Saturdays 9:10am-1pm | Mar 29-May 3
\$272**

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 or <https://carolduchamp.wixsite.com> for instructor information.

**ID #6723 | Duchamp | KTD | FA 312
6 Fridays 4:10-7:00pm | Mar 28-May 9
(No class April 11)
\$182**

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 #6622 | Robin | KTD | SMN 227
1 Saturday 10:10am-3pm | Apr 5
\$91**

Expressive Figure Drawing

This class offers training in figure drawing, purposefully combining basic drawing approaches, media and exercises, in support of an artistic vision. With master drawings from art history projected onto a big screen, we will study the figure in its varied interpretations through time. How did close seeing and observation translate into choice of material and technique? And as the figure transformed in our collective consciousness as a point of departure for a work of art, how was this mirrored in its expression? For beginners and experienced students. For more information about the instructor, please visit deepening.net.

ID #6697 | Bala | KTD | FA 214
7 Fridays 2:10-5pm | Mar 28-May 9
\$210

NEW | Figure Drawing Through Art History With Pastels

Learn to draw the figure, or practice your skills if you are already proficient—using pastels! This class systematically develops a set of approaches to figure drawing and combines it with instruction on basic pastel techniques. We will be drawing from breathtaking figurative paintings, drawings and sculpture projected onto a large screen. Brief presentations on anatomy and art history provide context, inspiration and instruction on how the old (and new) masters solved problems. Warm up with quick gestures, train with short “poses” and settle into some longer studies with no less than the greatest figurative works every made, with instruction tailored to where you are in your study. For more information about the instructor, please visit deepening.net.

ID #6765 | Bala | KTD | FA 214
6 Fridays 2:10-5pm | Jan 31-Mar 14
(No class Feb 14)
\$189

Have Your Cake and Paint it Too: Grouped Object Compositions

Render from reality! Diebenkorn’s still lifes and Thiebaud’s iconic cakes have inspired many for bringing out beauty in everyday objects and settings. In this class, we’ll use direct observation from life to draw and paint grouped objects, finding fresh inspiration each week—a slice of cake, a still cup of coffee, the edge of an orange peel. We will focus on finding composition, light and shadow, using charcoal, inks and paint. We will learn to push the boundaries of color and shape and how to find and express your artistic vision in both simple and celebratory staged scenes.

ID #6701 | Tsark | IVC | BLDG 3 205
6 Mondays 12:30-4:30pm | Jan 27-Mar 10
(No class Feb 17)
\$259

Loose, 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 #6702 | Tsark | IVC | BLDG 3 205
7 Mondays 1:30-5:30pm | Mar 24-May 5
\$257

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 #6699 | Tsark | IVC | BLDG 3 205
7 Wednesdays 9:30am-3:30pm | Jan 29-Mar 12
\$393
ID #6700 | Tsark | IVC | BLDG 3 205
7 Wednesdays 9:30am-3:30pm | Mar 26-May 7
\$393

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 #6672 | Danberg | KTD | FA 312
1 Saturday 1:10-4pm | Feb 22
\$82

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 fosters 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 #6766 | Ard | KTD | AC 238
4 Thursdays 6:10-8pm | Jan 30-Feb 20
\$112

Computers

NEW | Generative AI

This course is for students with minimal knowledge of using computers and internet search browsers. We'll cover practical generative AI to use in your personal or professional life, as well as explore several generative AIs, including Open AI Chat GPT, Google Gemini and Microsoft Copilot. We'll also evaluate opportunities to use generative AI, create personal and/or professional projects with AI, and analyze ways use AI to improve work.

ID #6773 | Salazar | Zoom Virtual Classroom
4 Thursdays 6-7pm | Jan 30-Feb 20
\$42

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

Crafts

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

NEW | Handbind 3 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 #6775 | Sarjeant | IVC | BLDG 5 120
7 Thursdays 11:10am-1pm | Jan 30-Mar 13
\$178

Quiltmaking: Japanese Design Blocks

This course teaches the fundamentals of quiltmaking, including fabric and color selection, block techniques, finishing, borders, batting and binding. Students will create a sampler quilt from start to finish, learning new techniques each week. Ongoing development of technique and creative design are supported for different skill levels. The theme for this session will be Japanese design blocks. Essential supplies include: a cutting mat, rotary cutter, pins, needles, scissors and fabric.

ID #6627 | Bruvry | KTD | FA 312
6 Mondays 6:10-9pm | Jan 27-Mar 10
(No class Feb 17)
\$182

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 #6736 | Moore | KTD | FA 123
6 Mondays 6:10-9pm | Jan 27-Mar 10
(No class Feb 17)
\$214

ID #6737 | Moore | KTD | FA 123
7 Mondays 6:10-9pm | Mar 24-May 5
\$235

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 1-hour lunch break from 12-1pm.

ID #6738 | Moore | KTD | FA 123
7 Wednesdays 9:10-4pm | Jan 29-Mar 12
\$385

ID #6739 | Moore | KTD | FA 123
7 Wednesdays 9:10-4pm | Mar 26-May 7
\$385

NEW | Introduction to Upholstery: Hands-On Skills and Techniques

This upholstery course offers a practical introduction to the trade fundamentals, focusing on safety protocols, essential tools, fabric selection and project execution. Over six weeks, students will engage in a comprehensive learning experience, selecting and completing an upholstery project. Key skills such as furniture disassembly, frame repair and fabric application techniques will be taught, along with sewing instruction to create a personalized pillow. By the end of the course, students will have completed their project and earned a certificate of completion. Class size is limited to 8. Early enrollment advised.

ID #6782 | dell'Avo | OFF | Make It Home**
6 Fridays 9:30-12:30pm | Jan 31-Mar 14
(No class Feb 14)
\$312

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

Beginning Woodworking: Machine Class

This class teaches you how to work confidently and safely on a variety of woodworking machines including a jointer, planer, router, table saw, band saw and miter saw. Under the guidance of two professional woodworkers, you'll process lumber to make two cutting boards. Through repetition on the machines, you'll gain the skills required to work independently in the advanced You Can Build It class. Additionally, you will learn how to glue, sand and finish a project, along with a four-step method on how to successfully plan your next project. All material provided. Class size is limited to 12. Early enrollment advised.

ID #6666 | dell'Avo/Rataiczky | OFF | Tamalpais High School Woodshop**
6 Wednesdays 6-9pm | Jan 29-Mar 12
(No class Feb 19)
\$472

ID #6667 | dell'Avo/Rataiczky | OFF | Tamalpais High School Woodshop**
6 Wednesdays 6-9pm | Mar 26-May 7
(No class Apr 9)
\$472

****700 Miller Avenue, Mill Valley, Room 416**

You Can Build It

In this advanced class, you'll come up with a project and provide your own materials to execute it. Two professional woodworkers will provide guidance and direction, revisit machine safety and proper practices, and offer methodological training and problem solving to increase your skill set as a woodworker. Beginning Woodworking: Machine Class is highly recommended. Class size is limited to 12. Early enrollment advised.

ID #6668 | dell'Avo/Monley | OFF | Tamalpais High School Woodshop**
6 Thursdays 6-9pm | Feb 6-Mar 20
(No class Feb 20)
\$452

ID #6669 | dell'Avo/Monley | OFF | Tamalpais High School Woodshop**
6 Thursdays 6-9pm | Mar 27-May 8
(No class Apr 10)
\$452

****700 Miller Avenue, Mill Valley, Room 416**

Woodworking Hand Tools: 3D Puzzle, Dovetailed Box Shelf or Coffee Table/Stool

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, chisels and hand planes. We focus on developing precision with common hand tools to achieve success with a variety of different joineries. This class also gives you the abilities, knowledge and skills to use hand tools in and around your house. All materials provided. Class size is limited to 8. Early enrollment advised.

