

Recreational classes for Adults:

NEW CLASS!

Hoop Power: Weekly Morning Hoop Dance Class

Monday Mornings, 8:30 – 9:30

Eight Week Session, October 25-December 13

Located in the Kensington Community Center (Youth Hut)

\$110 for eight classes (minimum of 6 students enrolled); \$15 for drop-in

Fun and fitness, movement and meditation are all found in hoop-dance. We will start with basic waist hooping, moving on to more intermediate moves both on and off the body, all while discovering your own dance in a hoola-hoop and the soothing, meditative aspects of hooping.

No hoop experience necessary. This is a beginning class. Please wear comfortable clothes and bring water. Hoops provided for class and will be available for purchase.

About the teacher: Kaye Anderson is the founder and lead hooper of Hoop Power. She is also a clinical social worker who has been working with children, teens, and families for over 15 years. A lifetime student of music and yoga, and a lover of dance, Kaye discovered hoop-dance in 2007. A certified hoop-dance teacher through HeroHoops, Kaye teaches both children and adults in Berkeley and beyond.

To Register: please call the KCC office at 510-525-0292 or e-mail kccrec@yahoo.com. For more information about the class, please call Kaye at 510-919-2783 or e-mail kayelcsw@hotmail.com.

New Adult Yoga Class at the Kensington Community Center (Youth Hut)

All Levels Welcome

Thursday Mornings 9-10 a.m.,

10 Week Session begin 9/9/10 (last class 11/18) -

Drop-ins welcome - \$12 per class

Mats provided

The class will incorporate a diversity of stretches, breathing exercises, meditations, and chants from the Kundalini and Iyengar Yoga traditions. The goal of the class is to provide inspiration and an understanding of yoga as the union with that which is divine within ourselves. Subjects that will be explored include:

How to recognize and move energy blocks along the spine

Intuition

Chakras : What are they and how can awareness of them assist us?

The breath as conduit for spirit in our lives
Flexibility and the Spine – How is it that a flexible spine contributes to a flexible mind?

Catherine ‘Cricket’ Johnson is a certified Kundalini Yoga instructor and has been practicing yoga for the past twenty years and has taught nearly as long. She will draw on her diverse experience as such as well as her eclectic life experience as a dancer, singer, musician and bodyworker in conducting classes. Many breathing exercises, meditations, and chants from the Kundalini tradition will be explored.

Cricket is skilled at reading energy in groups and will be sensitive to the needs of the class in leading a class that is physically challenging and yet not overwhelming. Students are encouraged to challenge themselves, but also to listen deeply to their bodies to know what is best for them. Kundalini Yoga is a unique and engaging practice. Much of the practice is done with eyes closed, and an emphasis is placed on internal experience rather than external form. Practitioners will be engaged and present.

Please feel free to contact Cricket with questions. csings2faye@yahoo.com, 510.367.7977. Please register with the KCC office in the park, or call KCC at 510-525-0292.

NEW CLASS: CLASSICAL GUITAR

Thursday evenings, 7:00-8:30

October 21 – December 16 (no class on Thanksgiving, Nov. 25)

Ages: 16 - ADULT

Location: Kensington Recreation Building (Bldg. E), Room A

Cost: \$96 for eight class series (\$97 for nonresidents)

Do you wish to read and play music for the guitar? Learn to play a melody, understand rhythm and where notes are on the guitar. Bring your guitar, preferably with nylon strings, and join in. The class is designed for all levels with an emphasis on introducing the guitar to non-players. We will break into small groups so that everyone is comfortable and has support at his/her own level. Text: Classic Guitar Technique, Volume One by Aaron Shearer (available from the instructor at a cost of \$18.50, or bring your own copy).

Instructor Claude Sprague has been teaching classical guitar through the Mt. Diablo Adult Education program for 16 years and has also taught at the Albany Adult School and the Santa Rosa and Sonoma Community Centers. Claude studied with George Sakellariou at the SF Conservatory of Music, as well as privately for ten years. He has also performed in Master Classes taught by John Duarte.

For any questions about the class, please contact Claude at claude@theguitarinstructor.net. To register, please come by the KCC office in the park, or call (510) 525-0292.

User Friendly Pilates (Level 1): Get Stronger Without Getting Hurt
With Ernie Adams

Current series, Wednesdays, Sept. 15-Oct.27, 7:30 pm-8:30 pm, seven class series
LOCATION: Kensington Community Center, 59 Arlington Ave., Kensington (next to KCC Office, near soccer field)

Cost: *\$87 residents/\$88 non-residents. \$15 drop-in (first class only)

Next series will begin in November

User Friendly Pilates engages you're deepest core abdominal, lumbar, and pelvic floor muscles. Developing core strength gives you greater power and control of movement, and helps protect your body from injury.

LEVEL 1 is about learning how to stretch and strengthen in a way that reduces the chance of injury. It is a mixed-level class, appropriate for those with experience, and also for those who are just beginning.

Ernie is a Pilates Instructor and Feldenkrais® Movement Educator, with an extensive background as a professional dancer. He also has over 16-years experience collaborating with physical therapists to treat orthopedic, neurological, dance and sports related injuries. He presents a safer and less stressful way to learn Pilates. Private sessions also available. 510-619-9223, adams@bodyinaction.com or www.bodyinaction.com .

PRE-REGISTRATION STRONGLY ENCOURAGED: 510-525-0292 (Community Center). Drop by KCC Office to register, or send checks payable to KCC.

You can also come to the first class to pay, yet space is limited. Sign-up early to guarantee yourself a space. Send checks to the following address:

KCC (M-F 10am-4pm/510-525-0292)

59 Arlington Ave.

Kensington CA 94707

INFO (Ernie): 510-619-9223, www.bodyinaction.com, adams@bodyinaction.com

*A discount is available if you also take Monday, Level 2/Intermediate class (held at a different location in Kensington), Sept. 13-Oct. 25, 7:30-8:30pm, seven sessions (requires a separate registration and separate check)

You must call Ernie (510-619-9223) to qualify for this discount.

Acrylic Painting

Stan Cohen (533-3003) leads this informal but professional workshop for established and serious beginning adult artists. Mornings are devoted to developing painting, with assistance available. Afternoons are reserved for class critique. Enrollment is limited. Instructor approval required.

When: Wednesdays, 9:45 a.m. – 1:30 p.m.

Fees: \$32/month (\$36 for nonresidents)

Where: Community Center