

SATURDAY

WS1 CHAIR YOGA *Angelena Craig*

For Course Description see page 3.

10:00-11:00 AM
Eight sessions

Saturdays
Members \$88

Begins: 1/11
Non-Members \$104

Ends: 2/29

WS2 MIXED MEDIA — OPEN STUDIO *Danielle Glaysher*

★ **NEW**

Are you a novice who has never done any artwork but would like to start an art project? Are you working on a painting or collage and would like some guidance? Maybe you just want to be inspired to have the experience of making art. This open studio will give you the opportunity to create new art, complete a work in progress and/or try new materials and learn how to use them. Danielle will suggest projects and bring some starter materials for those who aren't sure what they want to do. Or bring past artworks for a critique. Come and enjoy a creative afternoon in a motivating atmosphere that will help nourish the inner artist in you!

Danielle Glaysher is a graduate from the Ringling College of Art and Design. She is a professional artist and has taught in the continuing education programs at Ringling and currently teaches at the Sarasota Bay Club. Danielle's sculptural artwork can be seen at various public parks in Sarasota and she shows her mixed media at The Island Gallery in Venice, Fl and the ESP Gallery in Chelsea, New York.

1:30-3:30 PM
Six sessions

Saturdays
Members \$150

Begins: 1/18
Non-Members \$160

Ends: 2/22

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

SATURDAY WINTER WORKSHOPS ALL NEW

WWK1 HOW YOU CAN REGULATE YOUR NERVOUS SYSTEM — *Gain Freedom and Power in Your Mind and Body!* *Anne Ferrier*

★ **NEW**

We are born wired to connect. How we move through the world — turning toward, backing away, sometimes connecting and other times isolating — is guided by our autonomic nervous system, constantly asking the question: “Is this safe?” Being able to accurately assess the state of our autonomic nervous system and effectively change it to fit our needs better is a “super” skill and the goal of this workshop. You will learn: the role of the autonomic nervous system in your daily life; explore how it shapes your behaviors; expand your ability to understand and navigate the effect on your body and mind; and increase your ability to spend more time in a safe internal space.

Anne Ferrier holds a master's degree in clinical psychology from the Vrije University in Amsterdam, the Netherlands. She brings more than 25 years of experience as a global executive coach, diversity consultant, workshop presenter, and cultural psychologist. During this time, Anne has worked in the field of human change and development in South America, Europe and the U.S.

10:00 AM-12:00

Saturday, January 11
Members \$30

Non-Members \$35

SATURDAY WINTER WORKSHOPS ALL NEW (CONT.)

WWK2 ARTHRITIS — *It's Not Just One Disease!*

Alan S. Fischman, MD

Over 40 million people in the U.S. suffer the pain and disability of some form of arthritis, and there are over 100! Osteoarthritis, the most common form, and other common forms of the disease, including rheumatoid arthritis, psoriatic arthritis, fibromyalgia, and gout, will be discussed by Dr. Fischman in this informative workshop. He will cover the signs and symptoms of the diseases, their differences, possible causes, as well as the current treatments. This will also include a discussion and update of some of the newer and even controversial treatments in 2020. Questions will be addressed.

Dr. Alan Fischman practiced rheumatology in New York for 34 years. He earned his MD at New York Medical College and did his clinical training at NYU Medical Center, followed by his fellowship in rheumatology at The University of Connecticut. He has served on the board of the Hudson Valley Arthritis Committee as well as being a clinical instructor at New York Medical College. He has lectured extensively on osteoarthritis, rheumatoid arthritis, psoriatic arthritis, systemic lupus erythematosus, scleroderma, and gout.

10:00 AM-12:00 **Saturday, January 18**
Members \$30 **Non-Members \$35**

WWK3 COMPOSITION IN PHOTOGRAPHY

Ken Strothman

Composition can make or break a photograph. Paying attention to the whole frame, and looking for a balance of the elements in your images, will result in better photographs. The “Rule of Thirds” along with other compositional elements will be discussed as well as a brief conversation about the craft of photography. Understanding the capabilities and limits of your camera is important in order to get the best results. This workshop is for people looking to improve their photography, whether it be for travel or casual photographs of friends and family.

Ken Strothman has been working in photography since high school. Among other jobs and positions, he was head photographer of the Indian University Art Museum. In Sarasota, he just recently retired after 20 years at the Ringling College of Art and Design. While at Ringling, he was an integral part of the photography and imaging department, where he oversaw the department's studios, classrooms and digital printing equipment and supported both faculty and students.

10:00 AM-12:00 **Saturday, January 25**
Members \$30 **Non-Members \$35**

WWK4 FISHING IN OUR LOCAL WATERS — *A Focus On Inshore Flats Fishing*

Captain Bucky Goldman

For Course Description see page 6.

10:00 AM-12:00 **Saturday, February 1**
Members \$30 **Non-Members \$35**

SATURDAY WINTER WORKSHOPS ALL NEW (CONT.)