ID #6671 | dell'Avo | OFF | Make It Home**
7 Fridays 9:30am-12:30pm | Mar 28-May 9
\$384

****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 #6621 | Starr | KTD | SMN 217
1 Saturday 1:10-4pm | May 3
\$82

Current Events

NEW | Exploring Current Events

Explore some of the most compelling questions of our time in this seminar-style course. We'll tackle topics such as is the universe conscious? What would be the effects of AI on society and the economy? What are the pros and cons of our reliance on the nuclear family? Together, we'll also examine possible solutions for homelessness, the cost of constant surveillance, and how literature and popular culture shape—and are shaped by—our societal concepts. Each class is driven by student input and curated readings to dive deep into these thought-provoking issues, encouraging open-minded dialogue and fresh perspectives.

ID #6768 | Frishman | KTD | VS 11
7 Tuesdays 6:10-7:40pm | Mar 25-May 6
\$70

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

Electric Vehicles and Hybrids Workshop

Dive into the story behind electric vehicles. Why are they popular, and why are there so many different opinions about switching from gasoline vehicles? We will explore the history of electric vehicles; examine the recycling and manufacturing issues associated with production; and review how current policies in China and EU countries influence what is built and sold. There will be a hands-on opportunity to view 2025 cars. This workshop will be useful if you are interested in current issues in transportation, are thinking of getting a new vehicle or curious about the environmental impact.

ID #6748 | Gould | KTD | AC 101
1 Friday 12:10-4pm | Jan 31
\$84

Dance

For full class descriptions, including level information, see online descriptions. If you have questions regarding difficulty of the class, please email info@marincommunityed.com to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at MarinCommunityEd.com.

Folk Dance 101: Eastern Europe and the Caucasus

Around the globe, folk dancing developed in many societies, spanning east and west. Back then, these dances were integral parts of religious rituals. Today, communities preserve their dances to both teach the next generation and to share with others. From Greek and Armenian food festivals, to professional international ensembles, many performances end with an invitation to the audience to get up and dance! Don't be shy, join us weekly to learn folk dances from Eastern Europe and the Caucasus. These two world regions have rich cultures and fantastic dances! No dance experience needed.

ID #6705 | Hajinian-Corbal | KTD | PE 22
5 Tuesdays 2:10-4pm | Apr 1-Apr 29
\$126

Introduction to Traditional Hawaiian Dance

Now you can learn Hula, the traditional dance of Hawai'i. In the classic choreographies we will learn, you will explore Hula Auwana (contemporary dances), Hula Kahiko (dances that pre-date the missionary era), elements of dance protocol, history and culture of our 50th state.

ID #6649 | Saunders | KTD
7 Tuesdays | Jan 28-Mar 11
Lecture 5:45-6:30 | PE 91
Practice 6:30-7:30 | PE 60
\$147

ID #6651 | Saunders | KTD
7 Tuesdays | Mar 25-May 6
Lecture 5:45-6:30 | PE 91
Practice 6:30-7:30 | PE 60
\$147

Traditional Hawaiian Dance I

This course offers an introduction to classic choreography in two styles of Hawaiian dance: the ancient style (Hula Kahiko) and the contemporary style (Hula Auwana). We will explore the effect of the missionary era on Hawaiian history, culture, social protocols, and the Hula. To enroll students should complete Introduction to Hawaiian dance or consult with instructor.

ID #6650 | Saunders | KTD
7 Thursdays | Jan 30-Mar 13
Lecture 5:45-6:30 | PE 91
Practice 6:30-7:30 | PE 60
\$147

ID #6652 | Saunders | KTD
6 Thursdays | Mar 27-May 8
Lecture 5:45-6:30 | PE 91
Practice 6:30-7:30 | PE 60
\$147

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 \$77, or take all six classes for \$362 (and save \$100)!

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 #6656 | Torgovitsky | IVC | BLDG 28B 201
1 Saturday 10:10am-12:30pm | Feb 1
\$77

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 #6657 | Draheim | KTD | AC 246
1 Saturday 10:10am-12:30pm | Feb 8
\$77

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 #6658 | Draheim | KTD | AC 246
1 Saturday 10:10am-12:30pm | Feb 22
\$77

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 #6659 | Draheim | KTD | AC 246
1 Saturday 10:10am-12:30pm | Mar 1
\$77

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 #6660 | Torgovitsky | IVC | BLDG 28B 201
1 Saturday 10:10am-12:30pm | Mar 8
\$77

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 #6661 | Torgovitsky | IVC | BLDG 28B 201
1 Saturday 10:10am-12:30pm | Mar 15
\$77

Financial Planning

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 generate investment returns to grow their wealth over time. Gain a framework of understanding in order to craft an investment strategy for yourself.

ID #6676 | Campbell | Zoom Virtual Classroom
4 Mondays 6-7:30pm | Feb 3-Mar 3
(No class Feb 17)
\$98

Understanding Reverse Mortgages

Don't be afraid of reverse mortgages; instead understand them. They are loans specifically for homeowners age 62 and older who want to unlock a portion of their home's equity without having to make a required monthly payment. They are government insured loans and have been modernized by HUD and FHA with numerous consumer protections and safeguards in place. You will learn the best way to maximize their benefits, the pros and cons, if you are eligible, and the many options for receiving your money. Come and learn how a reverse mortgage can boost and secure finances while you live on a fixed income.

ID #6653 | Schwartz | Zoom Virtual Classroom
1 Wednesday 12:30-3:30pm | Mar 12
\$77

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 #6679 | Nicosia | KTD | AC 246
1 Saturday 10am-12:30pm | Apr 5
\$77

WISE UP: Financial Education for Women

This course is a financial education program for women of all ages. You will gain knowledge, skills and confidence. By the end of class, you will have in place a road map to achieve your most important personal financial goals. Each week, students will review basic information that will help to build a foundation in the following areas: money, credit, debt, savings, insurance, investments and financial security. This course came about as a result of a focus group held by the US Department of Labor with women across the United States.

ID #6762 | Abe | KTD | AC 105
2 Saturdays 1-4pm | Mar 1-8
\$98

ID #6763 | Abe | KTD | AC 105
2 Saturdays 1-4pm | May 3-10
\$98

Floral

The Daily Vase

Aside from special occasions, it's nice to have simple flowers for every day—small little compositions for many rooms. A simple composition is as rewarding and challenging as a complex one. Many household items make fun containers. We'll make a number of 3-5 stem arrangements in several small containers. Students must bring containers and sturdy pruners. Instructor will give ideas for containers and provide the flowers.

ID #6735 | Nardo | KTD | FA 312
1 Saturday 2:10-5:30pm | Mar 29
\$165

Food and Wine

Food & Wine classes are offered with generous support from Nugget Markets, providing funding for fresh, quality ingredients and cooking supplies to meet community needs.

