

COMMUNITY EDUCATION & PROGRAMS



WINTER JAN 26–MAR 15

SPRING MAR 23–MAY 10



Coastal
Ecology Hikes

PAGE 21

Connect with
Nature: Outdoor
Wellness Practices

PAGE 21

Explore New Winter/Spring 2026 Classes

- 100 Years Ago
- West Meets East Cuisine: Vietnamese Bao Banh Mi, Garlic Noodles, and Mango Salad
- The Protein Rich Vegetarian Kitchen: Flavorful Cooking without Substitutes
- Cooking for Renewal: Balanced, Energizing Meals Without Restriction
- Knowledge for All in a 17th Century English Context
- The Scientific Revolution in England: Healing, Alchemy, and Worlds Beyond
- Let's Talk About Language Learning
- Coastal Ecology Hikes
- Connect with Nature: Outdoor Wellness Practices
- Jin Shin Jyutsu for Wellness
- Photography: Learn to See
- The Lightroom Classic Lab
- Mastering Fine Art Digital Photographic Printing
- Creative Journal Writing
- Intuitive Cooking Foundational Basics





About

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

Marin.edu/CommunityEd
(415) 485-9305
communityed@marin.edu

Marin.edu/CommunityEd



Facebook.com/CommunityProgramsCOM



@CommunityProgramsCOM

Campus Centers

KENTFIELD CAMPUS
Welcome Center
830 College Avenue
Kentfield, CA 94904

INDIAN VALLEY CAMPUS
Building 9
1800 Ignacio Boulevard
Novato, CA 94949
IN PERSON SUPPORT
AVAILABLE

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

There are no classes held on the following days

- February 13-16, Presidents' Day Weekend

What our symbols mean

IVC = Indian Valley Campus

KTD = Kentfield Campus

★ = ESCOM Endorsed Class: A class especially recommended by ESCOM (p. 32) as meeting the needs and interests of older adults, while remaining open to learners of all ages.

Refund policy

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

Waitlist policy

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

Class formats

In-person: Courses are scheduled in person.

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

Parking information

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

Annual Security Report

https://police.marin.edu/sites/default/files/2025_COM_ASR_FINAL.pdf

Campus maps

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



Classes

| | |
|--------------------------|----|
| Aquatics | 6 |
| Art | 6 |
| Computers and Technology | 10 |
| Crafts | 10 |
| Current Events | 12 |
| Dance | 12 |
| Farm and Garden | 12 |
| Financial Planning | 14 |
| Floral | 14 |
| Food and Wine | 14 |
| Health Education | 16 |
| History | 16 |
| Languages/Linguistics | 18 |
| Literature/Humanities | 19 |
| Marin Adventures | 20 |
| Meditation | 22 |
| Music | 22 |
| Personal Enrichment | 23 |
| Photography | 24 |
| Physical Fitness | 25 |
| Writing | 29 |
| Yoga | 31 |

Registration starts Jan 6 at 9 AM
Register at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd)

Aquatics

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

Fitness Swim

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

ID #27134 • Shari Cruse
IVC • Miwok Center Pool
7 Mon & 7 Wed 5-6pm • Mar 23-May 6
\$175

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 #26159 • Rose Murphy
IVC • Miwok Center Pool
5 Mon & 6 Tues & 5 Thurs 9:40-11am • Jan 26-Mar 3
(No class Feb 16)
\$185

ID #27160 • Rose Murphy
IVC • Miwok Center Pool
7 Mon & 7 Tues & 7 Thurs 9:40-11am • Mar 23-May 7
\$247

ID #26160 • Rose Murphy
IVC • Miwok Center Pool
5 Mon & 6 Tues & 5 Thurs 2:40-4pm • Jan 26-Mar 3
(No class Feb 16)
\$185

ID #27161 • Rose Murphy
IVC • Miwok Center Pool
7 Mon & 7 Tues & 7 Thurs 2:40-4pm • Mar 23-May 7
\$247

☆ **ESCOM-Endorsed Class**

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 #26161 • Rose Murphy
IVC • Miwok Center Pool
5 Mon & 6 Tues & 5 Thurs 8:30-9:30am • Jan 26-Mar 3
(No class Feb 16)
\$124

ID #27162 • Rose Murphy
IVC • Miwok Center Pool
7 Mon & 7 Tues & 7 Thurs 8:30-9:30am • Mar 23-May 7
\$162

ID #26162 • Rose Murphy
IVC • Miwok Center Pool
5 Mon & 6 Tues & 5 Thurs 12:45-1:45pm • Jan 26-Mar 3
(No class Feb 16)
\$124

ID #27163 • Rose Murphy
IVC • Miwok Center Pool
7 Mon & 7 Tues & 7 Thurs 12:45-1:45pm • Mar 23-May 7
\$162

☆ **ESCOM-Endorsed Class**

Art

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

The Creative Incubator: Learn How to Create a Successful Painting

Immerse yourself in the Creative Incubator! This fun, informative environment is a great place to start your painting journey or elevate your current painting skills. Each class covers an artistic principle for a successful painting. Inspiration (where it comes from and how to develop it) will be highlighted. You'll also explore color, composition and proportion, and refine your artistic eye with discussion and creative exercises. Class includes painting time.

For all levels—beginners learn creative and technical skills, and experienced painters will refresh and strengthen technique. We will use watercolor and gouache, but the principles apply to all media.

ID #26210 • Fran Farmer
KTD • Fine Arts 301
6 Fridays 10:10am-1pm • Jan 30-Mar 13
(No class Feb 13)
\$214

Exploring Abstract Painting Styles

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

ID #26211 • Fran Farmer
KTD • Fine Arts 301
6 Fridays 2:10-5pm • Jan 30-Mar 13
(No class Feb 13)
\$214

Abstract Painting Studio: Developing Your Creative Vision

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

ID #26415 • Fran Farmer
KTD • Fine Arts 301
7 Fridays 10:10am-1pm • Mar 27-May 8
\$238

Introduction to Fashion Design

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

ID #26414 • Fran Farmer
KTD • Fine Arts 312
7 Tuesdays 6-9pm • Mar 24-May 5
\$238

Drawing Workshop

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

ID #26400 • June Yokell
KTD • Fine Arts 214
7 Mondays 9:40am-12:30pm • Mar 23-May 4
\$231

Watercolor Basics and Beyond ★

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

ID #26206 • Marty Meade
Online Class
6 Fridays 10am-1pm • Jan 30-Mar 13
(No class Feb 13)
\$207

ID #26408 • Marty Meade
Online Class
6 Fridays 10am-1pm • Mar 27-May 1
\$207

ID #26209 • Nancy Johnson
KTD • Fine Arts 312
6 Saturdays 10:10am-1pm • Jan 31-Mar 14
(No class February 14)
\$207

ID #26411 • Nancy Johnson
KTD • Fine Arts 312
6 Saturdays 10:10am-1pm • Mar 28-May 2
\$207

★ **ESCOM-Endorsed Class**

The Flow of Watercolor: Landscape Basics ★

Watercolor is a vibrant and versatile medium and very well suited to define detail and reveal mystery in any landscape. This class is an overview of many parts of the landscape: skies, trees, rocks, mountains, streams, rivers and lakes. Explore the freedom and exactitude of watercolor and how its personality comes through you as you paint simple yet sophisticated landscapes. You will have a chance to paint along with the instructor during class and to use your own photos and the natural environment around you as resources for your own projects.

ID #26219 • Julie Cohn
KTD • Physical Education 91
6 Thursdays 2:40-5:30pm • Jan 29-Mar 12
(No class Feb 19)
\$217

★ **ESCOM-Endorsed Class**

The Flow of Watercolor: Atmospheric Landscapes ★

We live in a beautiful part of the country, where the skies are filled with a variety of luminous and lustrous atmospheric effects. Step-by-step, learn how to illuminate skies and water with the beautiful lighting produced by sun and moon, and to create mountains and trees using soft shapes, strong silhouettes and subtle renderings that imply realism. We will focus on subtle color modulations and strong value shifts from light to dark. Please collect some of your own photos to use for projects. Photos will also be supplied.