WWK5 POWER OF JOY: *Anandagraha Workshop*

Dilip Mathur

Why have humans evolved to laugh and experience joy? What is the nature of this gift we have been given and how can we fully use it in daily life to flourish and live a happy life of noble achievement? We will see how the power of joy (anandagraha in Sanskrit) can be cultivated and how it has been used by famous people. Laughter and joy have healing power, disarm conflict, and create harmony. This fun workshop uses jokes, cartoons, and exercises. Laugh your way to learning and experience a joyful morning. See Dilip's course starting February 7, The Power of Truth and Wisdom on page 39.

See Biographical Sketch on page 39.

10:00 AM-12:00 **Saturday, February 1**
Members \$30 **Non-Members \$35**

WWK6 YI JIN JING – QIGONG WORKSHOP

Nancy Saum

Join Nancy Saum, our popular qigong instructor, in this introduction to the modern version of the twelve traditional routines of Yi Jin Jing, which feature soft, extended, even movements that invigorate the limbs and internal organs. Yi Jin Jing can help your body become stronger, more resilient and more flexible. It works on both physical and emotional levels simultaneously enhancing your potential to move through the world with greater confidence and compassion.

See Biographical Sketch on page 19.

1:00-3:00 PM **Saturday, February 8**
Members \$30 **Non-Members \$35**

WWK7 CONSCIOUS CULTURAL TRAVEL

Wayne Eastep and Anne Ferrier

You've traveled looking at landscapes, monuments, street scenes and people. Are you ready to go beyond traveling as a tourist and become a conscious cultural traveler? In this workshop you will be introduced to a new way of travel — seeing, connecting, and expanding your ability to experience the authentic culture of a people. The presentation is a mix of photography and ideas for personal expansion; discovering the inner eye, the lens of our heart. Documentary photographer Wayne Eastep will show images that he has made while photographing in Kyoto, Iceland, Saudi Arabia, and Kazakhstan. Cultural psychologist Anne Ferrier will join Wayne and the two will discuss how you can learn to travel and see places and people from the inside out. Being a cultural explorer and observer will enhance your travels and enrich your life. Travelers with or without camera in hand will enjoy this unique approach to travel. This workshop will change your future travel experiences forever.

See Biographical Sketch for Wayne Eastep on page 42 and for Anne Ferrier on page 45.

10:00 AM-12:00 **Saturday, February 29**
Members \$30 **Non-Members \$35**

SATURDAY WINTER WORKSHOPS (CONT.)

THE ART OF AGING WELL

Anti-Aging Workshops

WWK8 ANGELENA'S TOP TEN TIPS FOR EMBRACING AGING

Angelena Craig

As a young octogenarian, our popular and forever vibrant chair yoga teacher has ten top practical tips to share for growing old while staying young. The workshop will be conducted in a discussion format and will include some introductory chair yoga warmups. Angelena maintains that through staying in charge of our health, practicing self-care, and remaining curious we can, more than ever, move into our authentic selves. For those attending Angelena's chair yoga class from 10-11, there are on-site restaurants to enjoy after class and before the workshop.

See Biographical Sketch on page 3.

12:30-2:30 PM

Saturday, January 18

Members \$30

Non-Members \$35

WWK9 LIVE LONGER, STAY YOUNGER, WITH BETTER FOOD CHOICES

Shyamala Badrinath

Go to the kitchen instead of your doctor! But make good choices. Food in America has changed in the last 50 years and can contribute to chronic inflammation in our bodies. This workshop is designed to make students aware of the essential aspects of nutrition, which has a profound impact on our emotional, mental, and physical well-being. Reading materials and brochures will be given out and Shyamala will cook a wonderful, light, nutritious lunch for everyone to enjoy! Her dishes are delicious and based on healthy spices and herbs from her Indian tradition. Price of the workshop includes lunch.

Dr. Shyamala Badrinath is an anesthesiologist at Rush University Medical Center and retired medical director of Rush Surgery Center. She has a great love for cooking and has taken many courses. Her primary focus is on nutrition and the prevention of diseases. "Let food be thy medicine and medicine be thy food," said Hippocrates, and so says Shyamala.

10:00 AM-12:30 PM

Saturday, February 15

Members \$35

Non-Members \$40

WWK10 WRINKLES DON'T HURT — *Aging Mindfully*

Ruth Fishel

Aging can be a time of limitless opportunities or merely a time of limits and losses. The choice is ours. In this workshop you will learn how our thoughts play a large part in how we feel and how meditation and mindfulness can give our lives a new purpose. You will go home with a set of daily practices, including mindfulness, daily journaling, affirmations, sharing and setting intentions, so that you can face the challenges that come with aging and help you live a rich and meaningful life. Ruth has taught her popular mindfulness course on Wednesdays in February (see page 19), for many years at The Longboat Key Education Center.

See Biographical Sketch on page 19.

10:00 AM-12:00

Saturday, February 22

Members \$30

Non-Members \$35