NEW | Intuitive Cooking: Mastering the Art of Cooking Without a Recipe

The term "breaking bread" is as old as we are, yet not many know how to make a meal from scratch. Intuitive cooking teaches you how to create incredible dishes with intuition and without recipes. We will discuss pantry and freezer staples, and what you need to create quick, delicious weeknight meals, focusing on timing and technique for minimum stress and maximum flavor. Gain invaluable tips to make cooking easier and more joyful. Students share a family-style meal at the end of class. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

ID #6802 | Allen | IVC | BLDG 28A 101
1 Tuesday 11am-2pm | Feb 25
\$127

NEW | Intuitive Cooking: Crafting Multiple Meals With One Dish

Say goodbye to boring leftovers and hello to delicious, low-effort planning by transforming a single ingredient into a variety of meals! This class is based on intuitive cooking, so there will be no recipes. Explore how to cook large portions, for example, a whole roast chicken or a pot of beans, and use them creatively for multiple meals. Think roast chicken for dinner, chicken salad sandwiches for lunch and a pot pie for the next night. Students share a family-style meal at the end of class. Ingredients may contain common food allergens, and food is prepared on shared equipment.

ID #6803 | Allen | IVC | BLDG 28A 101
1 Tuesday 11am-2pm | Mar 4
\$127

NEW | Intuitive Cooking: Meals That Impress

From menu planning to creation, make it all come together in culinary harmony. This class is based on intuitive cooking, so there will be no recipes. Learn how to design thoughtful menus, time cooking to perfection and seamlessly host while still enjoying your guests. Dive into key techniques—searing, roasting, braising and baking—so every dish shines. Whether it's a weeknight gathering or a celebration, you'll leave equipped to create cohesive, restaurant-quality meals that wow, without stress. Students share a family-style meal at the end of class. Ingredients may contain common food allergens, and food is prepared on shared equipment.

ID #6804 | Allen | IVC | BLDG 28A 101
1 Tuesday 11am-2pm | Mar 11
\$127

NEW | Exquisite Thai Cuisine: Pineapple Fried Rice

Make authentic Thai dishes in this fun, interactive class! Chef Anchalee shows you how to prepare pineapple fried rice, a popular savory dish bursting with sweet, spicy flavors. You'll also make tom kha soup (coconut soup) with tofu or chicken. Further explore the unique methods and flavors used in Thai cooking as you make a classic Thai dessert of bananas in coconut milk. Students will share a family-style meal at the end of class. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

**ID #6730 | Walsh | IVC | BLDG 28A 101
1 Saturday 10am-1pm | Mar 15
\$163**

NEW | Exquisite Thai Cuisine: Khao Soi Noodles

Join Chef Anchalee on a sweet and savory Thai culinary journey. You'll learn how to make one of the most popular northern Thai dishes, Khao Soi Noodles, a coconut curry noodle soup with a thick, rich coconut broth. You'll also prepare fresh salad rolls with a delectable peanut dipping sauce. Wrap up the meal by making a fried banana with ice cream dessert. Students will share a family-style meal at the end of class. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

**ID #6731 | Walsh | IVC | BLDG 28A 101
1 Saturday 10am-1pm | May 10
\$163**

Tour of Sicily

Join Chef Lisa for a hands-on cooking tour of Sicily. You'll learn to make Warm Sicilian Octopus Salad with Potatoes, Olives and Lemon (Insalata di Polpo Caldo Siciliano); Penne Pasta with Eggplant and Ricotta (Pasta alla Norma); Stuffed Swordfish with Capers, Raisins and Garlic (Involtini Rolls di Pesce Spada); Stuffed Zucchini with Pancetta, Bread Crumbs and Garlic (Zucchine Ripiene di Pancetta, il Pangrattato e Aglio); and Sicilian Lemon Tart (Crostata di Limone alla Siciliana). Students will share a family-style meal at the end of class. Please note ingredients in may contain common food allergens, and food is prepared on shared equipment.

**ID #6732 | Lavagetto | IVC | BLDG 28A 101
1 Saturday 10am-2pm | Feb 8
\$188**

Classic Italian Comforts

Bring some Italian comfort foods into your kitchen. Chef Lisa will guide you in cooking hearty and delicious dishes: Rustic Greens with Salami and Potatoes (Insalata Rustica); White Bean and Pasta Soup with Sausage (Pasta e Fagioli); Bolognese Lasagna (with homemade pasta, béchamel and fresh marinara); Potato Gnocchi with Mushroom Truffle Sauce; Eggplant Parmesan (Perfetto Parmigiana di Melanzane); and Baba Rum Cakes. Students will share a family-style meal at the end of class. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

**ID #6733 | Lavagetto | IVC | BLDG 28A 101
1 Saturday 10am-2pm | Mar 29
\$188**

Italian Classics: Risotto and Polenta

Prepare classic Italian specialties in this hands-on cooking class. You'll prepare Classic Risotto Milanese with Saffron and Shallots; Seafood Risotto with Scallops and Shrimp; Arancini Balls stuffed with Fontina Cheese and Prosciutto; Creamy Soft Polenta with Sausage Ragù; Grilled Polenta Squares with Wild Mushrooms; and Upside-Down Apple Polenta Cake. Students will share a family-style meal at the end of class. Please note ingredients may contain common food allergens, and food is prepared on shared equipment.

**ID #6734 | Lavagetto | IVC | BLDG 28A 101
1 Saturday 10am-2pm | Apr 26
\$188**

White Wines of the World

From crisp and fruity to round and full bodied, white wines cover the gamut of the expressions of these grapes. Learn about different white wine varieties, along with their characteristics and flavors, in this practical class which includes a hands-on tasting. Students should bring 2-3 drinking glasses for each class, and all participants must be at least 21 years old.

**ID #6618 | Sandri | IVC | BLDG 28A 101
2 Wednesdays 6:30-9pm | Mar 26-Apr 2
\$106**

Red Wines of the World

With their varying hues and bodies, red wines bring hundreds of subtle flavors and nuances. Discover the different red wine varieties, along with their characteristics and flavors, in this practical class which includes a hands-on tasting. Students should bring 2-3 drinking glasses for each class, and all participants must be at least 21 years old.

ID #6619 | Sandri | IVC | BLDG 28A 101
2 Wednesdays 6:30-9pm | Apr 9-16
\$106

Wines of Luxury: Exploring Sparkling Wine and Port

When most people search for wine for special occasions, they seek a fitting sparkling wine or port. This practical tasting and lecture class will explore these sparkling and fortified wines of the world, highlighting their traditional homes as well as their diverse global expressions. Students should bring 2-3 drinking glasses for each class, and all participants must be at least 21 years old.

ID #6620 | Sandri | IVC | BLDG 28A 101
2 Wednesdays 6:30-9pm | Apr 23-30
\$106

Health Education

Healing Your Life: Ayurvedic Wellness Program

Healing Your Life Ayurvedic Wellness Program is a six-week series of Ayurvedic education classes that support each participant to create a sustainable diet and lifestyle promoting disease prevention and longevity. This program will provide the opportunity to examine your life and transform it into one of harmony and optimal health. This forms the foundation for understanding yourself on all levels—body, mind, and soul. Learn the nature of imbalances and how to optimize your five senses. Gain the tools to expand your personal knowledge and make choices that lead to health and well-being. See online class listing for required materials.

ID #6781 | Meadows | KTD | VS 7
6 Tuesdays 6-8pm | Mar 25-Apr 29
\$140

History

San Francisco in Photographs, 1850-2020

From the time photography was invented, the San Francisco Bay Area has been the setting for fabulous pictures of its beautiful landscapes and earthshaking social movements. As author and photo researcher of "San Francisco: Portrait of a City," Richie Unterberger has selected the most striking images that document the Bay Area's history, more than a thousand of which will be presented and discussed, covering the evolution of the Bay Area. Encompassing our region's architecture, music, political activism and spectacular natural beauty, this class features work by some of the most internationally renowned photographers of several eras. Students may participate in this course online or in person.

