WESTERN STATE COLORADO UNIVERSITY
EXTENDED STUDIES

Fall 2013 Course Offerings
Register:
Online at www.western.edu/extendedstudies
Call: (970) 943-2885, fax (970) 943-7068
Email: extendedstudies@western.edu

ART

ART OF PHOTOGRAPHY

Rebecca Ofstedahl
27660, NON CREDIT, $40
Date: 9/18/2013
Day: Wednesday
Time: 2:00PM-5:00PM
Location: Taylor 101

27661, NON CREDIT, $40
Date: 9/25/2013
Day: Wednesday
Time: 9:30AM-12:30PM
Location: Quigley 107
Don't be intimidated! *Art with Photography* is a hands-on workshop geared toward beginner and emerging photographers looking to get more out of their photographic experience. Taking a good photo starts with the mechanics of the camera and continues with composition, depth of field, focus, aperture, light, pattern, texture, mood, subject matter, and rules of exposure. Students learn the basics of the digital camera and photographic principles such as aperture, shutter speed, and depth of field as well as the creativity and composition needed to make compelling digital images. Half the workshop is spent shooting and the other half learning by critiquing our work. Students should bring a digital camera, manual, and flash drive to class. **No refunds after 9/11 for 9/18 class and no refunds after 9/18 for 9/25 class.**

BASICS OF CALLIGRAPHY

Mary Tuck
27662, NON CREDIT, $110 + $20 materials fee
Date: 10/01/2013-11/05/2013
Day: Tuesday
Time: 5:30PM-7:30PM
Location: The Art Studio in Crested Butte
Join local artist Mary Tuck at The Art Studio in Crested Butte to learn the basics of calligraphy with pen, ink, pain, and brush. Students learn the basic structure of each letter in the alphabet, and then use this knowledge to create frameable pieces of artwork and greeting cards. Mary also leads the class through easy painting and drawing techniques to guide students in embellishing of their calligraphy with color, texture, and small drawings. This is a great class create your own handmade cards this holiday season!

BATIK FABRIC ART: AN EXPLORATION OF TEXTURES AND PATTERNS

Gail Sovick
27663, NON CREDIT, $100 + $40 materials fee
Date: 9/23/2013-10/28/2013
Day: Monday
Time: 5:30PM-7:30PM
Location: Gunnison Art Center Art Studio
Batiking, a resist-based dying technique from Indonesia, is a fun and approachable art medium that yields gorgeous, organic designs on fabric. In this course, students step through the process from start to finish while focusing on the history of Indonesian patterns and texturing methods. By the end of the six weeks students go home with a series of hand-made pieces that can be used in quilting or sewing, serve as home décor or be given as a gift. No prior experience is necessary and all supplies are included.

CALLIGRAPHY FOR FUN AND LEARNING
Bill Tintera
27665, NON CREDIT, $80 + $20 materials fee
Date: 9/18/2013-11/06/2013
Day: Wednesday
Time: 7:00PM-8:30PM
Location: Kelley 118
Optional Textbook: *Calligraphic Lettering with Wide Pen and Brush*, Ralph Douglass
Calligraphy is art. Calligraphy is fun. Calligraphy is even a career! In this course students learn classic Roman lettering and one other style of their choosing. Each session is devoted to practicing lettering fundamentals, good posture, proper holding and handling of a calligraphy pen as well as studying and executing the letter forms. At the same time, students explore useful applications of calligraphy such as making greeting cards, designing posters, and making calendars. In this way the principles of layout, design, and color are incorporated into the work. Other experimenting is encouraged by the use of off-beat writing instruments: sharpened Popsicle sticks dipped in ink, using quills cut with a pen knife, brush lettering, and sumi-writing. In the end, whether beginning an art career or making posters for a club or business, this class is a good start in calligraphy.

FINDING FALL COLORS: THE ART OF PHOTOGRAPHY IN THE FALL
Rebecca Ofstedahl
27666, NON CREDIT, $40
Date: 9/27/2013
Day: Friday
Time: 9:30AM-12:30PM
Location: Quigley 107
Materials: Students must bring their own digital camera and manual
Finding Fall Colors is a hands-on workshop in which students spend their time in the turning aspens, photographing the colors of fall. This workshop is geared towards beginner and intermediate photographers looking to get more out of their photographic experience. Taking a good photo starts with the mechanics of the camera and continues with composition, depth of field, focus, aperture, light, pattern, mood, subject matter and rules of exposure. Students learn the basic of the digital camera and photographic principles such as shutter speed and depth of field as well as the creativity and composition needed to make compelling digital images.

GROUP INSTALLATION ART PIECE
Carol Connor
27667, NON CREDIT, $40
Date: 10/23/2013
Day: Wednesday
Time: 6:30PM-9:30PM
Location: Quigley Hall 234

Join in, to create a group, mixed media, temporary piece of art, from recycled and re-purposed materials. Have fun, while collaborating, exchanging ideas and seeing and utilizing everyday objects in new ways. For all levels of artistic experience, from non-artists to practicing artists.

