

FALL CLASSES 2009

October 19, 2009 - December 18, 2009

Most classes meet once a week.
No classes Thanksgiving week, November 23-27, 2009.

MONDAY

FM1 EASY YOGA – *Feel Your Best At Any Age* *Susan Goldfarb*

Come and feel better immediately with gentle but highly effective stretching, conditioning, breathing and relaxation exercises. Simple routines incorporate a range of several hatha yoga styles designed to provide maximum safety and enjoyment. All ages and fitness levels welcome. Bring a mat or towel. Students are welcome to come early (from 8:30 AM) to stretch, relax and connect with classmates before the class begins.

Susan Goldfarb, Executive Director, Longboat Key Education Center, holds a BA from York University, Toronto, and a YMCA Instructor's Certificate in physical fitness. She has completed Sivananda, Kripalu and Iyengar teacher training. Susan has taught yoga at The LBK Education Center for over 23 years and was named one of Sarasota's top ten yoga teachers by Sarasota Magazine. She was also a health columnist for the Longboat Observer for ten years.

9:00-10:00 AM **Mondays** **Begins: 10/19** **Ends: 12/14**
Eight sessions **Members \$80** **Non-Members \$96**

Note: Yoga is offered Monday through Thursday in the fall at 9:00 AM. A combination yoga/Pilates class is offered on Friday at 9 AM. Students can join at any time on a pro-rated basis if space permits.

FM2 MIXED BEGINNERS BRIDGE *Larry Auerbach*

This course will cover the basic mechanics and fundamentals of the game. It is designed to combine players who have some knowledge of the game and new players.

Larry Auerbach is well known in the Sarasota area as a professional player, teacher and director. He has been playing bridge for over twenty years and has more than 4,000 Master Points. He has won many regional events in bridge tournaments. Mr. Auerbach has a BA from the University of Nevada.

1:00-2:30 PM **Mondays** **Begins: 11/2** **Ends: 12/14**
Six sessions **Members \$75** **Non-Members \$85**

Questions? (941) 383-8811
e-mail: info@lbkeducationcenter.org

MONDAY (CONT.)

FM3 MIXED INTERMEDIATE BRIDGE

Larry Auerbach

This course is for all intermediate level players who are ready for more complex bridge concepts. Classes will cover opening leads, concentrating on standard American conventions and touching on more advanced conventions.

See Biographical Sketch on page 1.

3:00-4:30 PM **Mondays** **Begins: 11/2** **Ends: 12/14**
Six sessions **Members \$75** **Non-Members \$85**

FM4 NIA – *The Body's Way* ★ **NEW** *Michele D'Ambrosio and Alicia DeMirza*

Nia blends yoga, the martial arts and ethnic dance into a holistic, low-impact, aerobic fitness program that awakens and celebrates your natural love for movement. Simple routines done to exhilarating world music pump the heart, lubricate the joints, stretch and tone muscles, enhance balance, focus the mind, and nourish the spirit. Men and women of all ages and fitness levels welcome. Wear comfortable clothing. Barefoot is best.

Michele D'Ambrosio is a White belt Nia instructor who has been dancing Nia for several years and practicing yoga since 1970 with some of the great masters. She is also a published author and poet.

Alicia DeMirza is a Blue belt Nia instructor who has been teaching for four years and has recently partnered with Michele to teach Nia classes and playshops throughout Sarasota including at the Unity Church and Selby Gardens.

5:15-6:15 PM **Mondays** **Begins: 10/19** **Ends: 12/14**
Eight sessions **Members \$80** **Non-Members \$96**

Note: Students can join at any time on a pro-rated basis if space permits.

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

The Longboat Key Education Center admits students of any race, color, national, or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at this school. It does not discriminate on the basis of race, color, national, or ethnic origin in administration of education policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

TUESDAY

FT1 ALIVE WITH YOGA!

Cathy Daley

Enjoy a gentle yoga class in a non-competitive and encouraging atmosphere appropriate for men and women of all ages and fitness levels. Incorporating Kripalu-style yoga postures, this class will help students integrate body, mind and spirit as well as achieve increased strength and flexibility and enhanced vitality. Bring a mat or towel and wear comfortable clothing. Students are encouraged to come as early as 8:30 AM to do some preliminary stretching.

Cathy Daley is trained and certified in Kripalu/Hatha method of yoga by the Kripalu Center in Lenox, MA, and holds a certification in Yoga Therapy by the International Association of Yoga Therapists. She has been a serious student of yoga since the age of 16.