ID #6654 | Unterberger | KTD/Zoom Virtual Classroom | VS 3
7 Tuesdays 7:10-9:30pm | Jan 28-Mar 11
\$91

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

NEW | The Axial Age II, 500 BCE-500 CE

The Axial Age was a time of great intellectual and religious ferment across the globe. Students in this class will find many connections and much to learn about the ancient world by examining the Axial Age in and outside of Greece and Rome. We will investigate ancient India and ancient Persia, along with their religious beliefs and attempts at empire. We will look at Greco-Roman philosophy and examine Rome's relationship with the barbarians around its borders and their eventual "conquest" of the Roman Empire. Students must be willing to read primary sources.

ID #6749 | Shipman | KTD | VS 11
7 Tuesdays 11:10am-1pm | Jan 28-Mar 11
\$154

History of France

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 #6750 | Harkins | KTD | AC 237/AC 246*
6 Mondays 2:10-4pm | Jan 27-Mar 10
(No class Feb 17)
1 Wednesday 2:10-4pm | Feb 19*
\$154

NEW | 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 #6774 | Gutgsell | KTD | AC 101
5 Thursdays 2:10-3:40pm | Feb 6-Mar 6
\$56

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

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 #6703 | Hajinian-Corbal | KTD | AC 101
5 Tuesdays 1:10-3pm | Feb 4-Mar 4
\$126

Medieval Near East

During the medieval centuries, the near eastern kingdoms had their own kingly courts, with codes of ethics, and chivalry. The Christian kingdoms of Armenia and Georgia would band together in times of conflict against the Byzantines and Arabs. They even allied with the Crusaders! There were newcomers to the region from Central Asia, like the Seljuk Turks and Mongols, who settled and expanded to form formidable khanates. By 1375 the last Armenian king died, the Byzantines were in decline, the Crusaders returned to Europe, and the Turkish dynasties ascended.

ID #6704 | Hajinian-Corbal | IVC | BLDG 7 101
4 Thursdays 1:10-3pm | Feb 20-Mar 13
\$112

History of Armenia, Part 2: 1400-Modern Times

The Armenian diaspora established itself after continued participation in global trade networks, beginning with the Armenian merchants of the later middle ages, who were trade partners with the Crusaders and Mongols. During the early modern period, Ottoman Armenians and others who were forcibly relocated to Persia, placed themselves as tradesmen in Persia, India and Europe. Thus, Armenian communities were established around the world. Later, after the Soviet collapse, the new Republic of Armenia was born hundreds of years after the fall of the last Armenian kingdom. History of Armenia Part 1 is not a pre-requisite for taking this class.

ID #6706 | Hajinian-Corbal | KTD | AC 101
5 Thursdays 1:10-3pm | Apr 3-May 1
\$126

Languages

Program Timeline

FIRST YEAR LEV A	A1	A2	A3	A4
SECOND YEAR LEV B	B1	B2	B3	B4
THIRD YEAR LEV C	C1	C2	C3	C4

A = BEGINNER, B = INTERMEDIATE, C = INTERMEDIATE/ADVANCED

Conversational Mandarin

ID #6787 | A1 | Yu | KTD | VS 1
4 Thursdays 12:30-2:30pm | Apr 3-24
\$112

Conversational Italian

ID #6788 | A3 | Beraldi | Zoom Virtual Classroom
7 Fridays 10:10am-12pm | Jan 31-Mar 21
(No class Feb 14)
\$154

ID #6789 | A4 | Beraldi | Zoom Virtual Classroom
7 Fridays 10:10am-12pm | Mar 28-May 9
\$154

ID #6790 | B3 | Beraldi | Zoom Virtual Classroom
7 Wednesdays 1:10-3pm | Jan 29-Mar 12
\$154

ID #6791 | B4 | Beraldi | Zoom Virtual Classroom
7 Wednesdays 1:10-3pm | Mar 26-May 7
\$154

ID #6800 | C | Padula | Zoom Virtual Classroom
6 Mondays 5:10-7pm | Jan 27-Mar 10
(No class Feb 17)
\$140

ID #6801 | C | Padula | Zoom Virtual Classroom
7 Mondays 5:10-7pm | Mar 24-May 5
\$154

Conversational Spanish

ID #6792 | A3 | Marshall | KTD | AC 103
7 Wednesdays 5:40-7:30pm | Jan 29-Mar 12
\$154

ID #6793 | A4 | Marshall | KTD | AC 103
7 Wednesdays 5:40-7:30pm | Mar 26-May 7
\$154

ID #6794 | B3 | Marshall | KTD | PV 10
7 Thursdays 5:40-7:30pm | Jan 30-Mar 13
\$154

ID #6795 | B4 | Marshall | KTD | PV 10
7 Thursdays 5:40-7:30pm | Mar 27-May 8
\$154

ID #6796 | C3 | Marshall | KTD | PV 10
7 Tuesdays 5:40-7:30pm | Jan 28-Mar 11
\$154

ID #6797 | C4 | Marshall | KTD | PV 10
7 Tuesdays 5:40-7:30pm | Mar 25-May 6
\$154

Conversational German

ID #6798 | A1 | Emami | KTD | AC 105
7 Thursdays 6:40-8:30pm | Jan 30-Mar 13
\$154

ID #6799 | A2 | Emami | KTD | AC 105
7 Thursdays 6:40-8:30pm | Mar 27-May 8
\$154

Literature/ Humanities

Transcendental Love

Love sustains our passions and yearnings, holds us in times of joy and loss, nourishes our hearts, and melts our fears. It opens us to our deepest selves and steadily supports us as we navigate the uncertainties of everyday life and re-create a world of wholeness. Through world poetry and references to ancient literature, we'll explore the mysteries of the human heart from its initial urges to passionately cling to its graceful awareness of the love that is ever-present and beyond name and form. Within this exploration, we'll consider humans throughout history who have role modeled pure love.

ID #6707 | Vogt | Zoom Virtual Classroom
5 Tuesdays 3:10-4:30pm | Jan 28-Feb 25
\$112

Pathways to Peace: Truthfulness, Non-stealing, Compassion and Other Universal Principles

In the midst of sweeping global changes, many of us are looking for reliable insight into reorienting our perspective and lifestyle to foster clarity and peacefulness. Traditional cultures have long understood the nature of existence and the relevance of every aspect of life toward the well-being of the whole. In this course, we will focus upon the 2,000-year-old text, "Yoga Sutra of Patanjali," to garner a glimpse of our individual capacity to stir or still the waves of life, through sensory interactions, inner dialog and life experiences. This course covers ancient yogic theory and its application to the everyday person.

ID #6708 | Vogt | Zoom Virtual Classroom
3 Thursdays 3:10-4:30pm | Mar 27-Apr 10
\$91

Marin Adventures

NEW | Observing Amphibians

Explore multiple vegetation communities to observe a wide variety of amphibians that include frogs, toads and salamanders. We will observe their natural breeding and upland habitats as we walk through nature preserves within a maximum of 35-minute driving distance from the Indian Valley Campus. This is the optimal time of year to learn about these amazing animals, rain or shine! Participants must be able to hike up to 2.5 miles with a maximum 800-foot elevation gain on uneven surfaces. No natural history experience required. The field trip itinerary and syllabus will be emailed to students before the first class day.

