

Adult Classes

Tennis

Alex Brown, USPTA tennis pro, offers classes to a minimum of four students.

To register, call Brown at 524-5495.

Tuesdays and Thursdays, 9-10 a.m.

5 classes/\$40 per resident; \$45 per non-resident

TENNIS COURTS (West Court)

NEW CLASSES:

Salsa Dance Lessons!

As the weather turns chilly this fall, bring the warmth of tropical dance rhythms into your life! Manuel Suarez has taught salsa and other Latin dances in the U.S. for the past six years and is the founder of a professional dance troupe in Cuba that has toured internationally. Manuel currently teaches at the Alice Arts Center in Oakland, the Mission Cultural Center in San Francisco, and at CultuCuba, an organization he formed to promote Cuban culture. For more information on his classes, please contact Manuel at (510) 395-7471 or look online at www.cultucuba.org. To register, please call the KCC office at (510) 525-0292.

Four class series, Wednesdays, October 18, October 25, November 1, and November 8, 8 – 9 p.m.

Fees for Kensington residents: \$48 for four classes. Nonresidents please add 10% (\$52.80).

Classes will be held in the Kensington Community Center.

Stress Relief Class

In this class, you will learn how to gently and permanently let go of your stress by stimulating (tapping or holding) specific acupuncture points. The Emotional Serenity Process is deeply rooted in Energy Psychology and Oriental Medicine. It brings back to balance the Energetic System (acupuncture meridians) where the emotional blockages are located.

Students have found this healing modality to be very helpful for:

- ~ Letting go of stress and anxiety.
- ~ Increasing relaxation and well being.
- ~ Finding inner peace in the midst of Life's ups and downs.

For more information on the class, please contact Delphine Hano, at 526-8467, or visit her website, www.emotionalserenity.com.

First Class is free! Thursday, October 26, 7 – 8 p.m.

Second class, Tuesday, November 7, 7 – 8 p.m., \$35 for Kensington residents. Nonresidents please add 10% (\$38.50).

Classes will be held in Room A in the Recreation Building (Building E).

To register, please call the KCC office at (510) 525-0292.

Rejuvenation Retreat

Are you feeling overwhelmed and stressed out by Life? Then this One-Day Healing Retreat is for you. Come Relax, Enjoy & Feel profoundly Renewed !

During this One-Day Retreat:

~ Delphine Hano will teach you how to gently and permanently let go of your stress and how to remain centered in the midst of Life's ups and downs by stimulating (tapping or holding) specific acupuncture points. This gentle and effective process is deeply rooted in Energy Psychology and Oriental Medicine. It brings back to balance the energetic system (acupuncture meridians) where the emotional blockages are located.

~ Lee Holden will teach you the Seven Essential Qi Gong Exercises for Clearing Stress and Cultivating Internal Balance. Lee will also teach you a Taoist meditation technique that prevents stress from getting stuck in your body.

When: Sunday October 29th from 10am to 3.30pm

Where: Kensington Recreation Building, Room A

Fee: \$150

Pre-registration is necessary. Please call Delphine at (510) 526-8467 for more information and to register.

Instructors:

~Delphine Hano: Holistic & Intuitive Practitioner at the service of People & Animals since 1985. For more information please visit her website at: www.emotionalserenity.com.

~Lee Holden: Licensed acupuncturist and herbalist in the State of California. Meditation, Tai Chi, Qi Gong, and Yoga teacher. For more information please visit his website: www.pacifichealingarts.com.

Relaxation Class

In this class, you will learn how to profoundly relax your whole body and mind. Students have found this class to be very helpful for: letting go of stress and anxiety, increasing relaxation and well being, and feeling more peaceful in life.

Instructor: Delphine Hano: Holistic & Intuitive Practitioner at the service of People & Animals since 1985. For more information please visit her website at: www.emotionalserenity.com.

Thursday, November 2, 7 – 8 p.m.

Fee: \$12 for Kensington residents. Please add 10% for nonresidents (\$13.20).

Class will be held in Room A of the Recreation Building (Building E).

To register, call the KCC office at (510) 525-0292.

Yoga for Health

Harmonize your body, mind, and spirit. This class involves basic Yoga poses, correct body alignment, breathing techniques, and relaxation. Develop strength, flexibility, endurance, and grace. Therapeutic concerns such as wrist, knee, neck and back pain, and stress reduction will be addressed. No prior experience required – all ages welcome. Please bring a mat to the class.

Instructor Nicole Becker, a registered Yoga teacher, was trained in Anusara Yoga and has studied acupressure and Qi Gong. She describes her teaching style as light-hearted and

welcoming and strives to make each student feel cared for in his or her practice of yoga. For more information about the class, please contact Nicole at (510) 527-6443.

Classes are Tuesdays and Thursdays, 9:15 – 10:15 am.

Fees for residents: \$12 for drop-in; \$40 for 1 class per week for 4 weeks; and \$80 for 2 classes per week for 4 weeks. Nonresidents please add 10 percent (\$13.20 per class/\$44 or \$88 for monthly pass). To register, call the KCC office at (510) 525-0292. Classes are held in the Community Center.

Hatha Yoga

Enjoy a hatha yoga practice that will calm, restore, and revitalize you each Monday. Classic yoga postures and quiet attention to the nuance of movement help create a satisfying personal practice. This class draws on the instructor's knowledge of dynamic yoga styles (such as ashtanga or vinyasa) and subtly challenging yoga styles (like Iyengar, Integral and yin yoga) to help students find their own perfect balance. Yoga postures, breathing techniques, and philosophy are covered. All levels of experience welcome. Instructor Claire Lavery has been practicing and teaching yoga since 1988. She focuses on breathing, alignment, and adjustment to help students enjoy the journey. To speak with Claire about the class, please call (510) 681-3077. To register, call the KCC office at (510) 525-0292.

Classes are Monday, 6:15 – 7:15 p.m., and Thursday, 5:30 – 6:30 p.m.

Fees for residents: \$12 for drop-in

One-month pass (4 classes) for \$40

Non-residents please add 10% (\$13.20 per class/\$44 for one month pass).

Classes are held in Room A in the Recreation Building (Building E).