ID #26426 • Julie Cohn
KTD • Physical Education 91
6 Thursdays 2:40-5:30pm • Mar 26-Apr 30
\$217

★ **ESCOM-Endorsed Class**

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 #26200 • Larry Bencich
KTD • Fine Arts 301
6 Saturdays 9:10am-1pm • Jan 31-Mar 14
(No class Feb 14)
\$303

ID #26402 • Larry Bencich
KTD • Fine Arts 301
7 Saturdays 9:10am-1pm • Mar 28-May 9
\$335

Figure Drawing Through Art History

Learn how to draw the figure or practice your skills if you are already proficient. This class offers a structure to systematically develop a set of approaches when drawing the figure. Draw from breathtaking figurative paintings and sculpture projected onto a large screen. Brief lectures on anatomy and art history provide context and inspiration on how the great masters solved problems. Warm-up with quick gestures, train with short poses and settle into longer studies with some of the greatest figurative works ever made, with instruction tailored to your current level. For more information about the instructor, please visit deepening.net.

ID #26421 • Deepa Bala
KTD • Fine Arts 214
7 Fridays 2:10-5pm • Mar 27-May 8
\$238

Painting with the Masters: Figures and Interiors

This class will focus on the study of Master Paintings with figures and interiors as a subject. It will help you appreciate some of your favorite "master" painters; study and copy paintings from different time periods; and match some original elements but learn to make them your own.

Our studies will include classic and contemporary artists from different eras. We will follow in the well-established tradition of learning to appreciate and reproduce some of the things that make paintings great.

ID #26213 • Tami Tsark

IVC • Building 3 205

6 Thursdays 9:40am-2:30pm • Jan 29-Mar 5
\$323

Loose and Lively Portraits

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

ID #26417 • Tami Tsark

IVC • Building 3 205

6 Thursdays 9:40am-2:30pm • Mar 26-Apr 30
\$308

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 #26212 • Tami Tsark

IVC • Building 3 205

6 Wednesdays 9:25am-3:15pm • Jan 28-Mar 4
\$375

ID #26416 • Tami Tsark

IVC • Building 3 205

6 Wednesdays 9:25am-3:15pm • Mar 25-Apr 29
\$375

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://marinartherapy.com/com-journaling-supplies>.

ID #26215 • Annie Danberg

KTD • Fine Arts 312

1 Saturday 1:30-4:30pm • Feb 7
\$92

☆ **ESCOM-Endorsed Class**

An Artful Approach to Personal Style

Discover 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, closet organization, and the best places to shop in person and online. 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 using catalogs to create a “look book” with a collage of beauty imagery. The recommended text is “Growing More Beautiful: An Artful Approach to Personal Style.” For more information about supplies, please visit <https://www.growingmorebeautiful.com/events>.

ID #26425 • Jennifer Robin

KTD • Science Math Nursing 227

1 Saturday 10:10am-3pm • Apr 18
\$103

Computers and Technology

Microsoft Copilot • NEW

Explore how Microsoft Copilot can boost your productivity. Learn key terminology, ethical and copyright considerations, and how to interact with Copilot using text, voice and uploaded documents. Discover how to generate content with prompt engineering via text, images, data, audio and video. By the end, you'll be able to create personal or professional content, and analyze ways Copilot can improve your workflow. This course is perfect for beginners looking to integrate AI into their daily tasks with confidence and creativity. Prior enrollment in Generative AI is suggested, but all are welcome.

ID #25427 • Glen Salazar

Online Class

6 Thursdays 6-7:30pm • Mar 26-Apr 30

\$135

ChatGPT

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

ID #26221 • Glen Salazar

Online Class

6 Thursdays 6-7:30pm • Jan 29-Mar 5

\$135

Generative AI

This online course is geared towards students with at least the minimum knowledge of using computers and internet search browsers. We will cover practical generative AI tools which students can use in their personal or professional lives.

We will explore several generative AIs including OpenAI Chat GPT, Google Gemini, Microsoft Copilot, MetaAI and Anthropic Claude.

ID #26220 • Glen Salazar

Online Class

6 Wednesdays 6-7:30pm • Jan 28-Mar 4

\$135

Crafts

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

Convert a Paperback to Hardback Book

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

ID #26424 • Michelle Sarjeant

IVC • Building 7 101

1 Saturday 9am-3pm • Mar 28

\$166

Handbind 3 Styles of Personal Journals

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

ID #26218 • Michelle Sarjeant

IVC • Building 7 101

7 Tuesdays 7:10pm-9pm • Jan 27-Mar 10

\$114

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

Quiltmaking: Flowers and the Four Seasons of Japan

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

ID #26207 • Patty Bruvry

KTD • Fine Arts 312

6 Mondays 6:10-9pm • Jan 26-Mar 9

(No class Feb 16)

\$207

Quiltmaking: Intermediate and Advanced • NEW

Take your quiltmaking to the next level in this intermediate class designed for students with basic quilting experience. Expand your skills with more complex block patterns and precise piecing techniques. Explore new layouts, color combinations and the use of templates. Students will work on a lap-size quilt or sampler while gaining confidence in fabric selection and sewing accuracy. This term's focus will be on quilts using traditional blocks, collaging techniques and fabric painting. Instruction includes demonstrations, individual support and group discussion. Prior quilting experience is strongly recommended.

ID #26437 • Patty Bruvry

KTD • Fine Arts 312

7 Wednesdays 6:10-9pm • Mar 25-May 6

\$231

Jewelry and Metalsmithing: Beginners/Beginners Plus

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

ID #26236 • Jen Moore

KTD • Fine Arts 123

7 Tuesdays 6:10-9pm • Jan 27-Mar 10

\$263

ID #26419 • Jen Moore

KTD • Fine Arts 123

7 Tuesdays 6:10-9pm • Mar 24-May 5

\$263

Jewelry and Metalsmithing: Intermediate/Advanced

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

ID #26214 • Jen Moore

KTD • Fine Arts 123

7 Wednesdays 9:10am-4pm • Jan 28-Mar 11

\$431

ID #26420 • Jen Moore

KTD • Fine Arts 123

7 Wednesdays 9:10am-4pm • Mar 25-May 6

\$431

Woodworking Hand Tools: Japanese Joinery or the Art of Dovetails

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

ID #26202 • Pierina dell'Avo

Off Campus • Make It Home**

6 Fridays 9:30am-12:30pm • Jan 30-Mar 13

(No class Feb 13)

\$372

ID #26403 • Pierina dell'Avo

Off Campus • Make It Home**

7 Fridays 9:30am-12:30pm • Mar 27-May 8

\$429

****15 Pamaron Way, Novato**

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 #26409 • Lara Starr
KTD • Science Math Nursing 217
1 Saturday 1:10-4pm • Apr 25
\$92

☆ **ESCOM-Endorsed Class**

Current Events

Exploring Current Events

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

ID #26205 • Alan Frishman
KTD • Center for Student Success 100
7 Thursdays 6:10-7:40pm • Jan 29-Mar 12
\$151

Dance

Introduction to Traditional Hawaiian Dance

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

ID #26124 • Lisa Saunders • KTD
7 Tuesdays • Jan 27-Mar 10
Lecture 5:45-6:30 • Physical Education 92
Practice 6:30-7:30 • Physical Education 60
\$162

ID #27126 • Lisa Saunders • KTD
6 Tuesdays • Mar 31-May 5
Lecture 5:45-6:30 • Physical Education 92
Practice 6:30-7:30 • Physical Education 60
\$151

Traditional Hawaiian Dance Level I

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

ID #26125 • Lisa Saunders • KTD
7 Thursdays • Jan 29-Mar 12
Lecture 5:45-6:30 • Physical Education 22
Practice 6:30-7:30 • Physical Education 60
\$162

ID #27127 • Lisa Saunders • KTD
7 Thursdays • Mar 26-May 7
Lecture 5:45-6:30 • Physical Education 22
Practice 6:30-7:30 • Physical Education 60
\$162

Farm and Garden

The Watershed Approach to Landscaping Series

A series of classes based on the Watershed Approach to Landscaping philosophy with the purpose of engaging the public in current thinking on conservation practices and assisting home gardeners in the

step-by-step process of creating their own beautiful, environmentally sensitive, waterwise landscapes. The Watershed Approach to Landscaping booklet, published by the Marin Municipal Water District, is provided to students at no additional cost. This series includes the six workshops listed below. Each workshop is \$87, or take all six classes for \$372 (and save \$150)!