ID #6770 | Wittmann | OFF
4 Saturdays 10am-2pm | Feb 22-Mar 15
\$168

Bird-Watching in Northern California

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 #6709 | Hug | BLDG 28B 201/OFF
1 Tuesday 9:10am-1:10pm | Jan 28
4 Tuesdays 8:30am-12:30pm | Feb 4-25
\$196

ID #6710 | Hug | BLDG 28B 201/OFF
1 Wednesday 9:10am-1:10pm | Jan 29
4 Wednesdays 8:30am-12:30pm | Feb 5-26
\$196

ID #6711 | Hug | BLDG 28B 201/OFF
1 Tuesday 9:10am-1:10pm | Mar 25
4 Tuesdays 8:30am-12:30pm | Apr 1- 22
\$196

ID #6712 | Hug | BLDG 28B 201/OFF
1 Wednesday 9:10am-1:10pm | Mar 26
4 Wednesdays 8:30am-12:30pm | Apr 2-23
\$196

Fly Fishing: Mastering Stillwaters

Welcome to the new normal of climate change. Fly fishers now find fewer fishable streams, often the result of drought or extreme runoff. Lakes and ponds are an option, but they require different skills, techniques and fly patterns. This introduction to stillwater fisheries hones needed casting skills and delves into the entomology of lakes and how this affects our patterns, timing and techniques. The course includes field trips and casting instruction with locations changing according to conditions. So set aside a weekend or two for field trips! Students will need to provide some sort of personal watercraft such as a float tube, pontoon boat or kayak.

ID #6759 | Dempsey | KTD | AC 247/OFF
2 Thursdays 7:10-9pm | May 1-15
(no class May 8)
1 Saturday 9-11am | May 3*
2 Saturdays 9am-2pm | May 10 & May 24*
\$168
*** Field Trips**

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 #6645 | Dreskin/Clark | OFF
7 Thursdays 9:45am-1:45pm | Jan 30-Mar 13
\$259

ID #6646 | Dreskin/Clark | OFF
7 Thursdays 9:45am-1:45pm | Mar 27-May 8
\$259

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, so please read it before the first class.

ID #6757 | Barnett | OFF
4 Saturdays 9:30am-1:30pm | Feb 1-Mar 8
1 Saturday 9:30am-3:30pm | Mar 15
(No class Feb 15 & 22)
\$210

ID #6758 | Barnett | OFF
5 Saturdays 9:30am-1:30pm | Apr 5-May 3
1 Saturday 9:30am-3:30pm | May 10
\$238

Meditation

Life Breathing: The Power of Flow

Come surf the vital currents of body, mind and spirit! In this daylong mini-retreat, we'll embrace the vigor of life flowing in bodily channels of fluid and energy. With intimacy and affection, we'll explore our body's inner rivers and honor its powerful, sensitive and courageous heart. We'll feel how mindful breathing carries us into the oceanic wisdom and loving support of life. Led by a retired surgeon on the serene IVC campus, this immersive experience includes inspiring imagery, circulatory anatomy, guided mindfulness, gentle movement and supportive discussions. Come embrace the liquid mystery of body, community and flow!

ID #6743 | Meecham | IVC | BLDG 5 120
1 Saturday 9am-3pm | Feb 8
\$91

Life Breathing: The Joy of Awakening

Do you yearn to feel more alive and alert? Then come to this day of awakening! We'll use mindful breathing to embrace life as a reality experienced in heart, mind and body. We'll exhale unhealthy assumptions and inhale the wisdom of our living world. With courage and clarity, we'll map the inner landscape of human aliveness, including its wisdom, playfulness and compassion. Led by a retired surgeon on the radiant IVC campus, the class will include inspiring imagery, regional anatomy, guided mindfulness, gentle movement and supportive group discussions. Come awaken the joy of embodied reality!

ID #6744 | Meecham | IVC | BLDG 5 120
1 Saturday 9am-3pm | Apr 12
\$91

Music

Wonderful World of Ukulele

BEGINNERS

Ukulele magic is back and Instructor Tucker Spolter, founder of Ukulele Jubilee, invites you to join the fun. You'll learn to play songs in your first session, and in seven weeks, you will be able to strum, pluck and finger-pick many of your favorite tunes. Best of all, you will discover the wonderful world of making music and the magic of the ukulele. All you need to bring is your ukulele. The Wonderful World of Ukulele Song Book will be available to upload to every student's phone or tablet.

ID #6664 | Spolter | KTD | PA 75
7 Wednesdays 9:10-10:30am | Jan 29-Mar 12
\$133

INTERMEDIATE

Tired of playing the same song, the same way, over and over? In this class, you will learn how to: make your right hand strums and arpeggios hum, work up and down the neck, transpose from key to key, introduce and end your songs, and practice basic soloing techniques and chord harmonies. If you can play F, Dm, Bb and C7, you're an intermediate. The Wonderful World of Ukulele Song Book will be available to upload to every student's phone or tablet. Prior experience with the instrument or previous participation in the Beginners class is recommended.

ID #6665 | Spolter | KTD | PA 75
7 Wednesdays 9:10-10:30am | Mar 26-May 7
\$133

Acoustic Jam Session

A jam session is a great way to have fun playing music with other people! Learn how to follow other musicians, how to lead a song and how to observe jam session etiquette. Players of all acoustic instruments are welcome, plus electric bassists. The emphasis is on simple songs with only three or four chords that other people can follow easily, without reading music or even reading chord names. Join this fun group and improve your musicianship!

ID #6778 | Miller | KTD | PA 177
6 Wednesdays 7-8pm | Jan 29-Mar 12
(No class Feb 19)
\$98

NEW | Music Theory for Guitar and Ukulele Players

This class will get you past the plateau in your guitar or ukulele playing and make many things easier. Learn what notes are in the most common chords and scales and which notes can make your music sound bluesy, suspenseful or mellow. Learn about the circle of fifths as a way to memorize chord progressions, and learn how to transpose music (change key). This is a thinking and pencil-and-paper class, not a hands-on class. Unlike traditional music theory classes, we focus on the fretboard rather than the piano keyboard, and knowledge of standard music notation is not required.

ID #6780 | Miller | KTD | PA 177
6 Wednesdays 8:10-9:10pm | Jan 29-Mar 12
(No class Feb 19)
\$98

Beginning Guitar Skills

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 #6776 | Bianculli | KTD | PA 177
7 Tuesdays 6:30-9pm | Jan 28-Mar 11
\$182

NEW | Guitar Skills II

This course is a continuation of Beginning Guitar Skills. We will continue to explore preparatory to intermediate classical solos for the guitar (RCM Level Prep to at least Level 2), guitar ensemble works, song accompaniment skills and improvisation, as well as advanced technique including scales and arpeggios. Recommended experience: prior participation in Beginning Guitar Skills or the following: note reading in first position, ability to count rhythms from whole notes to dotted quarter notes, basic classical fingerstyle technique and basic chords in first position. A nylon-stringed instrument is highly recommended for this class, mainly for ease of playing and tonal control.

ID #6777 | Bianculli | KTD | PA 177
7 Tuesdays 6:30-9pm | Mar 25-May 6
\$182

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 #6647 | Bell | KTD | PE 22
7 Thursdays 6:30-8:20pm | Jan 30-Mar 13
\$77

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

INTERMEDIATE

An intermediate course in techniques and rhythms primarily for Middle Eastern music, yet with plenty of applicable crossover into other musical forms. Bring your darbuka, smallish djembe, or frame drum. We will also delve into Balkan rhythms like 7/8, 11/8 and 22/8. This course provides practice and continued learning for students with some experience with percussion instruments (previous participation in the Beginners class or prior experience is recommended).

ID #6648 | Bell | KTD | PE 22
7 Thursdays 6:30-8:20pm | Mar 27-May 8
\$77

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

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 #6764 | Yu | KTD | PV 8
2 Mondays 6-8pm | Feb 3-10
\$84

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.