9:00-10:00 AM **Tuesdays** **Begins: 10/20** **Ends: 12/15**
Eight sessions **Members \$80** **Non-Members \$96**

Note: Yoga is offered Monday through Thursday in the fall at 9:00 AM. A combined yoga/Pilates class is offered on Fridays at 9:00 AM. Students can join at any time on a pro-rated basis if space permits.

WEDNESDAY

FW1 EASY YOGA – *Feel Your Best At Any Age*

Susan Goldfarb

For Course Description see page 1.

9:00-10:00 AM **Wednesdays** **Begins: 10/21** **Ends: 12/16**
Eight sessions **Members \$80** **Non-Members \$96**

Note: Yoga is offered Monday through Thursday in the fall at 9:00 AM. A combination yoga/Pilates class is offered on Friday at 9:00 AM. Students can join at any time on a pro-rated basis if space permits.



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WEDNESDAY (CONT.)

FW2 WATERCOLOR, ACRYLIC, PASTELS, OILS OR CLAY MODELING

Renee and Carlo DiNapoli

Learn to paint like the masters in your medium of choice or enjoy learning how to create 3-dimensional forms in clay. (Clay is an additional medium offered for the first time this year.) Depth and perspective, light and shadow and the beautiful tones and colors of the great masters will be covered with personal instruction and demonstrations. The simple, easy techniques of clay modeling can be studied exclusively or combined with one of the other media. Seasoned artists or complete novices will enjoy these classes. Material lists are available upon registration. Instructors will sell clay in class for an additional \$10.

Carlo DiNapoli, Italian master artist, was trained in Japan and Italy and was a student of Maestro Ferrelli. As an international artist with numerous one-man shows, he is represented in 10 major galleries and many private and corporate collections.

Renee DiNapoli has had an extensive teaching career and now teaches with her husband, Carlo DiNapoli, at a number of Sarasota art leagues and organizations, including the Selby Gardens. Her work shows in numerous U.S. galleries.

9:00 AM-12:00 **Wednesdays Begins: 11/11** **Ends: 12/9**
Four sessions **Members \$120** **Non-Members \$130**

FW3 YOU'VE GOT TO SEE THIS MOVIE!

Kathie Moon and Frank Tucciarone

If you love to go to movies and talk about them, then this course is for you. Each week the facilitators will assign a quality film to see from a variety of current movies, "art," foreign language, independent and the best of Hollywood. The following week students will discuss the movie — themes, style, techniques, previous work of the director and actors etc. Call the school for the first movie assignment (**941-383-8811**). Movie assignments will also be posted on our website: www.lbkeducationcenter.org.

Kathie Moon and Frank Tucciarone write weekly movie reviews for the Pelican Press. Self-professed "film nuts," they have been involved in film studies through film programming, industry groups, film societies and film festivals.

3:00-4:30 PM **Wednesdays Begins: 10/21** **Ends: 12/16**
Eight sessions **Members \$115** **Non-Members \$125**

Note: Students may register for four sessions if space permits.

Four sessions **Members \$70** **Non-Members \$80**

No classes Thanksgiving Week, November 23-27.

THURSDAY

FR1 ALIVE WITH YOGA!

Cathy Daley

For Course Description see page 3.

9:00-10:00 AM **Thursdays Begins: 10/22 Ends: 12/17**
Eight sessions **Members \$80** **Non-Members \$96**

Note: Yoga is offered Monday through Thursday in the fall at 9:00 AM. A combined yoga/Pilates class is offered on Fridays at 9:00 AM. Students can join at any time on a pro-rated basis if space permits.

FR2 ADVANCED INTERMEDIATE BRIDGE

Larry Auerbach

This course is intended for players who have taken INTERMEDIATE BRIDGE I and II or their equivalent and who have mastered bidding. Instruction will go further into playing of the hand and into the defense.

See Biographical Sketch on page 1.

10:30 AM-12:00 **Thursdays Begins: 11/5 Ends: 12/17**
Six sessions **Members \$75** **Non-Members \$85**

FR3 SAGES OF OUR TIME

★ **NEW**

Meredith Jordan and Bob Whalen

In this spiritual film series students will view and discuss films and clips with Carl Jung, Thomas Merton, Joseph Campbell, Pema Chodrun and others who have served as exemplars of a spiritual perspective in the world. This course is a perfect vehicle for discussion for the spiritually inclined and curious.

***Meredith Jordan, RN, MA,** is a licensed clinical professional counselor who has been in private practice for over 25 years. She is founder of The Living Spiritual Elders Project in Sarasota and the author of two books, Embracing the Mystery: The Sacred Unfolding in Ordinary People and Everyday Lives and Standing Still: Hearing the Call to a Spirited-Centered Life.*

***Bob Whalen** has had a lifelong interest in philosophy and religion. Since 1989, he has taught classes in Perennial Philosophy and other spiritual subjects to adults in Sarasota.*

11:00 AM-12:30 PM **Thursdays Begins: 11/12 Ends: 12/10**
Four sessions **Members \$70** **Non-Members \$80**

No classes Thanksgiving Week, November 23-27.

