

# FALL CLASSES 2017

October 16, 2017 - December 15, 2017

*Most classes meet once a week.*

No classes Thanksgiving week, November 20-25, 2017.

## MONDAY

### **FM1** GENTLE KRIPALU YOGA — Open the Doors to Your Inner Knowing *Emme Shapiro*

Kripalu yoga is a form of Hatha yoga named after The Kripalu Center for Yoga and Health, the largest residential facility in North America for holistic health and education, located in Stockbridge, Massachusetts. Students will be guided into meditation, breathing techniques, various standard yoga postures and relaxation. Attention will also be given to the seven main energy centers in the body known as chakras to improve overall physical functioning and mental well-being. The primary focus of Kripalu style yoga is on BRFWA—breathe, relax, feel, witness, and allow — the mantra of Kripalu yoga. All ages and fitness levels are welcome. Bring a mat (mats also provided) and wear exercise clothing.

*Emme Shapiro* acquired 200-hour certification in Kripalu Yoga and then completed an additional 500 hours. Emme taught yoga for seven years in the Cincinnati area in her home studio or privately before she made Florida her permanent home.

**9:00-10:00 AM**                      **Mondays**                      **Begins: 10/16**                      **Ends: 12/11**  
**Eight sessions**                      **Members \$88**                      **Non-Members \$104**

**Note:** Yoga is offered Monday, Tuesday and Wednesday in the fall at 9:00 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 40 years and has more than 8,000 masterpoints. 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: 10/30**                      **Ends: 12/11**  
**Six sessions**                      **Members \$85**                      **Non-Members \$95**

### *In Loving Memory*

We lost four extraordinary people this past season. They were all advisory board members. **Dina Schachar-Labes, June LeBell, Nelson Fishman**, beloved spouses of **Mair Labes, Edward Alley, and Sara Fishman** respectively and **Robert (Bob) Garvin**, loving companion of **Julie Magenheimer**. Bob taught *America and the World* and

*Dina* gave wonderful dance appreciation classes; both had taught at the school for 18 years. *June* provided special musical programs at the school with her husband **Edward Alley**, and **Nelson** (with his wife *Sara*) was an avid supporter and generous sponsor of our *Live New Orleans Jazz Nights*. We shall greatly miss them.

## MONDAY (CONT.)

### **FM3** BROWN BAG BIJOU: HIDDEN GEMS

★ **NEW**

*Gus Mollasis*

Enjoy a brown bag lunch, freshly popped popcorn and refreshments, and view a full length movie followed by a stimulating discussion afterwards with popular movie maven and critic Gus Mollasis, who has delved into his repertoire of hidden gems to bring you his favorite movies you've never seen! It's always fun to spend time with Gus!

**Gus Mollasis**, a professional movie maven, was host of "At The Movies," a Sarasota television show dedicated exclusively to the discussion of film for over nine years. From big stars to first time filmmakers, Gus loved to talk film with them all. The show also supported both major film festivals in town—The Cine-World Film Festival and the Sarasota Film Festival. Gus brings a passion and knowledge of movies that both a film buff and casual movie fan can enjoy. He is co-creator of the PBS series "Diamonds Along the Highway," featuring short films about interesting places and personalities in Florida on WEDU. Gus also writes a monthly movie column for Sarasota Scene.

**12:30-3:30 PM**  
**Four sessions**

**Mondays**  
**Members \$85**

**Begins: 11/6**  
**Non-Members \$95**

**Ends: 12/4**

**Note:** Price includes lunch, popcorn, and refreshments. Students can join on a pro-rated basis.

### **FM4** 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**  
**Six sessions**

**Mondays**  
**Members \$85**

**Begins: 10/30**  
**Non-Members \$95**

**Ends: 12/11**

## TUESDAY

### **FT1** SWEET AND SPIRITED YOGA!

*Mary Kane*

Enjoy a gentle yoga class with a sweet and spirited approach! Focus will be on body awareness, alignment, and deep connecting breath. This class is designed for men and women of all ages and fitness levels. Bring a mat (mats are available for use) and wear comfortable clothing suitable for exercise. Students are welcome to come at 8:30 AM for preliminary stretching.