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.

Section D is for the advanced student. Emphasis is on musical interpretation, technique and expression.

WINTER

A: ID #6713 | Bauman | KTD | PA 188
7 Wednesdays 7:40-9pm | Jan 29-Mar 12

B: ID #6714 | Bauman | KTD | PA 188
7 Wednesdays 6:10-7:30pm | Jan 29-Mar 12

C: ID #6715 | Bauman | KTD | PA 188
7 Thursdays 7:40-9pm | Jan 30-Mar 13

D: ID #6716 | Bauman | KTD | PA 188
7 Thursdays 6:10-7:30pm | Jan 30-Mar 13

\$133 Each

SPRING

A: ID #6717 | Bauman | KTD | PA 188
7 Wednesdays 7:40-9pm | Mar 26-May 7

B: ID #6718 | Bauman | KTD | PA 188
7 Wednesdays 6:10-7:30pm | Mar 26-May 7

C: ID #6719 | Bauman | KTD | PA 188
7 Thursdays 7:40-9pm | Mar 27-May 8

D: ID #6720 | Bauman | KTD | PA 188
7 Thursdays 6:10-7:30pm | Mar 27-May 8

\$133 Each

Piano Duet

Playing piano duets is a thrilling musical experience. Combining your intermediate (or higher) classical piano skills with another pianist on one or two pianos while exploring the music of the great masters brings an enormous sense of communication and accomplishment. Music for two or more pianists will be studied, with an optional performance. You do not need to have a partner to join the class. The final performance will be on Wednesday, March 12th. If you have not taken the class before, please contact Paul Smith (pianosmith@aol.com).

ID #6805 | Smith | KTD | PA 75
7 Tuesdays 11:10am-1pm | Jan 28-Mar 11
1 Wednesday 11:10am-1pm | Mar 12
\$168

Jimi Hendrix and Janis Joplin: Psychedelic Rock Supernovas

Between 1966 and 1970, two rock musicians rose from unlikely origins to superstardom after years of hardship and struggle, creating explosive, remarkable bodies of work in just four years before dying only weeks apart. The first half of this course will focus on Jimi Hendrix, from his roots in blues and soul through his transformation into rock's most creative guitarist with his underrated first-class compositions and engaging vocals. The second half of the course is devoted to Janis Joplin, who underwent her own metamorphosis from scuffling folk-blues beatnik to electrifying singer, forever changing the image of rock and roll frontwomen. Students may participate in this class either online or in person.

ID #6655 | Unterberger | KTD/ Zoom Virtual Classroom | VS 3
7 Tuesdays 7:10-9:30pm | Mar 25-May 6
\$182

Personal Enrichment

NEW | 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, and it provides an opportunity for immense spiritual growth. This class translates what appear to be hard-to-understand concepts and shows how they are 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 (especially as these things surface in interpersonal relationships) and facing end-of-life issues.

ID #6769 | Thomas | KTD | AC 104
3 Thursdays 6:10-8pm | Mar 27-Apr 10
\$49

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

NEW | Playing with Mindfulness and Math for Brain Health

Give yourself a chance to love math—again, or for the first time. We investigate real-life problems, math in nature and music, and open-ended math problems. Rediscover what you already know about math and discover what you do not know yet. Play with drawing and online manipulatives to experience why math algorithms like long division work. Collaborate on multi-generational activities to share with friends, children or grandchildren. In each class, we try breathing, mindfulness and cognitive reweaving practices to transcend anxiety around word problems, fractions or other math concepts. Develop your identity as a powerful math explorer and adventurer!

ID #6779 | Darling | Zoom Virtual Classroom
7 Mondays 6-7:30pm | Mar 24-May 5
\$67

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

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 #6625 | Gerike | KTD | AC 101
7 Tuesdays 1:10-3pm | Mar 25-May 6
\$77

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

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 #6617 | Frishman | KTD | VS 11
7 Tuesdays 6:10-7:40pm | Jan 28-Mar 11
\$140

Sacred Spaces of an Open and Forgiving Heart Workshop

If you are struggling with anger, resentment or depression, this workshop is designed specifically for you. From it, you learn to act with grace in any chaos and dysfunction in your life. Your relationship with yourself improves, and so do your relationships with others. You gain self-esteem and confidence. Beginning with the foundational skills needed to open your heart for possible forgiveness, the instructor guides you in writing exercises designed to explore your situation, feelings and actions with compassion and caring. Sharing is encouraged, but optional.

ID #6632 | Jones | IVC | BLDG 7 101
1 Saturday 9am-2:30pm | Mar 29
\$98

The Journey of Soul Collage

SoulCollage, an internationally known creative arts process, develops creativity, intuition and self-discovery. Make a collage series of your own intuitive images, similar to conscious dreaming. Then, understand them and their power, journal, and share/reflect with community. Soul Collage meets you wherever you are in life and offers guidance for your Life's Journey. Easy to do, inexpensive to create, and open to all levels. No art experience is needed and all materials are provided.

ID #6783 | Houghton | KTD | VS 3
6 Thursdays 6:10-8pm | Feb 6-Mar 13
\$150

ID #6784 | Houghton | KTD | VS 3
4 Thursdays 6:10-8pm | Mar 27-Apr 17
\$122

Photography

Learning to Use an Adjustable Camera

Learn the camera settings of shutter speed, aperture and ISO and the trade-offs each one offers in this basics of photography class. And as importantly, learn why composition is the most element in photography, more important than your camera or lens choice. After the basics, you'll learn to craft a story with your images and draw your audience in to the emotion of the moment. And finally, you'll be introduced to Adobe Lightroom Classic the industry standard for organizing, optimizing and sharing your images.

ID #6745 | Thaler | KTD | AC 114
3 Tuesdays 7:10-9pm | Jan 28-Feb 11
\$98

Using Your Smartphone to Capture the World Around You

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. Instructor will email preparation notes before the first class.

ID #6746 | Thaler | KTD | AC 114
4 Tuesdays 7:10-9pm | Mar 25-Apr 15
\$112

Up And Rolling With Adobe Lightroom Classic, Library Module

Lightroom Classic is the photographer's go-to program for downloading, optimizing and sharing your images through slideshows, books, prints and social media. In this class, you'll build a solid foundation for organizing new images and learn strategies for retrieving images already on your computer. Learn how to automatically download smartphone photos, and spend more time crafting exquisite images and less time searching for them. This class is ideal for those completely new to Lightroom Classic as well as those who have used it previously but need to improve their organizing efficiency.

ID #6747 | Thaler | KTD | AC 114
2 Tuesdays and 2 Thursdays 7:10-9pm | Apr 29-May 8
\$112

Physical Fitness

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 info@marincommunityed.com to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy at www.MarinCommunityEd.com. Please refer to "Aquatics" section for classes in the water.

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 #6635 | Lynn | IVC | MAFC 123
6 Fridays 9:15-10:15am | Jan 31-Mar 14
(No class Feb 14)
\$98

ID #6636 | Lynn | IVC | MAFC 123
7 Fridays 9:15-10:15am | Mar 28-May 9
\$105

Iaido: The Art of the Japanese Sword

Discover Iaido, a classical Japanese martial art practiced for over 500 years. Often called a "moving meditation," Iaido 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, Iaido offers an invigorating yet non-combative path to mastering elegant, controlled movement, deep concentration and self-understanding.