Design Inspiration: Gardening with a Sense of Place

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

**ID #26225 • Charlotte Torgovitsky
IVC • Building 28B 201
1 Saturday 10:10am-12:30pm • Jan 31
\$87**

Designing Your Home Landscape: Part 1

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 #26226 • Teliha Draheim
KTD • Academic Center 246
1 Saturday 10:10am-12:30pm • Feb 7
\$87**

Designing Your Home Landscape: Part 2

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 #26227 • Teliha Draheim
KTD • Academic Center 246
1 Saturday 10:10am-12:30pm • Feb 21
\$87**

Irrigating Efficiently: How Much Water Does Your Garden Need?

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

**ID #26228 • Teliha Draheim
KTD • Academic Center 246
1 Saturday 10:10am-12:30pm • Feb 28
\$87**

Building Healthy Soil in Your Garden

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

**ID #26229 • Charlotte Torgovitsky
IVC • Building 28B 201
1 Saturday 10:10am-12:30pm • Mar 7
\$87**

Planning for Marin Gardens

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

**ID #26230 • Charlotte Torgovitsky
IVC • Building 28B 201
1 Saturday 10:10am-12:30pm • Mar 14
\$87**

Financial Planning

Retirement Planning: Discover, Explore & Understand Reverse Mortgages

This informative class is designed for homeowners aged 62 and older who are considering strategies to enhance their retirement income. Discover valuable information on this FHA-government insured HECM reverse mortgage, and its potential as an additional source of income to extend longevity of your money while you remain in your home and age in place. Our session together will provide you with insights on eligibility criteria, payout options, the pros and cons, and other essential reverse mortgage information that is important to consider.

ID #26110 • Maureen Schwartz
Online Class
1 Thursday 10-11:30am • Feb 26
\$79

ID #27111 • Maureen Schwartz
Online Class
1 Wednesday 10-11:30am • May 6
\$79

ADU's: Build A Rental Unit

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 #27109 • Lindsay Moon
Online Class
5 Wednesdays 6:30-8pm • Apr 1-29
\$127

W\$E UP: Financial Education for Women

This course is a financial education program for women of all ages. The class will help you gain knowledge, skills, and confidence. By the end of the 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 #27105 • Helen Abe
KTD • Academic Center 105
2 Saturdays 1:30-4:30pm • Apr 25-May 2
\$111

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 #26418 • Maryann Nardo
KTD • Fine Arts 312
1 Saturday 2:10-5pm • Mar 28
\$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. Please note ingredients may contain common food allergens, and food is prepared on shared equipment. Registration for hands-on cooking classes closes three days in advance of class.

West Meets East Cuisine: Vietnamese Bao Banh Mi, Garlic Noodles and Mango Salad • NEW

Create delicious Asian fusion dishes with Chef Sarah and learn how to safely use kitchen tools.

In this hands-on class, you'll make Vietnamese Bao Banh Mi, (a soft, doughy bun with pickled vegetables, fresh herbs and meat), Garlic Noodles (Mi Xao Toi) and Sweet and Sour Mango Salad (Goi Xoai). Students will share a family-style meal at the end. You may also bring your own to-go containers to bring home extras to share.

ID #26433 • Sarah Hellman
IVC • Building 28A 101
1 Saturday 10am-1pm • May 2
\$175

Spring Rolls, Egg Rolls and Wontons, Oh My!

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

ID #26432 • Sarah Hellman
IVC • Building 28A 101
1 Saturday 10am-1pm • Apr 18
\$175

Cooking for Renewal: Balanced, Energizing Meals Without Restriction • NEW

Start the new year with a fresh approach to cooking that focuses on balance and enjoyment, instead of restriction. Learn how to combine seasonal produce with pantry staples to create meals that are light yet satisfying. We will explore simple ways to build protein, fiber and flavor into everyday dishes, so you feel energized and nourished. This class is designed to help you refresh your cooking routine and discover that wholesome meals can be easy, joyful and sustainable. Students share a family-style meal at the end of class.

ID #26234 • Peshia Allen
IVC • Building 28A 101
1 Saturday 10am-2pm • Jan 31
\$205

The Protein-Rich Vegetarian Kitchen: Flavorful Cooking Without Substitutes • NEW

Discover how satisfying vegetarian cooking can be when you know how to bring protein to the center of the plate. In this class, you

will explore beans, lentils, eggs, dairy, nuts and grains, and learn simple ways to turn them into flavorful meals without relying on meat or substitutes. Practice approachable techniques like roasting, simmering and sauteing, while layering seasonings and textures that make each dish delicious. By the end, you will feel more confident in the kitchen and inspired by how joyful and nourishing protein-rich vegetarian cooking can be. Students share a family-style meal at the end of class.

ID #26235 • Peshia Allen
IVC • Building 28A 101
1 Saturday 10am-2pm • Feb 21
\$205

Intuitive Cooking Foundational Basics • NEW

If you never learned how to cook, this series of three classes fills in the gaps so you can cook with ease and without relying on recipes. In the first class, you'll learn knife skills by preparing a variety of vegetables. The second class covers how to handle proteins, along with cooking methods like roasting, sauteing, searing and poaching. Bring your new skills together in the final class by creating complete meals without relying on recipes. You'll evaluate flavor balance by tasting and adjusting seasoning with salt, acid, fat and aromatics. You'll also apply intuitive decision-making to build balanced meals.

ID #26434 • Peshia Allen
IVC • Building 28A 101
3 Saturdays 10am-2pm • Mar 28-Apr 11
\$500

Italian Soups for the Soul

Warm your spirit with a comforting journey through Italy's most beloved soups. In this hands-on class, you'll learn to make hearty Pasta e Fagioli with Sausage and Escarole; Savory Italian Wedding Soup with Pork and Fennel; Cioppino with Clams, Crab, Mussels and Shrimp; rustic Tuscan Tomato and Bread Soup, and a bold Hot and Spicy Eggplant Soup with Peppers and Ricotta Salata. Students share a family-style meal at the end of class.

ID #26231 • Lisa Lavagetto
IVC • Building 28A 101
1 Saturday 10am-2pm • Feb 7
\$205

Breads of Italy

Learn how to bake savory and sweet breads of Italy with Chef Lisa Lavagetto. We'll bake Stromboli Bread Stuffed with Peppers, Onions, Sausage and Cheese; Focaccia with Roasted Garlic and Rosemary; Neapolitan Easter Bread Stuffed with Provolone and Mortadella; Panini di Ciliege (glazed rolls with tart cherries and cinnamon); and Zeppole (beautiful fried ricotta dumplings). Students share a family-style meal at the end of class.

ID #26232 • Lisa Lavagetto
IVC • Building 28A 101
1 Saturday 10am-2pm • Mar 7
\$205

A Feast in Italy

Join Chef Lisa on a culinary Feast in Italy. We'll make Escarole Salad with Anchovy Dressing; Roasted Mussels with Lemon Wine Sauce; Wild Mushroom Lasagna with Handmade Noodles; Veal Ossobuco with Barley Risotto and Cannoli Napoleons with Dried Fruit and Almonds. Students share a family-style meal at the end of class.

ID #26431 • Lisa Lavagetto
IVC • Building 28A 101
1 Saturday 10am-2pm • May 9
\$205

Health Education

Classes are for general educational purposes and do not provide medical advice, diagnosis, or treatment. Instructors are not medical professionals. Please consult your healthcare provider before making changes to your health routine or using any remedies discussed in class.

Homeopathy Made Simple and Easy

This introductory class offers a foundational understanding of homeopathy, covering its principles, history, and healing potential. Participants will explore the concept of "like cures like" and the importance of individualized treatment. Students will learn that homeopathy can be a vital tool in their wellness toolbox and works either alone or alongside other options

like herbal treatments, conventional medicine, acupuncture and other alternative approaches to health. The course includes common remedies and their uses, along with how homeopathic medicines are prepared and prescribed. Emphasis is on practical application and self-care for minor ailments. The course blends traditional instruction with interactive case studies and self-care practices, making it ideal for beginners and natural health enthusiasts.

ID #26141 • Alisa Armstrong
KTD • Academic Center 245
6 Wednesdays 7-8:15pm • Feb 4-Mar 11
\$127

History

100 Years Ago • NEW ★

We all know the phrase "the Roaring 20s," but do we know why they are called that? In this class, we will be taking a close look at roughly 50 years of human history, from 1900 to 1950. Here we will find WWI and WWII, the Russian Revolution, the Chinese Revolution, the Great Depression, the rise of dictators and the "democratic" responses, worldwide pandemics, Queen Victoria's grandchildren, and a host of memorable figures like Gandhi, Charles Lindbergh, Babe Ruth, Lenin, Stalin and Trotsky, Mao tse-tung and Chiang kai-shek, Mussolini, Churchill and Roosevelt, and, of course, Adolf Hitler. Students should be willing to read some primary sources.