**Mary Kane** earned an MA in creative arts and therapy from Hahnemann Medical College and University. She became an Ashtanga instructor in 1995 and a Reiki Master in 1998. She studies energy and consciousness work and practices and teaches Ashtanga yoga and Reiki throughout the area.

**9:00-10:00 AM**  
**Eight sessions**

**Tuesdays**  
**Members \$88**

**Begins: 10/17**  
**Non-Members \$104**

**Ends: 12/12**

**Note:** Yoga is offered Monday, Tuesday and Wednesday in the fall at 9:00 AM. Students can join at any time on a pro-rated basis if space permits.

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

## TUESDAY (CONT.)

### **FT2** AT THE MOVIES

*Gus Mollasis*

Join Gus on a celluloid adventure as he assigns quality films that are playing locally for you to see and then discuss together in class. Film is the greatest art form according to Gus because it encompasses all the arts and touches all the senses. In class you will decide whether your film assignment was a hit or a miss as you discuss the script, acting, cinematography, directing and scoring. Call the school (941-383-8811) or check our website for your first movie assignment, [www.lbkeducationcenter.org](http://www.lbkeducationcenter.org).

See *Biographical Sketch* on page 2.

**11:00 AM-12:30 PM**      **Tuesdays**      **Begins: 10/17**      **Ends: 12/12**  
**Eight sessions**      **Members \$120**      **Non-Members \$130**

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

## WEDNESDAY

### **FW1** SLOW FLOW YOGA

*Angelena Craig*

Wake up every part of your body and move in a gentle but dynamic way! You will leave class feeling deeply relaxed, yet fully energized. Simple routines will incorporate stretching, conditioning, breathing, balancing, and relaxation exercises designed to flow with ease and provide maximum safety and enjoyment. All ages and fitness levels are welcome. Bring a mat (mats are also available for use) and wear exercise clothing.

*Angelena Craig is a professional level Kripalu yoga instructor, having completed 500 hours of training. She is also certified in Yoga for Cancer and Ageless Grace. Angelena founded Beacon Light Yoga Center in Boston and her present Sarasota company, A New Aging Movement.*

**9:00-10:00 AM**      **Wednesdays**      **Begins: 10/18**      **Ends: 12/13**  
**Eight sessions**      **Members \$88**      **Non-Members \$104**

**Note:** Yoga is offered Monday, Tuesday and Wednesday in the fall at 9:00 AM. Students can join at any time on a pro-rated basis if space permits.

### **FW2** WATERCOLOR, ACRYLIC, PASTELS, OILS

*Renee DiNapoli*

Learn to paint like the masters in your medium of choice with simple techniques. Depth and perspective, light and shadow will be covered with personal instruction and demonstrations. Easy subject materials will be provided. A delightful method of creating abstract, seascapes, landscapes, etc. will also be introduced. Seasoned artists or complete novices will enjoy these classes. Students can bring their own materials (the office also has a supply list). Or materials can be bought in class for an additional \$10 per class, payable to the teacher.

*Renee DiNapoli trained with Carlo DiNapoli for 36 years and was a graduate of the Red Mountain Institute of Fine Art in Birmingham, AL. She has taught at Ringling College of Art and Design, Selby Gardens and various universities and art leagues. Her work is represented in numerous galleries.*

**9:00-11:30 AM**      **Wednesdays**      **Begins: 11/8**      **Ends: 12/6**  
**Four sessions**      **Members \$135**      **Non-Members \$145**

## WEDNESDAY (CONT.)

### **FW3** YOU'VE GOT TO SEE THIS MOVIE!

*Kathie Moon*

If you love to go to movies and talk about them, then this course is for you. Each week students will be assigned 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 Education Center for the first movie assignment (941-383-8811). Movie assignments will also be posted on our website: [www.lbkeducationcenter.org](http://www.lbkeducationcenter.org).

