

Kensington Community Council (KCC)
ADULT CLASSES

NEW ADULT CLASS: *The Rosen Method*

*Movement class to Music
for Everybody
with DJ Odile*

When: Wednesday mornings: 8:30am – 9:30am

Where: Recreation Building, Room A

**Cost: \$12 per class if paid in advance, \$15 drop-ins, regular clothes OK,
and bring your mat.**

**This one-hour class is fun and easy, made for everyone,
young and old, stiff and loose, female and male,
long time movers and shy ones, open to all fitness levels .**

You will be led through a sequence of movements all done to wonderful music which supports the tempo and the intention of the movements.

- Warm-ups to lubricate your joints and hinges;
- Slow stretches to help your breathing become easier and deeper;
- Larger movements done in a circle or across the floor for balance and coordination;
- On-the-floor exercises to increase flexibility and allow your body to assimilate what it has learned in previous movements;

Unlike a work-out, these movements are not mindless repetitions, but done at a pace that allows you to pay attention to your experience. It's a **work-in**, promoting self-awareness. By the end of the class, you will feel open, centered, whole and energized.

Drop your student off at school & join me!

Rosen Method Movement as taught by Odile Atthalin

a Certified Rosen Method Movement Teacher . She brings to her classes her experience as a Yoga Teacher and many years of Continuum and Authentic movement practices, and her delight in a wide variety of music.. She is also a Rosen Method Bodywork Practitioner and Senior Teacher with a private practice in Berkeley since 1989.

For more information, please call Odile 510 525 3805 OR email odile@lmi.net.

Register with the KCC office or call 525-0292.

NEW ADULT CLASS: Great Relationships for Life

When: Tuesday Evenings, 7:00 pm – 9:00 pm

Where: Recreation Building, Room A

***Great Relationships for Life* meets on six Tuesdays from 7:00 pm to 9:00 pm, Sept 27, Oct 4, 11, 25, Nov 1, and 8 at the Kensington Recreation Building. Cost is \$135.00 for Kensington residents and \$145.00 for non-residents.**

Are you butting heads with your child? Struggling with your spouse? Do you have a relationship with a sibling or parent that is not working well? Join this workshop by Janet Chahrour to build new skills for turning relationship frustration into happier connections. Expand your toolbox with practical ways to:

- set limits with compassion
- understand what's underneath the surface
- engage courageously in crucial conversations

Enjoy your family! This six-week experiential workshop is an opportunity to create a shift in *you* to transform conflict into collaboration. This is not therapy. The focus is on the here and now in a fun and non-judgmental atmosphere. Janet is a professional life coach and relationship coach with certifications from the Coaches Training Institute and the Center for Right Relationship. For more information about her, visit thrivingtogether.net. To register, send a check made out to KCC to 59 Arlington Ave., Kensington, CA 94707 or call 510-525-0292.

NEW ADULT CLASS: Beginning Watercolor

When: Thursday Evenings, 7:00 pm – 9:00 pm

Where: Recreation Building, Room A

COST: \$12.00 for Kensington residents per class (\$13.00 non-residents) paid in-advance; \$14.00 drop-ins.

***Beginning Watercolor* will meet eight Thursdays from 7:00pm to 9:00pm, Sept 22 through November 16th (no class September 29 in honor of Rosh Hashanah).**

Simplify the world you see and learn how to draw it - life is not a bunch of straight lines. Join me in learning techniques for successful design and composition. Students will work with watercolor and pastels. No prior experience necessary, just enthusiasm for creativity! Bring a sketchbook and pencil the first night of class. A materials list will be provided.

To register, send a check made out to KCC to 59 Arlington Ave., Kensington, CA 94707 or call 510-525-0292 for additional information.

HOOPS:

When: Friday mornings, 8:30am – 9:30am

Where: Community Center/Youth Hut

**Cost: \$12 per class, or \$40.00 per month, regular clothes OK,
HOOPS provided.**

HOOPS restarts this fall season: Friday September 9th and will run all the way through December 9th. For rainy days, classes will be held indoors. No classes November 11th (Veterans Day) and November 25th (Thanksgiving Holiday).

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. 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.

Questions: kayelcsw@hotmail.com or 919-2783. Registration: 525-0292 or kccrec@yahoo.com.

ACRYLIC PAINTING

Wednesdays, 9:45am - 1:30pm

\$32/month (\$36/nonresidents)

Community Center

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. To join this creative group, contact Stan directly. Fall art class will resume Wednesday, September 7, 2011.