ID #26140 • James Shipman
KTD • Academic Center 248
7 Wednesdays 11:10-1pm • Jan 28-Mar 11
\$175

★ **ESCOM-Endorsed Class**

Castles, Churches, and Caravanserais!

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 to learn all about the art and architecture of the Caucasus!

ID #27110 • Talin Hajinian-Corbal
KTD • Academic Center 239
6 Tuesdays 1:10-3pm • Mar 31-May 5
\$159

History of Armenia Part 2

The Armenian diaspora established itself after continued participation in global trade networks. This began 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, creating an earlier diaspora than the one which resulted after the Armenian Genocide of 1915. 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 to take this class!

ID #27113 • Talin Hajinian-Corbal
KTD • Academic Center 239
4 Thursdays 1:10-3pm • Apr 16-May 7
\$127

Knowledge for All in a 17th Century English Context • NEW

Seventeenth-century England was a time of change that witnessed a proliferation of religious sects following the 16th-century English Reformation, the bloodshed of civil war, the political confusion of the interregnum period, and the optimism and uncertainty of the Restoration of the Stuart monarchy. This lecture series analyzes the contribution of these events to the socio-political English context as evidenced by the enactment and reissuance of restrictive legislation. For example, the Clarendon Code (1661-1665), which limited matriculation at and knowledge acquisition from the English universities, Oxford and Cambridge that incentivized the establishment or progression of Gresham College and Chetham's Library.

ID #26103 • Nancy Gutsell
KTD • Academic Center 104
5 Thursdays 2:10-3:30pm • Jan 29-Feb 26
\$127

The Scientific Revolution in England: Healing, Alchemy, and Worlds Beyond

This class focuses on the Scientific Revolution in which new inductive experimental methods and instrumentation were applied to studying aspects of nature of interest to natural philosophers, theologians, and society in a seventeenth-century English context. We will consider the engagement with issues of miraculous healings, the application of alchemy, and the concept of the plurality of worlds as characterized by Fellows of the Royal Society (founded 1660), whose ranks were constituted by natural philosophers, physicians, and clergymen. The unprecedented advances in natural philosophy of the seventeenth-century Scientific Revolution will interest students and enthusiasts of history, science, theology, and medicine.

ID #27103 • Nancy Gutsell
KTD • Academic Center 104
5 Thursdays 2:10-3:30pm • Mar 26-Apr 23
\$64

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

Languages/ Linguistics

Program Timeline

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

Conversational German

A1 • ID #26107 • Hamid Emami
KTD • Academic Center 103
7 Thursdays 6:40-8:30pm • Jan 29-Mar 12
\$175

A2 • ID #27106 • Hamid Emami
KTD • Academic Center 103
7 Thursdays 6:40-8:30pm • Mar 26-May 7
\$175

Conversational Italian

A2 • ID #26127 • Alessandra Beraldi
Online Class
7 Fridays 10am-12pm • Jan 30-Mar 20
(No class Feb 13)
\$175

A2 Continued • ID #27129 • Alessandra Beraldi
Online Class
7 Fridays 10am-12pm • Mar 27-May 8
\$175

B2 • ID #26128 • Alessandra Beraldi
Online Class
7 Wednesdays 1:10-3pm • Jan 28-Mar 11
\$175

B2 Continued • ID #27130 • Alessandra Beraldi
Online Class
7 Wednesdays 1:10-3pm • Mar 25-May 6
\$175

Conversational Spanish

A2 Continued • ID #26134 • Ilona Marshall
KTD • Academic Center 103
7 Tuesdays 5:40-7:30pm • Jan 27-Mar 10
\$175

B1 • ID #27137 • Ilona Marshall
KTD • Academic Center 103
7 Tuesdays 5:40-7:30pm • Mar 24-May 5
\$175

B2 Continued • ID #26135 • Ilona Marshall
KTD • Portable Village 9
7 Wednesdays 5:40-7:30pm • Jan 28-Mar 11
\$175

C1 • ID #27138 • Ilona Marshall
KTD • Portable Village 9
7 Wednesdays 5:40-7:30pm • Mar 25-May 6
\$175

C2 • ID #26136 • Ilona Marshall
KTD • Portable Village 10
7 Thursdays 5:40-7:30pm • Jan 29-Mar 12
\$175

C2 Continued • ID #27139 • Ilona Marshall
KTD • Portable Village 10
7 Thursdays 5:40-7:30pm • Mar 26-May 7
\$175

Advanced Spanish Workshop

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

ID #26137 • Ilona Marshall
KTD • Academic Center 236
6 Fridays 3:10-5pm • Jan 30-Mar 13
(No class Feb 13)
\$159

ID #27140 • Ilona Marshall
KTD • Academic Center 236
7 Fridays 3:10-5pm • Mar 27-May 8
\$175

Let's Talk About Language Learning Myths • NEW

Why do adults find learning a new language so difficult? How is bilingual education beneficial or detrimental to a child's education? Is learning a language different than learning other information? Do online language programs work? Taking a light, interactive approach to a complicated subject, we will explore language acquisition theories that help explain the challenges of learning additional languages.

Ultimately, we will identify how various linguistic theories shape language learning methodologies. Topics include what we know when we know a language, bilingualism myths, academic versus conversational language, whether languages are learned or acquired, universalities of language, and how theories map to teaching and learning methods.

ID #27117 • Lorrie Verplaetse
KTD • Academic Center 104
5 Mondays 5:30-7:15pm • Mar 30-Apr 27
\$68

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

Literature/ Humanities

Triviology 101

For curious lovers of facts and information, this general-knowledge class is based on intriguing trivia questions designed to stimulate discussion and to share experiences. Trivia categories include: "Everything," from academic to entertainment, from current events to pop culture. It's based on cultural literacy, the basic facts and concepts that people should know, do know, would like to know. Taught by Howard Rachelson, Marin's Master of Trivia and author of the weekly Trivia Cafe column in the Pacific Sun, this exciting class includes visuals and music.

ID #27159 • Howard Rachelson
KTD • Academic Center 245
3 Wednesdays 5:30-7pm • Apr 22-May 6
\$103

Hiking with Simone Weil • NEW

Simone Weil sought truth through movement, attention, and the quiet power of nature. Her walks were acts of contemplation, where questions of faith, justice, and the human spirit came alive. A fierce thinker shaped by war and exile, Weil transformed philosophy into a call for empathy and action.

In this course, we will read and discuss her works while hiking, embracing her belief that walking opens the mind and awakens the soul to deeper understanding.

ID #26155 • Brian Pines
IVC • Building 28B 201
7 Thursdays 12-2pm • Jan 29-Mar 12
\$88

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

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 self 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 modern and ancient literature, we'll explore the mysteries of the human heart ranging from its urges to passionately cling to its graceful awareness of ever-present love. Within this exploration, we'll consider humans throughout history who have role-modeled pure love.

ID #26119 • Kate Vogt
KTD • Academic Center 102
4 Thursdays 11:10am-12:30pm • Feb 5-26
\$56

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

Ecological Awareness in Spirituality: Ancient Roots and Modern Relevance

In this course we will take inspiration from the Yoga Sutras of Patanjali and other ancient texts. We'll explore a time-honored mapping of reality where there is a seamless connection between our outer and inner landscape. This map includes the five elements and their relationship to our senses and sensory experiences. Through exploring this mapping, we'll gain insight into the relevance of spiritual values and behaviors, such as non-harming, reverence, non-greed, and kindness, to supporting our personal and collective well-being. Our study will be supported with lecture, discussion, experiential practice, imagery, and tips for daily habits.