*Kathie Moon*, movie critic/ film guru and award-winning former *Sarasota Pelican Press* film reviewer, now Tweets, Blogs and Tumblrs about film as art. She is involved in film studies through classes, field trips, film programming, film societies and film festivals.

**3:00-4:30 PM**  
**Eight sessions**

**Wednesdays**  
**Members \$120**

**Begins: 10/18**  
**Non-Members \$130**

**Ends: 12/13**

**Note:** Classes can be pro-rated if space permits.

## THURSDAY

### **FR1** DRAWING: MAKE YOUR MARK IN THIS WORLD!

★ **NEW**

*Alexandra Lillis*

Take the first steps on your artistic journey by learning how to draw. Students will learn to see like an artist and discover the concepts, techniques, and tricks to capture visual information on paper through hands-on drawing and class discussions. All skill levels are welcome, with beginners starting in graphite or charcoal and intermediate to advanced students exploring any of the drafting media (pen and ink, colored pencil, or watercolor pencil). Students always enjoy Alexandra's patient and supportive teaching style. A materials list will be provided upon registration.

*Alexandra Lillis* received her bachelor of fine arts degree (BFA) from Ringling College of Art and Design. She has taught adult art education for the past ten years and her artwork has been featured in solo and group exhibits at governmental buildings and cultural centers.

**9:30-11:30 AM**  
**Four sessions**

**Thursdays**  
**Members \$120**

**Begins: 11/9**  
**Non-members \$130**

**Ends: 12/7**

### **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**  
**Six sessions**

**Thursdays**  
**Members \$85**

**Begins: 11/2**  
**Non-Members \$95**

**Ends: 12/14**

**NO CLASSES THANKSGIVING WEEK, NOVEMBER 20-25.**

## THURSDAY (CONT.)

**FR3** ENJOYING THE GREAT OUTDOORS: *An Insider's Guide to Longboat Key and Nearby Recreational Areas* ★ **NEW**

*Rusty Chinnis*

Rusty Chinnis, Longboat Key environmentalist, angler, photographer and outdoor writer will hold a three-part introduction to the "best of the best" local natural attractions. Join Rusty as he gives you an insider's glimpse into the area's natural wonders through images and first-hand accounts. You'll learn where to enjoy nature, photograph birds, kayak, paddle board, fish, and just appreciate the great outdoors!

*Rusty Chinnis is an award-winning outdoor photographer, writer, certified fly casting instructor, and U.S. Coast Guard licensed captain. Rusty specializes in bird, landscape and coastal photography. He is a fly fishing and travel writer with credits in American Angler, Florida Sportsman, Sport Fishing, Sarasota Magazine, Eastern Fly Fishing and many others, and writes a weekly column, Reel Time, for the Anna Maria Island Sun.*

**3:00-4:30 PM**  
**Three sessions**

**Thursdays**  
**Members \$55**

**Begins: 11/9**  
**Non-Members \$65**

**Ends: 11/30**

*No classes Thanksgiving week, November 20-25.*

## ANNUAL FALL MOVIE FESTIVAL

**SPFS** BURNS COURT CINE-WORLD FILM FESTIVAL SEMINAR

*Gus Mollasis*

The Sarasota Film Society's annual Cine-World Film Festival is the best 10 days in Sarasota for cinema, offering a fabulous smorgasbord of excellent films straight from the Toronto, New York and Cannes Film Festivals. It is a "must-do" for film buffs and great fun! After carefully selecting six films to see at Burns Court Cinema, Gus will contact each student with the assigned Cine-World movie list. Discussions will be held at The LBK Education Center; classroom dates are listed below.

**Note:** Students will be required to purchase their own film tickets online after they have been notified by Gus 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](http://www.filmsociety.org). The festival runs from November 3-12 this year.

*See Biographical Sketch on page 2.*

**10:00 AM-12:00**  
**Three sessions**

**Dates: Mon., 11/6, Fri., 11/10, Mon., 11/13**  
**Members \$55**

**Non-Members \$65**

**NO CLASSES THANKSGIVING WEEK, NOVEMBER 20-25.**