ID #6633 | Campbell | KTD | PE 60
7 Wednesdays 6:40-8:30pm | Jan 29-Mar 12
\$154

ID #6634 | Campbell | KTD | PE 60
7 Wednesdays 6:40-8:30pm | Mar 26-May 7
\$154

NEW | Greatest Dragons Senior Martial Arts

This class incorporates aspects of chi gong and martial arts principles to help seniors and adults maintain and/or improve balance, mobility and cognitive function. Through a variety of breathing and movement exercises, students will practice moving the joints they want to keep, feel safer and more stable with those movements, and feel stronger and more confident in everything they do! This class is designed for students with limited mobility, and different options are available for each skill level in most activities.

ID #6771 | Good | IVC | MAFC 123
7 Wednesdays 9-10am | Jan 29-Mar 12
\$105

ID #6772 | Good | IVC | MAFC 123
7 Wednesdays 9-10am | Mar 26-May 7
\$105

Wado Ki Kai Karate

"At the end of a long day, it feels so good to move and stretch while learning something new!" —Christina

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 #6674 | Baker | KTD | PE 22
6 Mon & 7 Wed 6:30-8pm | Jan 27-Mar 12
(No class Feb 17)
\$214

ID #6675 | Baker | KTD | PE 22
7 Mon & 7 Wed 6:30-8pm | Mar 24-May 7
\$224

Women's Self-Defense Through Body-Mind Mastery

This introduction to women's self-defense is fun, yet effective. Some women are afraid to train in a combative art, but in this class, you can do so very safely. Playful sparring is performed slowly and gently, yet it trains accuracy and timing. Learn to sense an imminent attack by recognizing very subtle attack indicators and attack first. Simple, straightforward strategy and tactics cause predators to immediately lose interest in you within the first three seconds of your preemptive attack of their most vulnerable targets. For more detail, visit instructor's website: <https://larryberkelhammer.com/womens-self-defense/>.

ID #6624 | Berkelhammer | KTD | PE 22
7 Tuesdays 1:10-2pm | Jan 28-Mar 11
\$105

ChiWalking: Walk with Ease, Energy and Avoid Injury

The ChiWalking Program emphasizes walking form, the proper and effective biomechanics of walking, and draws from the principles of Tai Chi to make walking easier on the body by promoting energy efficiency and injury prevention. Through innovative 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 speeds, loosen joints, breathe more freely

and increase endurance. Bonus—materials to support your walking practice are included.

ID #6662 | Wood | KTD | PE 22
1 Saturday 9am-12pm | Feb 22
\$83

ChiRunning: Run with Ease, Energy and Avoid Injury

Make running easier on the body. The ChiRunning technique emphasizes running form for energy efficiency and injury prevention and draws from principles of Tai Chi. Through exercises and drills, discover what the Chi Running technique feels like in your body. Learn and practice how to develop, maintain, and body-sense good posture and alignment; avoid over-using your legs by moving forward from your center; use upper and lower body focuses and visualizations to conserve energy; and vary speed. Get unique tips and visualizations to enjoy running with a relaxed and safe stride. For runners of all abilities.

ID #6663 | Wood | KTD | PE 22
1 Saturday 9am-12pm | Mar 29
\$104

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 #6637 | Rolston | KTD | PE 60
6 Mondays 3-4:30pm | Jan 27-Mar 10
(No class Feb 17)
\$119

ID #6639 | Rolston | KTD | PE 60
7 Mondays 3-4:30pm | Mar 24-May 5
\$133

INTERMEDIATE/ADVANCED

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

ID #6638 | Rolston | KTD | PE 22
7 Wednesdays 10:45am-12:15pm | Jan 29-Mar 12
\$133

ID #6640 | Rolston | KTD | PE 22
7 Wednesdays 10:45am-12:15pm | Mar 26-May 7
\$133

Wild Goose Qigong

Wild Goose Qigong is a 1700 year old practice. It is a non-strenuous discipline which generates health and balanced well-being. Throughout the year, you will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care, which strengthens the immune system and improves posture, balance, strength and flexibility.

ID #6628 | Govrin | KTD | PE 60

6 Fridays 10:45am-12:15pm | Jan 31-Mar 14
(No class Feb 14)
\$119

ID #6629 | Govrin | KTD | PE 60

7 Fridays 10:45am-12:15pm | Apr 4-May 16
\$133

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 #6630 | Govrin | Zoom Virtual Classroom
7 Thursdays 11am-12:30pm | Jan 30-Mar 13
\$133

ID #6631 | Govrin | Zoom Virtual Classroom
7 Thursdays 11am-12:30pm | Apr 3-May 15
\$133

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 #6724 | Kimbrough | KTD | Courts
6 Sundays 3-5pm | Feb 2-Mar 16
(No class Feb 16)
\$140

ID #6725 | Kimbrough | KTD | Courts
6 Sundays 3-5pm | Mar 30-May 11
(No class May 4)
\$140

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.

ID #6726 | Zeller | KTD | Tennis Courts
7 Tues & 7 Thurs 9:40-11am | Jan 28-Mar 13
\$374

ID #6727 | Zeller | KTD | Tennis Courts
7 Tues & 7 Thurs 9:40-11am | Mar 25-May 8
\$374

FUN 2- FOR MORE EXPERIENCED PLAYERS WITH GOOD MECHANICS.

ID #6728 | Zeller | KTD | Tennis Courts
7 Tues & 7 Thurs 11:10am-12:30pm | Jan 28-Mar 13
\$374

ID #6729 | Zeller | KTD | Tennis Courts
7 Tues & 7 Thurs 11:10am-12:30pm | Mar 25-May 8
\$374

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

Zumba® Gold with Toning

Zumba® Gold with Toning offers dance fitness choreographies to Latin and other international music, redefining total body workout. This course is tailored for active older adults, individuals beginning their journeys to a fit and healthy lifestyle, or anyone looking for a low-impact dance fitness program. Movements can be modified for individuals who use a chair. Toning occurs in the latter portion of class with optional use of 1 to 2.5-pound Zumba® Toning Sticks (weighted maracas).

ID #6751 | Scranton | IVC | MAFC 105
6 Mon & 7 Wed 3:40-4:30pm | Jan 27-Mar 12
(No class Feb 17)
\$147

ID #6752 | Scranton | IVC | MAFC 105
7 Mon & 7 Wed 3:40-4:30pm | Mar 24-May 7
\$154

ID #6753 | Scranton | KTD | PE 60
7 Tues & 7 Thurs 2:10-3pm | Jan 28-Mar 13
\$154

ID #6754 | Scranton | KTD | PE 60
7 Tues & 7 Thurs 2:10-3pm | Mar 25-May 8
\$154

ID #6755 | Scranton | Zoom Virtual Classroom
7 Tues & 7 Thurs 3:10-4pm | Jan 28-Mar 13
\$154

ID #6756 | Scranton | Zoom Virtual Classroom
7 Tues & 7 Thurs 3:10-4pm | Mar 25-May 8
\$154

Introduction to 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 #6760 | Laws | KTD | PE 22
7 Tuesdays 10:10-11am | Jan 28-Mar 11
\$139

ID #6761 | Laws | KTD | PE 22
7 Tuesdays 10:10-11am | Mar 25-May 6
\$139

Writing

The Art and Craft of Writing a Children's Book

Today's authors compete with modern technology: movies, smartphones, iPads and computers. So, 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 manuscript and want to develop it to completion. We will analyze, revise, edit and critique your written works 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 #6673 | Hockinson | IVC | BLDG 6 100
6 Tuesdays 6:40-8:30pm | Mar 25-Apr 29
\$70

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

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 to all genres.