ID #27121 • Kate Vogt
Online Class
5 Tuesdays 5-6:15pm • Mar 24-Apr 21
\$119

Marin Adventures

Meandering in Marin: Natural History and Hiking ☆

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

**ID #26111 • Wendy Dreskin/Natalie Clark
Off Campus
7 Thursdays 9:45am-1:45pm • Jan 29-Mar 12
\$287**

**ID #27112 • Wendy Dreskin/Natalie Clark
Off Campus
7 Thursdays 9:45am-1:45pm • Mar 26-May 7
\$287**

☆ **ESCOM-Endorsed Class**

Hiking Marin Trails

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

**ID #26154 • Sharon Barnett
Off Campus
4 Saturdays 9:30am-1:30pm • Jan 31-Mar 7
1 Saturday 9:30am-3:30pm • Mar 14
(No class Feb 14 & 21)
\$239**

**ID #27153 • Sharon Barnett
Off Campus
6 Saturdays 9:30am-1:30pm • Mar 28-May 2
1 Saturday 9:30am-3:30pm • May 9
\$303**

Master 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. Set aside weekends for field trips! Students will need to bring some sort of personal watercraft such as a float tube, pontoon boat or kayak.

**ID #27154 • David Dempsey
KTD • Academic Center 237/ Off Campus
2 Wednesdays 6:30-9pm • Apr 22 & May 6
1 Saturday 9-11:30am • May 2*
2 Saturdays 9am-2pm • May 9 & 23*
\$235**

*Field Trips

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 hike nature preserves (maximum 35-minute driving distance from the COM Indian Valley Campus). Activities include exploring for amphibians, wetland habitat observations and more. This is the optimal time of year to learn about these amazing animals and their habitat, rain or shine! Participants must be able to hike up to 4 miles with a maximum 1,000-foot elevation gain on uneven surfaces. No natural history experience required. The field trip itinerary will be emailed to enrolled students before the first class day.

**ID #26117 • Julie Wittmann
Off Campus
4 Saturdays 10am-3pm • Jan 31-Feb 28
(No class Feb 14)
\$223**

Coastal Ecology Hikes • NEW ★

Come learn about the coastal environment while hiking and connecting with fellow coastal enthusiasts. Hikes will generally be 4-5 miles in length and of moderate difficulty (some hikes will parallel the shore while others will have substantial elevation gain). The group will meet at a new trailhead each week and hike to various locations to learn about the unique ecology of the land-sea interface. Locations will be focused along the Bay and southern Marin coasts to reduce drive time. Learning will be focused on the dynamic communities in our native coastal ecosystems, particularly coastal wetlands, and the marine, upland and watershed dynamics that influence them. Participants must be able to hike up to 5 miles and about 1,000 foot elevation gain on uneven surfaces.

ID #26133 • Caitlin Crain

Off Campus

**6 Tuesdays 8:30am-12:30pm • Jan 27-Mar 10
(No class Feb 17)
\$308**

ID #27135 • Caitlin Crain

Off Campus

**6 Tuesdays 8:30am-12:30pm • Mar 24-May 5
(No class Apr 7)
\$308**

★ ESCOM-Endorsed Class

Birds of the North Bay ★

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

ID #26152 • Lisa Hug

IVC • BLDG 28B 201/ Off Campus

**1 Tuesday 9:10am-1:10pm • Jan 27
4 Tuesdays 8:30am-12:30pm • Feb 3-24
\$193**

ID #27151 • Lisa Hug

IVC • BLDG 28B 201/ Off Campus

**1 Tuesday 9:10am-1:10pm • Mar 24
4 Tuesdays 8:30am-12:30pm • Mar 31-Apr 21
\$193**

ID #26153 • Lisa Hug

IVC • BLDG 28B 201/ Off Campus

**1 Wednesday 9:10am-1:10pm • Jan 28
4 Wednesdays 8:30am-12:30pm • Feb 4-25
\$193**

ID #27152 • Lisa Hug

IVC • BLDG 28B 201/ Off Campus

**1 Wednesday 9:10am-1:10pm • Mar 25
4 Wednesdays 8:30am-12:30pm • April 1-22
\$193**

★ ESCOM-Endorsed Class

Connect with Nature: Outdoor Wellness Practices • NEW ★

Step outside and experience the calming benefits of guided forest bathing and mindful time in nature. In this course, you will take part in weekly outdoor walks designed to reduce stress, restore energy, and deepen your sense of connection with the natural world. Through simple practices of sensory awareness, reflection, and group sharing, you will explore how time in nature supports personal well-being and builds community. Each class includes guided nature immersion, opportunities for reflection, and take-home practices to continue your journey. All sessions are held outdoors on the trails of the Indian Valley Campus.

WINTER: GENTLE PACE WITH LIGHT MOVEMENT.

ID #26157 • Abbey Gordon

IVC • Miwok Center 124

**3 Saturdays 10am-12:30pm • Feb 28-Mar 14
\$127**

SPRING PARTICIPANTS MUST BE ABLE TO WALK UP TO 1.5 MILES PER SESSION.

ID #27157 • Abbey Gordon

IVC • Miwok Center 124

**5 Wednesdays 6-8:30pm • Apr 8-May 6
\$167**

★ ESCOM-Endorsed Class

Meditation

Everyday Mindfulness for Skillful Aging

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

ID #26407 • Will Meecham
IVC • Miwok Center 123
4 Thursdays 11am-12:30pm • Apr 16-May 7
\$111

Music

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.

BEGINNING GUITAR 1

This is the first class for beginners. Topics include: Proper classical guitar technique, note/TAB reading/song learning (pick and fingerpicking styles) & blues improvisation.

ID #26126 • Pat Bianculli
KTD • Performing Arts 177
7 Tuesdays 6-8:30pm • Jan 27-Mar 10
\$207

BEGINNING GUITAR 2

A continued exploration of the literature for classical guitar, advanced song accompaniment styles (Travis Picking), guitar ensembles (in-class performances to be recorded) & advancing improvisation skills.

ID #27128 • Pat Bianculli
KTD • Performing Arts 177
7 Tuesdays 6-8:30pm • Mar 24-May 5
\$207

Beatlemania: The Rise of the Beatles in the Early-to-Mid-1960s

When the Beatles rose to superstardom first in their native Britain and then throughout the world, they were an unprecedented musical and cultural phenomenon. Using both common and rare recordings and video clips, this course will trace their artistic evolution from the dawn of their career through their incredible run of innovative early hits to their retirement from live performance in mid-1966. The development of the numerous styles they pioneered and mastered will be explored in detail, from the relatively simple Merseybeat of their first recordings through the folk-rock and psychedelia of their Rubber Soul and Revolver albums.

ID #26158 • Richie Unterberger
KTD / Online Class • Portable Village 10
4 Tuesdays 7:10-9:30pm • Jan 27-Feb 17
\$72

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

The Beatles in the Late 1960s: The Studio Years

After the Beatles' final concert at San Francisco's Candlestick Park in August 1966, they concentrated on studio recording, bringing the art of popular music-making to unprecedented creative heights. Using both common and rare recordings and video clips, this course will trace their evolution during these crucial years, from the psychedelia of 1967's Sgt. Pepper to their magnificent finale with Abbey Road in 1969. The development of the numerous styles they pioneered and mastered will be explored in detail, along with their massive effect on the popular music and culture of their era.

ID #27158 • Richie Unterberger
KTD / Online Class • Portable Village 10
4 Tuesdays 7:10-9:30pm • Mar 24-Apr 14
\$72

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

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 #26120 • Mark Bell
KTD • Physical Education 22
7 Thursdays 6:40-8:30pm • Jan 29-Mar 12
\$175

ID #27122 • Mark Bell
KTD • Physical Education 22
7 Thursdays 6:40-8:30 • Mar 26-May 7
\$175

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.

A: ID #26149 • Marcia Bauman
KTD • Performing Arts 188
7 Wednesdays 7:40-9pm • Jan 28-Mar 11
\$151

A: ID #27148 • Marcia Bauman
KTD • Performing Arts 188
7 Wednesdays 7:40-9pm • Mar 25-May 6
\$151

B: ID #26150 • Marcia Bauman
KTD • Performing Arts 188
7 Wednesdays 6:10-7:30pm • Jan 28-Mar 11
\$151

B: ID #27149 • Marcia Bauman
KTD • Performing Arts 188
7 Wednesdays 6:10-7:30pm • Mar 25-May 6
\$151

C: ID #26151 • Marcia Bauman
KTD • Performing Arts 188
7 Thursdays 6:10-7:30pm • Jan 29-Mar 12
\$151

C: ID #27150 • Marcia Bauman
KTD • Performing Arts 188
7 Thursdays 6:10-7:30pm • Mar 26-May 7
\$151

Personal Enrichment

Animal Communication

Learn to connect telepathically with animals through emotions, thoughts and energy, and gain practical tools for ongoing connection. This hands-on course develops your natural intuitive abilities across three sessions. First, practice non-verbal communication with other students' animals to build confidence. Second, deepen bonds with your own pets through guided exercises and personalized coaching. Third, explore advanced techniques and problem-solving methods. We'll address doubts and blocks while strengthening your skills. Bring photos of your pets and an open mind; animals need not attend. This course is perfect for pet owners seeking deeper understanding or anyone curious about animal communication.

