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### Experiential college offers short, fun courses

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## **NEWS RELEASE**

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Sept.30, 2002

**Contact:** Katie Jensen, student coordinator, Experiential College, (406) 243-5082

### **EXPERIENTIAL COLLEGE OFFERS SHORT, FUN COURSES**

#### **MISSOULA--**

From feng shui to guitar, belly dancing to swing dancing and Ashtanga Yoga to Afro-Brazilian dancing, The University of Montana's Experiential College offers classes you won't find anywhere else this semester.

The short, inexpensive evening classes are offered through University Center Programming and start Oct. 1 on campus. The classes are open to all. To register, visit or call the University Center Box Office at 243-4636. For more information, call 243-6187 or visit the Web site at [www.umt.edu/uc/college/](http://www.umt.edu/uc/college/).

Classes are:

- **Intro to Hip-Hop** -- 6:15-7:15 p.m. Tuesdays, Oct. 1-29, instructor Christopher Gomey. Learn some new dance moves for the club or just get a fun and invigorating workout. Students will learn old and new hip-hop dance styles from a professional dancer in an upbeat environment. The cost is \$28 with a Griz Card and \$30 without.
- **Naturopathic Medicine** -- 7-8:30 p.m., Thursdays, Oct. 3-10, instructor Mark Kelley. Naturopathic medicine focuses on the diet as the root of all health issues. Kelley, acupuncturist and naturopathic physician, will discuss alternative

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diets and introduce guidelines for healthy eating, as well as home remedies for increasing the immune system and reducing stress. The cost is \$19 with a Griz Card and \$21 without.

- **Swing Dancing** -- 7-9 p.m., Tuesdays, from Oct. 8 through Nov. 5, instructor Christopher Gawelko. Swing is in, and this is the class that will teach you how to do it with finesse. Students are encouraged to sign up in pairs, with one to "lead" and one to "follow." Cost for singles is \$31 with a Griz card and \$35 without; pairs pay \$52 with a Griz Card and \$57 without.
- **Latin Dance** -- 7-9 p.m., Wednesdays, from Oct. 9 through Nov. 6, instructor Christopher Gawelko. The Ramba. The Samba. The Cha Cha. The Mambo. Students will learn the basics of these Latin American dances. Students are encouraged to sign up in pairs. The cost for singles is \$31 with a Griz card and \$35 without; pairs pay \$52 with a Griz Card and \$57 without.
- **Guitar Players Workshop** -- 7:30-9 p.m., Thursdays, Oct. 3-31, instructor Eric Keeling. Students of all levels are welcome in this seminar-style class. General tools such as theory, scales and rhythmic ideals will be covered and applied to different playing situations. Styles will range from jazz to blues, or whatever the class decides upon. Bass players are also welcome. Cost is \$28 with a Griz Card and \$30 without.
- **Introduction to Belly Dancing** -- 7:30-8:30 p.m., Tuesdays, Oct. 15- Nov. 5. Instructor Ann Higgins will teach the stretches, isolations and movements that make up this ancient Middle Eastern dance. Gauzy harem pants and jingly

jewelry are optional -- just wear comfortable clothing and be ready to move your hips. Cost is \$23 with a Griz Card and \$25 without.

- **Beginning Guitar** -- 7-9 p.m., Mondays, Oct. 21-Nov. 4, instructor James Wallace. This crash course for novices swiftly moves from technique fundamentals to chords and accompaniment styles. Students also will learn several popular tunes. The cost is \$28 with a Griz Card and \$30 without.
- **North African Cooking** -- 6-9 p.m., Wednesdays, Nov. 6-20, instructor Stacy Russell. Students will learn to spice up their cooking, while learning about the cuisine and culture of Morocco and Mali. Each week the class will focus on the preparation of a different dish. Cost is \$23 with a Griz Card, \$25 without.
- **Symbolism in Feng Shui** -- 7-9 p.m., Wednesdays, Oct. 30-Nov. 13, instructor Stella May Schlegel. Feng Shui is the Chinese belief that the way you place the objects in your home influences your luck in life. Students will learn the common symbols of feng shui and tips on how to use colors, shapes and objects to promote the flow of good energy. The cost for this class is \$19 with a Griz Card, \$21 without.
- **A Middle Earth Counsel** -- 7-9 p.m., Dec. 3 or Dec. 10. Instructor and J.R.R. Tolkein expert Danny Smitherman will share audio recordings of Tolkein, maps and other artifacts related to "The Lord of the Rings." Whether you were enchanted with last year's "The Fellowship of the Ring" and want to know more about the mythical land of Middle Earth or you've known about ring-wrathis since childhood, this class will be informative and entertaining. Cost is \$12 for

each class with a Griz Card and \$15 without.

- **Intro to Ashtanga Yoga** -- 6:30-8 p.m., Thursdays, Oct. 17-Nov. 14, instructor Gillian Thomas. Find balance, grace and strengthen your inner core. Ashtanga yoga is a high-energy form of yoga which links postures together in a smooth and rhythmic flow, balanced in movement and stillness. This yoga promotes strength, endurance and flexibility. Cost is \$23 with a Griz Card and \$25 without.
- **Afro-Brazilian Dance** -- 6:30-8 p.m., Mondays, Oct. 28-Nov. 25, instructor Gillian Thomas. Get back to the real roots of dance in this Afro-Latin fusion class. Afro-Brazilian is an expressive, energetic, tribal, salsa-esque dance form that is fun for all levels of students. Cost is \$28 with a Griz Card, \$30 without.
- **Intro to Banjo** -- 7:30-9 p.m., Mondays, Nov. 11-Dec. 9, instructor Michael Bennett. Learn to pick n' grin with the best of them by joining this banjo class in its second run at the Experiential College. Students will learn banjo basics and several traditional songs. The instructor may have a few banjos available to rent. Call the Experiential College for details. Cost is \$28 with a Griz Card, \$30 without.
- **Tips on Writing Children's Books** -- 7-9 p.m., Tuesdays, Nov. 12-19. Writer Patricia Pierson will explain what makes writing for children different than writing for adults, and the class will examine a variety of genres in children's fiction. This is a creative class for authors who are interested in creating books for a younger audience or for anyone who loves to share the joy of reading with

children. Cost is \$12 with a Griz Card, \$15 without.

- **Intro to Black and White Photography** -- 6-8:30, Wednesdays, Oct. 23-Nov. 20. Instructor Dax Kuehn will present a basic overview of photographic principles and techniques, focusing primarily on exposure, lighting and composition. Students will need a fully manual single lens reflex camera, film and photographic paper. The instructor will issue supplies at the first class. Cost is \$23 with a Griz Card and \$25 without.
- **Be Your Own Travel Agent -- International Tips** -- 7-9 p.m., Wednesdays, Dec. 4-11. Experienced traveler Kristeen Sweat will share tips and trade secrets on finding the best deals and having the most fun traveling. Bring your real or fantasy trip and find out how you can make it happen. Cost is \$19 with a Griz Card, \$21 without.

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