ID #6613 | Centolella | Zoom Virtual Classroom
6 Mondays 5:30-8:30pm | Jan 27-Mar 10
(No class Feb 17)
\$182

ID #6614 | Centolella | Zoom Virtual Classroom
7 Mondays 5:30-8:30pm | Mar 24-May 5
\$203

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 #6615 | Centolella | Zoom Virtual Classroom
7 Wednesdays 2:10-5pm | Jan 29-Mar 12
\$203

ID #6616 | Centolella | Zoom Virtual Classroom
7 Wednesdays 2:10-5pm | Mar 26-May 7
\$203

Pen to Page: 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.

ID #6740 | Scully | KTD | VS 11
5 Wednesdays 11:10am-1pm | Jan 29-Mar 12
(No class Feb 19, Mar 5)
\$129

ID #6741 | Scully | KTD | VS 11
6 Wednesdays 11:10-1pm | Mar 26-May 7
(No class Apr 9)
\$143

Yoga

Yoga for Health, Happiness and Stress Reduction

This comprehensive, careful, fun and step-by step-yoga class welcomes both new and returning students. Learn how to safely stretch and strengthen, and how to care for your neck, back and knees. Experience breathing training, progressive relaxation and yogic meditation in every class. There will be individualized attention with time for questions. Learn from different schools of Yoga, including Iyengar, Sivananda and traditional Indian yoga. Please bring a sticky mat to the first class.

ID #6785 | Houghton | KTD | PE 60
6 Saturdays 11:40am-1pm | Feb 1-Mar 15
(No class Feb 15)
\$104

ID #6786 | Houghton | KTD | PE 60
4 Saturdays 11:40am-1pm | Mar 29-Apr 19
\$70

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 #6641 | Lyonnet | IVC | MAFC 105
7 Tuesdays 5:10-6pm | Jan 28-Mar 11
\$105

ID #6642 | Lyonnet | IVC | MAFC 105
7 Tuesdays 5:10-6pm | Mar 25-May 6
\$105

Vinyasa Candlelight Yoga

Vinyasa Candlelight Yoga will allow 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 levels welcome.

ID #6643 | Lyonnet | IVC | MAFC 105
7 Tuesdays 6:10-7pm | Jan 28-Mar 11
\$105

ID #6644 | Lyonnet | IVC | MAFC 105
7 Tuesdays 6:10-7pm | Mar 25-May 6
\$105

Yin and Restorative Yoga with Sound and Song

This class will provide you with the opportunity to draw inwards as we use meditation, breathwork techniques, long-hold stretches, and effortless restorative poses. The class will be conducted on the ground using props and modifications to help ensure stability and meet you where you are. Class will close with a short sound bath as you absorb the benefits of your practice.

ID #6806 | Wiemer | KTD | PE 22
6 Mondays 1-2:15pm | Jan 27-Mar 10
(No class Feb 17)
\$112

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.

BEGINNER: SOME EXPERIENCE

ID #6680 | Stewart | KTD | PE 60
6 Saturdays 10-11:30am | Feb 1-Mar 15
(No class Feb 15)
\$119

ID #6682 | Stewart | KTD | PE 60
7 Saturdays 10-11:30am | Mar 29-May 10
\$133

INTERMEDIATE/ADVANCED

ID #6681 | Stewart | KTD | PE 60
6 Saturdays 8-9:45am | Feb 1-Mar 15
(No class Feb 15)
\$133

ID #6683 | Stewart | KTD | PE 60
7 Saturdays 8-9:45am | Mar 29-May 10
\$147



ESCOM

Emeritus Students
College of Marin



ESCOM is an active adult organization, which supports members by offering lifelong learning and a road to longevity. Explore stimulating clubs, events, programs and activities both on COM campuses and online to enhance your knowledge and experience. ESCOM recently celebrated 50 years and has been cited as a national model. Join us for inspiring learning, social engagement and staying at the forefront of life.

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

ESCOM classes in Winter and Spring 2024!

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

- Aqua Exercise for Older Adults
- Bird-Watching in Northern California
- Castles, Churches and Caravanseris!
- Chair Yoga Workout for All Ages
- Conversational Italian
- Deep Water Aqua Exercise
- Elements of Creative Writing
- History of Armenia, 1400-Modern Times
- History of France
- Joy of Tai Chi
- Meandering in Marin: Natural History and Hiking
- Medieval Near East
- Mixed-Media Journaling Workshop
- Poetry Writing Master Class
- Resin Charms Workshop
- The Axial Age II: The World from 500BCE-500CE
- The Flow of Watercolor
- Watercolor Basics and Beyond
- Wild Goose Qigong
- Wisdom Healing Qigong
- Wonderful World of Ukulele
- Zumba® Gold

Member activities and services (free to all):

- ESCOM Clubs: Group discussions of philosophy, books, plays, history, opera, great courses, travel, chess and more!
- ESCOM Centers: Comfortable spaces on both college campuses with libraries, meeting space and computer access.
- ESCOM Journal: A beautiful, bimonthly publication featuring creative writing, photography and poetry from our members.
- Monthly Spotlight and Computer Literacy Series: Exciting talks, coffees, author presentations, and other special events, along with a new series on computer topics offering free in-person lectures in collaboration with the Marin Commission on Aging.

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



Scholarships available

We have two fantastic scholarship opportunities to support our growing community of eager students. Applications are now available. Visit the Scholarships page on MarinCommunityEd.com.

- Anonymous Fund (ANF) Scholarship:
For Adults 55 or older
- Lifelong Learning (LLL) Scholarship:
Open to all ages



Discounted classes in Winter and Spring

Enjoy a selection of discounted classes! Classes marked with subsidized fees are offered at 50% of their regular class rate, to provide greater access to enrichment opportunities. Discounted classes are made possible with generous support from an Anonymous Fund of the Marin Community Foundation. Classes are open to all and selected with lifelong learners/older adults in mind.

- An Introduction to The Tibetan Book of the Dead Contagion: 17th to 20th Century Responses to Epidemic, Bubonic Plague and Smallpox
- Dreamwork: An Introduction
- Exploring Current Events
- Generative AI
- Middle Eastern Percussion (Beginners and Intermediate)
- Playing with Mindfulness and Math for Brain Health
- San Francisco in Photographs, 1850-2020
- The Art and Craft of Writing a Children’s Book

COMMUNITY PROGRAMS

Miwok Aquatic
and Fitness Center
Indian Valley Campus



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.

swim@marincommunityed.com
(628) 234-8107



Drop-in Gym

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

- Single day pass (\$10) and 10-day pass (\$90).
- Discounts for seniors 55+ and youth 15-17.
- Enjoy a swim and workout with a Combined Discount Pass.

swim@marincommunityed.com
(628) 234-8107

COLLEGE OF MARIN
835 COLLEGE AVENUE
KENTFIELD, CA 94904-2590

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Registration starts Jan 7 at 9 AM
Register at MarinCommunityEd.com



Explore New Winter/Spring Classes

- An Introduction to the Tibetan Book of the Dead
- Contagion: 17th to 20th Century Responses to Epidemic, Bubonic Plague and Smallpox
- Exploring Abstract Painting Styles
- Exploring Current Events
- Exquisite Thai Cuisine
- Generative AI
- Greatest Dragons Senior Martial Arts
- Handbind 3 Personal Journals
- Intuitive Cooking
- Music Theory for Guitar and Ukulele Players
- Middle Eastern Percussion: Intermediate
- Observing Amphibians
- Pastel Figure Drawing Through Art History
- Playing with Mindfulness and Math for Brain Health
- The Axial Age II, 500 BCE-500 CE