ID #26201 • Renee Gallegos
IVC • Building 7 101
3 Saturdays 10am-1:30pm • Jan 31-Feb 21
(No class Feb 14)
\$151

Intuitive Communication With Nature

Discover the profound calm that comes from connecting with the natural world. This enriching class combines meditation, intuitive practices and ancient nature wisdom to help you cultivate lasting inner peace and manifest positive change. With an open mind and heart, learn to communicate intuitively with all of nature's elements—hummingbirds, ancient oaks, rocks, clouds, water and wind. Through guided meditation, you'll meet your personal nature spirit guide and understand their deeper purpose in your spiritual journey. Experience powerful grounding techniques and explore the healing benefits of earthing and forest bathing, including how to practice these transformative connections from urban settings.

ID #26410 • Renee Gallegos
IVC • Building 7 101
3 Saturdays 10am-1:30pm • Apr 4-18
\$151

Griefwriting

Everyone experiences moments of pain, betrayal or sorrow. Then we suffer the kind of loss that leaves us shaken and unable to imagine we can go on. Griefwriting addresses the symptoms of grief and the natural need to tell the story to help understand what happened. We will research quotes that define our philosophy, situating our story in the context of the human condition, which includes suffering as part of life. Writing and sharing are well-known practices for expressing emotions to release them. Those who have taken the course before are welcome to return to check in and update their story.

ID #26401 • Marianne Rogoff
Online Class
5 Mondays 5:30-7pm • Jan 26-Mar 2
(No class Feb 16)
\$127

An Introduction to the Tibetan Book of the Dead

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

ID #26430 • Alex Thomas
KTD • Academic Center 101
4 Thursdays 6:10-8pm • Apr 2-23
\$127

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 #26406 • Alan Frishman
KTD • Center for Student Success 100
7 Tuesdays 6:10-7:40pm • Mar 24-May 5
\$151

Photography

Photography: Learn to See • NEW

Great photography isn't just about your camera—it's about your eyes. In this hands-on course, you'll train yourself to spot the extraordinary in the everyday, capturing images with intention and confidence. Through weekly assignments, in-class discussions and constructive critiques, you'll learn how to work with light, composition and perspective to create a portfolio of striking, gallery-worthy photographs. All cameras and all levels of photographic experience are welcome—what matters most is how you see the world.

ID #26224 • Allan Ezial
KTD • Academic Center 238
7 Tuesdays 7:10-9pm • Jan 27-Mar 10
\$175

Exploring the World With Your Smartphone

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

ID #26222 • Reid Thaler
KTD • Science Math Nursing 217
4 Tuesdays 7:10-9pm • Jan 27-Feb 17
\$137

ID #26428 • Reid Thaler
KTD • Science Math Nursing 217
4 Tuesdays 7:10-9pm • Mar 31-Apr 21
\$137

The Lightroom Classic Lab: AKA Crop 'Til You Drop • NEW

This advanced class is designed for those with previous Lightroom Classic experience who want to elevate their skills. Students will choose their own desired outcomes and work with the instructor to plan a course of action. Possible projects could include increasing catalog efficiency, increasing the speed of finding images, honing advanced image optimization skills, or exporting images for screen or print. Students will need to bring their own laptop with the latest version of Lightroom Classic installed. Previous Lightroom Classic experience is recommended. Please sign up at least one week in advance to receive preparation notes before the first class.

ID #26223 • Reid Thaler
KTD • Science Math Nursing 217
2 Thursdays, 1 Monday 7:10-9pm • Feb 19-26
\$111

Mastering Fine Art Digital Photographic Printing • NEW

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

ID #26429 • Reid Thaler
KTD • Science Math Nursing 217
3 Thursdays 7:10-9pm • Apr 23-May 7
\$111

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 communityed@marin.edu to reach a staff person and ask to leave a message for the instructor. Please see our Refund Policy at www.Marin.edu/Communityed. Please refer to "Aquatics" section for classes in the water.

Jin Shin Jyutsu for Wellness • NEW ☆

Jin Shin Jyutsu is an ancient healing art of harmonizing the body and mind. Similar to Acupressure, Jin Shin Jyutsu uses gentle touch over key areas on the body to balance and restore our energy flow. Jin Shin Jyutsu supports our body, mind, and spirit with the body's innate ability to heal when in balance. The class includes practicing several simple self-care general daily sequences. Our practice awakens our awareness that we are all born with the ability to harmonize our life force energy pathways using the hands and breath. We renew and rejuvenate the body/mind connection, alleviate stress, and enhance the body's natural ability to heal.

ID #27136 • Corliss Chan
KTD • Physical Education 22
5 Tuesdays 1-2:30pm • Mar 24-Apr 21
\$64

☆ ESCOM-Endorsed Class

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

Pickleball for Lifelong Fitness

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

ID #26144 • Heather Liencres
KTD • Physical Education Courts
7 Wednesdays 11:15am-12:15pm • Jan 28-Mar 11
\$119

ID #26145 • Heather Liencres
KTD • Physical Education Courts
7 Wednesdays 12:30-1:30pm • Jan 28-Mar 11
\$119

Essentrics

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

ID #26115 • Elizabeth Lynn

IVC • Miwok Center 123

4 Mondays 11am-12pm • Feb 9-Mar 9

(No class Feb 16)

\$95

ID #27118 • Elizabeth Lynn

IVC • Miwok Center 123

7 Mondays 11am-12pm • Mar 23-May 4

\$119

ID #26116 • Elizabeth Lynn

IVC • Miwok Center 123

4 Fridays 9:15-10:15am • Feb 20-Mar 13

\$95

ID #27119 • Elizabeth Lynn

IVC • Miwok Center 123

7 Fridays 9:15-10:15am • Mar 27-May 8

\$119

Feldenkrais for the Active Older Adult ☆

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity. To participate in this class, it is necessary to be able to raise and lower yourself from the floor. Please have a mat and two bath towels for comfort.

ID #26156 • Celeste Binnings/Trish Clifford

KTD • Physical Education 60

7 Wednesdays 12:40-2pm • Jan 28-Mar 11

\$76

ID #27155 • Celeste Binnings/Trish Clifford

KTD • Physical Education 60

7 Wednesdays 12:40-2pm • Mar 25-May 6

\$76

☆ **ESCOM-Endorsed Class**

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

Greatest Dragons:

Adaptive Martial Arts & Chi Gong

This class combines the gentle, flowing movements of Chi Gong with the strength and focus of martial arts to help improve balance, mobility, and overall strength. Taught in an encouraging and supportive atmosphere, each session is designed to meet students where they are—offering personalized movement adaptations that honor each individual's ability. Whether seated or standing, participants will explore mindful movement, enhance body awareness, and build confidence in their physical abilities. This is a welcoming space for adults of all levels, including those with limited mobility, to move with purpose and feel empowered..

ID #26102 • Aida Good

IVC • Miwok Center 105

7 Wednesdays 10-11am • Jan 28-Mar 11

\$119

ID #27101 • Aida Good

IVC • Miwok Center 105

7 Wednesdays 10-11am • Mar 25-May 6

\$119

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 #26146 • Ron Campbell

KTD • Physical Education 60

7 Wednesdays 6:40-8:30pm • Jan 28-Mar 11

\$175

ID #27146 • Ron Campbell

KTD • Physical Education 60

7 Wednesdays 6:40-8:30pm • Mar 25-May 6

\$175

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 #26112 • Katherine Rolston

KTD • Physical Education 60

6 Mondays 3-4:30pm • Jan 26-Mar 9

(No class Feb 16)

\$135

ID #27114 • Katherine Rolston

KTD • Physical Education 60

7 Mondays 3-4:30pm • Mar 23-May 4

\$151

INTERMEDIATE/ADVANCED

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

ID #26113 • Katherine Rolston

KTD • Physical Education 22

7 Wednesdays 10:45am-12:15pm • Jan 28-

Mar 11

\$151

ID #27115 • Katherine Rolston

KTD • Physical Education 22

7 Wednesdays 10:45am-12:15pm • Mar 25-

May 6

\$151

★ **ESCOM-Endorsed Class**

Wado Ki Kai Karate

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

ID #26105 • Hursey Baker

KTD • Physical Education 22

6 Mon & 7 Wed 6:30-8pm • Jan 26-Mar 11

(No class Feb 16)

\$237

ID #27104 • Hursey Baker

KTD • Physical Education 22

7 Mon & 7 Wed 6:30-8pm • Mar 23-May 6

\$249

Wild Goose Qigong ★

Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well-being. Throughout the year we will go through a lovely set of 64 flowing movements that imitate the daily activities

of the wild goose, a bird much venerated in China. This is a wonderful introduction class to the Wild Goose and a great review for experienced students. Warm-up stretches, self-massage of acupressure points, and meditation are included in this daily routine of self-care, strengthening the immune system. Improve your posture, balance, strength and flexibility.