Questions? (941) 383-8811

e-mail: info@lbkeducationcenter.org

THURSDAY (CONT.)

FR4 **OFF THE RADAR: *Movies To Love If Only You Knew About Them!*** ★ **NEW**
Kathie Moon and Frank Tucciarone

Often American independent and award-winning festival films from around the globe go unnoticed in America due to limited distribution. They may come out on DVD, but who's heard of them? How do you find them? In this course, watch and discuss six recent film festival winners found by Frank and Kathie.

See Biographical Sketches on page 4.

1:30-4:30 PM **Thursdays** **Begins: 10/29** **Ends: 12/17**
Six sessions **Members \$95** **Non-Members \$105**

Note: No class on 11/12 or 11/26 due to Cine-World Seminar and Thanksgiving.

FR5 **SALTWATER FISHING – FALL SEASON**
Capt. Ric Ehlis

Learn everything you need to know to catch popular fish such as snook, trout, redfish, cobia, tarpon, grouper and snapper in our local waters. Newest lures, lines, hooks, rods and reels will be discussed as well as "tried and true" techniques. Every week a different topic will be covered with videos and expert advice on how, when and where (secret locations!) to fish. This course is a perennial favorite. New and repeat students welcome!

Capt. Ric Ehlis, local fishing guide for over 40 years, is in more than 25 fishing tournaments a year on his boat "The Betty Jean". He serves on the board of directors of the Saltwater Flats and Flyfish Association.

3:00-5:00 PM **Thursdays** **Begins: 11/12** **Ends: 12/10**
Four sessions **Members \$70** **Non-Members \$80**

Note: No class on November 26, Thanksgiving Day.

FRIDAY

FF1 **YOGA-PILATES** ★ **NEW**
Katherine Pipko

Enjoy the best of both worlds! This fusion class combines the time-tested exercises (asanas) of yoga and the focused core strengthening and spine lengthening exercises of Pilates. Increase your physical and mental power, stimulate your circulation, tone your body, increase your flexibility and reduce stress, fatigue and pain. This gentle format welcomes men and women of all ages and physical levels.

Katherine Pipko is a certified yoga, Pilates and ballroom dance instructor. She has studied physiology, anatomy and the human psyche while working in the field of medical diagnostics in New York. She is also a certified hypnotherapist.

9:00-10:00 AM **Fridays** **Begins: 10/23** **Ends: 12/18**
Eight sessions **Members \$80** **Non-Members \$96**

Note: Students can join at any time on a pro-rated basis if space permits.

FRIDAY (CONT.)

THE FELDENKRAIS® METHOD

Barbara Leverone, MA., LMT

Improve movement, improve life! Current research in the neuroscience of brain plasticity reveals how these gentle yet powerful exercises lead to lifelong vitality, increased flexibility and strength, and reduction in aches and pains. Each workshop will offer new and different lessons that lead to ease and efficiency in every day activities, sport, fitness and creative endeavors. All physical activity levels are welcome, but most lessons are done on the floor. Wear loose, comfortable clothing and bring a mat or blanket to lie on.

Barbara Leverone is a Guild Certified Feldenkrais® Teacher licensed by the State of Florida in private practice in Sarasota.

FWK1 FELDENKRAIS®

10:15 AM-12:15 PM Friday, November 20

One session Members \$25 Non-Members \$35

FWK2 FELDENKRAIS®

10:15 AM-12:15 PM Friday, December 18

One session Members \$25 Non-Members \$35

ANNUAL FALL EVENT

SPFS BURNS COURT CINE-WORLD FILM FESTIVAL SEMINAR NOVEMBER 6-12

Kathie Moon & Frank Tucciarone

The Sarasota Film Society's annual Cine-World Film Festival — a fabulous, world-class smorgasbord of excellent films straight from the Toronto, New York and Cannes Film Festivals — is a “must-do” for film buffs. Students will be assigned to see six carefully chosen films at Burns Court Cinema. Discussions will be held at The LBK Education Center. It's great fun every year!

Note: Students will be required to purchase their own film tickets online after they have been notified by Kathie and Frank of the assigned movies, times and dates. Students must be members of the Sarasota Film Society. Call 941-364-8662 or join online: www.filmsociety.org.

See Biographical Sketches of Kathie and Frank on page 4.

10:00 AM-12:00 Dates: Mon., 11/9, Wed., 11/11, Fri., 11/13
Three sessions Members \$50 Non-Members \$60