ID #26101 • Dove Govrin

KTD • Physical Education 60

5 Fridays 10:45am-12:15pm • Jan 30-Mar 6

(No class Feb 13)

\$127

ID #27100 • Dove Govrin

KTD • Physical Education 60

7 Fridays 10:45am-12:15pm • Apr 3-May 15

\$151

★ **ESCOM-Endorsed Class**

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 #26100 • Dove Govrin

Online Class

7 Thursdays 11am-12:30pm • Jan 29-Mar 12

\$151

★ **ESCOM-Endorsed Class**

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 #26118 • Joshua Kimbrough

KTD • Beach Volleyball Courts

7 Sundays 2-4pm • Jan 25-Mar 15

(No class Feb 15)

\$175

ID #27120 • Joshua Kimbrough

KTD • Beach Volleyball Courts

7 Sundays 2-4pm • Mar 29-May 10

\$175

Introduction to Mat Pilates

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

ID #26147 • Minjae Laws
KTD • Physical Education 22
7 Tues 10:10-11am • Jan 27-Mar 10
\$119

ID #26165 • Minjae Laws
KTD • Physical Education 22
7 Tues 11:10-12am • Jan 27-Mar 10
\$119

ID #27147 • Minjae Laws
KTD • Physical Education 22
7 Tues 10:10-11am • Mar 23-May 4
\$119

ID #27166 • Minjae Laws
KTD • Physical Education 22
7 Tues 11:10-12am • Mar 23-May 4
\$119

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 #26121 • Diana Scranton
IVC • Miwok Center 105
6 Mon & 7 Wed 3:40-4:30pm • Jan 26-Mar 11
(No class Feb 16)
\$165

ID #27123 • Diana Scranton
IVC • Miwok Center 105
7 Mon & 7 Wed 3:40-4:30pm • Mar 23-May 6
\$175

ID #26122 • Diana Scranton
KTD • Physical Education 22
7 Tues & 7 Thurs 2:10-3pm • Jan 27-Mar 12
\$175

ID #26124 • Diana Scranton
KTD • Physical Education 22
7 Tues & 7 Thurs 2:10-3pm • Mar 24-May 7
\$175

☆ **ESCOM-Endorsed Class**

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-NOT FOR BEGINNERS.

ID #26142 • Brent Zeller
KTD • Physical Education Courts
7 Tues & 7 Thurs 9:40am-11am • Jan 27-Mar 12
\$425

ID #27142 • Brent Zeller
KTD • Physical Education Courts
8 Tues & 8 Thurs 9:40am-11am • Mar 24-May 14
\$482

FUN 2- FOR MORE EXPERIENCED PLAYERS WITH GOOD MECHANICS.

ID #26143 • Brent Zeller
KTD • Physical Education Courts
7 Tues & 7 Thurs 11:10am-12:30pm • Jan 27-Mar 12
\$425

ID #27143 • Brent Zeller
KTD • Physical Education Courts
8 Tues & 8 Thurs 11:10am-12:30pm • Mar 24-May 14
\$482

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

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

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

ID #26138 • Hazel Wood
KTD • Physical Education 22
1 Saturday 9am-12pm • Mar 7
\$87

Chi Running: Focus on Form, Run Smarter not Harder

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

ID #26148 • Hazel Wood
KTD • Physical Education 22
1 Saturday 1-4pm • Mar 7
\$87

Writing

Creative Journal Writing • NEW ★

Have you ever wanted to write a book or a memoir, but didn't know where to start? In this seven-week course, you will explore the process of keeping a physical journal and learn how to develop the habit of

writing on a regular basis. Through in-class prompts and practices, reading materials and assignments, you'll learn how to write effortlessly and clearly; combat writers block and brain fog; and use a journal for any kind of writing you'd like to explore. Whether it's exploring expression through the written word, jumpstarting creativity or sharpening your skills, this class is for you.

ID #26233 • Laura Toland
KTD • Academic Center 103
7 Thursdays 2:10-3:30pm • Jan 29-Mar 12
\$76

★ **ESCOM-Endorsed Class**

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

Pen to Page 1: A Freewriting Workshop

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

ID #26216 • Andrea Scully
KTD • Center for Student Success 152
6 Wednesdays 9:10-11am • Jan 28-Mar 11
(No class Feb 18)
\$162

ID #26422 • Andrea Scully
KTD • Center for Student Success 152
6 Wednesdays 9:10-11am • Mar 25-May 6
(No class Apr 8)
\$162

Pen to Page 2: A Freewriting Workshop

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

register for both Winter and Spring to keep the creative buzz going.

ID #26217 • Andrea Scully
KTD • Center for Student Success 152
6 Wednesdays 11:10am-1pm • Jan 28-Mar 11
(No class Feb 18)
\$162

ID #26423 • Andrea Scully
KTD • Center for Student Success 152
6 Wednesdays 11:10am-1pm • Mar 25-May 6
(No class Apr 8)
\$162

Letters from the Heart: Legacy Letters ★

How do you say the things you want the important people in your life to know? In this class you will learn about how to write powerful and meaningful letters from the heart. These letters are often called Legacy Letters. Learn how to share your wisdom, love, hopes and dreams for the future with those who matter to you. Letters are tangible, lasting objects. People can hold them, reread them and return to them again and again. Letters tap into our memories and stories and express the things we most want to share.

ID #26412 • Melanie Vetter
KTD • Portable Village 10
5 Wednesdays 11:10am-1pm • Apr 1-29
\$143

★ ESCOM-Endorsed Class

Guided Autobiography Continued ★

This course is a continuation of the journey of life story writing for students who have already taken a Guided Autobiography Course with the instructor. In this class, you will continue to write your life stories two pages at a time. Each class will include new themes, creative exercises, discussion of the week's theme, writing tips, writing and sharing of stories. Guided by Melanie Vetter, Certified Guided Autobiography Instructor, the class will be fun and energizing. All are welcome, however a previous Guided Autobiography class with the instructor is recommended.

ID #26413 • Melanie Vetter
KTD • Portable Village 10
5 Wednesdays 1:30-3:20pm • Apr 1-29
\$72

★ ESCOM-Endorsed Class

This class is generously discounted by 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 genres.

ID #26203 • Tom Centolella
Online Class
6 Mondays 5:30-8:30pm • Jan 26-Mar 9
(No class Feb 16)
\$207

ID #26404 • Tom Centolella
Online Class
7 Mondays 5:30-8:30pm • Mar 23-May 4
\$231

★ ESCOM-Endorsed Class

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 #26204 • Tom Centolella
Online Class
7 Wednesdays 2:10-5pm • Jan 28-Mar 11
\$231

ID #26405 • Tom Centolella
Online Class
7 Wednesdays 2:10-5pm • Mar 25-May 6
\$231

★ ESCOM-Endorsed Class

Yoga

Yoga for Every Body, Yoga for Every Mind

Practice Iyengar yoga postures with attention to the connection of mind, spirit and breath. Increasing flexibility and strength restores the body's freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

BEGINNERS/INTERMEDIATE

ID #26130 • Susy Stewart
KTD • Physical Education 60
6 Saturdays 10-11:30am • Jan 31-Mar 14
(No class Feb 14)
\$135

ID #27132 • Susy Stewart
KTD • Physical Education 60
7 Saturdays 10-11:30am • Mar 28-May 9
\$151

INTERMEDIATE/ADVANCED

ID #26129 • Susy Stewart
KTD • Physical Education 60
6 Saturdays 8-9:45am • Jan 31-Mar 14
(No class Feb 14)
\$151

ID #27131 • Susy Stewart
KTD • Physical Education 60
7 Saturdays 8-9:45am • Mar 28-May 9
\$161

Yin and Restore 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 #26131 • Emily Wiemer
KTD • Physical Education 60
7 Tuesdays 2-3pm • Jan 27-Mar 10
\$119

ID #27133 • Emily Wiemer
KTD • Physical Education 60
7 Tuesdays 2-3pm • Mar 24-May 5
\$119

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 #26108 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 5:30-6:20pm • Jan 27-Mar 10
\$119

ID #27108 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 5:30-6:20pm • Mar 24-May 5
\$119

Pilates Power Fusion

Join a dynamic blend of Pilates, Barre Sculpt movements, and strength training designed to build long, lean muscles and improve balance, flexibility, and core strength. Using light weights, props, and small, controlled repetitions, this class focuses on mindful movement, alignment, and targeted muscle strength. Each session combines core-focused exercises, stretching, and flowing sequences that leave you feeling strong, centered, and restored. Perfect for all fitness levels.

ID #26163 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 6:30-7:20pm • Jan 27-Mar 10
\$134

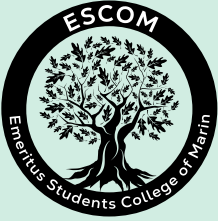
ID #27164 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 6:30-7:20pm • Mar 24-May 5
\$134

Sunset Candlelight Yoga

Experience the serenity of twilight as soft candlelight and the fading sun invite you to slow down, breathe deeply, and let go of the day. This gentle, flowing practice melts away stress and restores balance through mindful movement and calming breathwork. Surrounded by warm light and peaceful energy, you'll leave feeling grounded, renewed, and ready for a restful evening. All levels are welcome.

ID #26164 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 7:30-8:20pm • Jan 27-Mar 10
\$119

ID #27165 • Consuelo Lyonnet
IVC • Miwok Center 105
7 Tuesdays 7:30-8:20pm • Mar 24-May 5
\$119



ESCOM

Emeritus Students
College of Marin



ESCOM Astronomy Club Led by Michael Patrick; photo by Laura Milholland

What is ESCOM?

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

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

ESCOM is an all-volunteer organization open to everyone. There are no academic or financial requirements to join. All activities and programs are free.

Discover the possibilities—join ESCOM today!

Scan the QR code or go to escom.marin.edu and click "Join ESCOM."

I invite you to join ESCOM to benefit from our clubs, talks, workshops, 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



Join Today!
escom.marin.edu

ESCOM Endorsed Classes in Winter/ Spring 2026!

The following ESCOM-endorsed classes are open to all ages, and are recommended to meet the needs and interests of older adults.

- 100 Years Ago
- Aqua Exercise for Older Adults
- Birds of the North Bay
- Coastal Ecology Hikes
- Connect with Nature: Outdoor Wellness Practices
- Creative Journal Writing
- Deep Water Aqua Exercise
- Elements of Creative Writing
- Feldenkrais for the Active Older Adult
- Guided Autobiography Continued
- Intuitive Cooking Foundational Basics
- Jin Shin Jyutsu for Wellness
- Joy of Tai Chi
- Letters from the Heart: Legacy Letters
- Meandering in Marin: Natural History and Hiking
- Mixed-Media Journaling Workshop
- Poetry Writing Master Class
- Resin Charms Workshop
- The Flow of Watercolor
- Watercolor Basics and Beyond
- Wild Goose Qigong
- Wisdom Healing Qigong
- Zumba® Gold with Toning

Free Member Activities and Services

- Clubs: Engage in lively discussions on books, astronomy, digital photography, Great Courses, philosophy, and more.
- Centers: Relax or connect at our comfortable centers on both the Kentfield and Indian Valley Campuses with libraries, meeting rooms, and computers.
- ESCOM Journal: Enjoy and contribute to member-created art, photos, poetry, and writing in our bimonthly, full-color publication.
- Events & Speakers: Attend monthly Spotlight presentations, author talks, computer workshops, member socials, and countywide events.

ESCOM Centers

**INDIAN VALLEY
CAMPUS**
1800 Ignacio Boulevard
Building 10, Room 40
Novato, CA 94949
(415) 457-8811 x8322

KENTFIELD CAMPUS
835 College Avenue
Student Services Center,
Room 111
Kentfield, CA 94904
(415) 485-9652

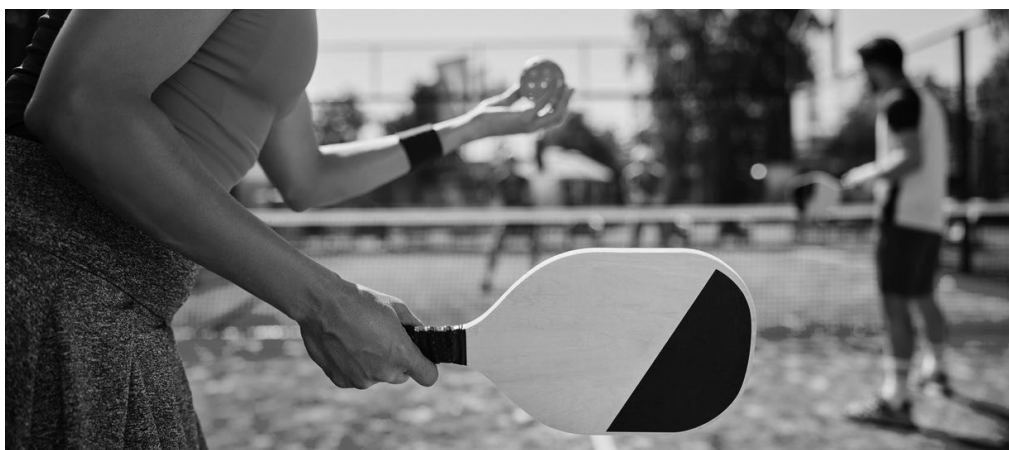


Teach With Us

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

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

- Crafts (Crochet/Knitting)
- Languages (French/Spanish)
- Marin History
- Sports (Archery/Soccer)
- Literature
- Ukulele/Harmonica



Discounted Classes

- Beatlemania: The Rise of the Beatles in the Early-to-Mid 1960s
- The Beatles in the Late 1960s: The Studio Years
- Creative Journal Writing
- Feldenkrais for the Active Older Adult
- The Scientific Revolution in England: Healing, Alchemy, and Worlds Beyond
- Guided Autobiography Continued
- Handbind 3 Styles of Personal Journals
- Hiking with Simone Weil
- Jin Shin Jyutsu for Wellness
- Let's Talk About Language Learning Myths
- Transcendental Love

COMMUNITY PROGRAMS

Miwok Aquatic and Fitness Center Indian Valley Campus



Lap Swim

Tuesday, Wednesday, Thursday
1-4pm
(times subject to change)

- Single day pass (\$10) and 10-day pass (\$90)
- Discounts for seniors 55+ and youth under 17
- Purchase at Miwok Center front desk. Credit card and tap pay accepted.
communityswim@marin.edu
(628) 234-8107



Drop-in Gym

Cardio and weights
Monday-Thursday 12-4pm
(times subject to change)

- Single day pass (\$10)
 - Discounts for seniors 55+ and youth 15-17
 - Enjoy a swim and workout with a Combined Discount Pass
communityswim@marin.edu
(628) 234-8107
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COLLEGE OF MARIN
835 COLLEGE AVENUE
KENTFIELD, CA 94904-2590

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@CommunityProgramsCOM



Registration starts Tuesday, January 6, at 9 AM
Register at [Marin.edu/CommunityEd](https://marin.edu/CommunityEd)



Supporting Our Students Through Scholarships

Community Education believes that learning should be accessible to everyone. Our scholarship programs help remove financial barriers so students of all ages can continue to learn, grow, and connect through education and enrichment.

Available Scholarships

- Lifelong Learning (LLL) Scholarship: Open to students of all ages
- Anonymous Fund (ANF) Scholarship: For older adult students (ages 55+) made possible through the generous support of an Anonymous Fund of the Marin Community Foundation

Scholarship Details

- Each scholarship is valued at \$60 per term
- Students may qualify for up to \$120 per term when awarded both scholarships
- First come, first served-apply early!
- May be used toward any Community Education class
- Scholarships cannot be used to reimburse prior enrollments