LEARN TO DRAW
Donna Rozman
27668, NON CREDIT, $95 + $20 materials fee
Date: 10/02/2013-10/30/2013
Day: Wednesday
Time: 5:30PM-7:30PM
Location: The Art Studio in Crested Butte
Learn to draw is a course designed to teach the fundamental skills used in drawing (making marks on paper) in a fun, non-threatening environment. Drawing is a skill that anyone can learn. If you can write you name, you can learn to draw. In this class students learn to see with an artist's eye and capture what you see on paper. No previous experience is required and all levels are welcome.

LIVIN UP YOUR POTS: ALTERING ON AND OFF THE WHEEL
Shannon Lowry
27669, NON CREDIT, $70 + $70 materials fee
Date: 9/25/2013-10/30/2013
Day: Wednesday
Time: 6:30PM-8:30PM
Location: Gunnison Art Center Art Studio
In this course students explore exciting ways to make their clay pots fresh and lively. Altering with freshly thrown clay can add interest to any form. Students look at how to texture surfaces using faceting, carving, fluting, and impressing as well as how to shape pots into squares, ovals, triangles and make fitted lids. Finishing touches and attachments like handles and feet, may enhance and complete our pots. Attention to the particular interests and the work of each individual are emphasized. This class is open to novice and advanced potters ages 16+. Some wheel throwing experience is helpful, but not required.

PRECIOUS METAL CLAY JEWELRY CRAFTING
Mary Tuck
27670, NON CREDIT, $75 + $65 materials fee
Date: 11/26/2013-12/17/2013
Day: Tuesday
Time: 5:30PM-7:30PM
Location: The Art Studio in Crested Butte
PMC is 99% pure silver; $45 of the materials goes to the cost of the silver. The rest is for the jewelry embellishments. This is like no other jewelry workshop! Precious metal clay, PMC, is a crafting medium, with the consistency of polymer clay that is comprised of very small particles of metal (in this case silver). The "clay" is used to form beautiful pendants, rings, and earing for jewelry pieces. Once the clay has been shaped to their user's liking, it is fired in a tabletop kiln. During the firing process, the binder in the PMC burns away, incredibly leaving a 99% pure silver piece. In this four week in-depth class, participants not only create PMC pieces, but they learn how to take those pieces and turn them into finished jewelry. Using their PMC pieces and then incorporating beading techniques and supplies such as crystals, pearls, and natural stones. Students learn to use jewelry findings to complete bracelets, necklaces, and earrings. No experience is necessary and students familiar with PMC and those who are new to the medium are both encouraged to join this workshop. This is a perfect time of year to make a homemade gift for the holidays!

BIOLOGY

COLORADO BIRDS OF PREY*
Jeffrey J. Ewert
27719, CEU 1, $80
27724, NON CREDIT, $80
Date: 9/10/2013-10/22/2013
Day: Tuesday
Time: 7:00PM-9:00PM
Location: Taylor 100, at least one field trip to be determined
Students study the anatomy, physiology, morphology, and field identification of major Colorado raptors (Birds of Prey). This includes lectures of key points of major raptor groups: Falcons, Accipiters, Butoes, other occasional species, and some select common owl species. Through both lectures and observations, each student learns to identify raptors, raptor habitat, and niche. Students also learn how to properly record field observations in a field notebook as a part of the class requirements.

BUSINESS

ASK, ASK, ASK: A SALES WORKSHOP FOR ENTREPRENEURS
Marilyn Laverty
27673, NON CREDIT, $15
Date: 11/04/2013
Day: Monday
Time: 6:00PM-8:00PM
Location: Taylor 104
Is there still a lot of fear surrounding the selling? Are you reluctant to ASK for the sale? Are you postponing calls to past clients? Are you asking regularly for support for yourself and your organization? Are you tapping into your network? This network could be providing you expertise, connections, leadership, inspiration, accountability and even lead to new customers. This high impact workshop inspires students to build a habit of asking and put the “ASK" in a whole new light. Apply proven sales techniques and learn to sell to customer values and build meaningful relationships. Join us to get the tips and tools you can use immediately to grow your top line revenue!

HOW TO BORROW MONEY TO GROW YOUR BUSINESS
Marilyn Laverty
27730, NON CREDIT, $15
Date: 12/03/2013
Day: Tuesday
Time: 6:00PM-7:30PM
Location: Taylor 104
Lenders have guidelines for business loans and the more you know and understand these guidelines, the easier your loan application approval process could be. This workshop is a great opportunity to get answers to the specific questions you may be asked during the loan application process Understand the ins and outs of borrowing without using your home as equity. Learn about US Department of Agriculture rural business loans to expand your business or purchase equipment. Find out about the SBA loan program designed to purchase a business building for 10% down. Learn about the Colorado Finance and Housing Authority cash collateral programs to support you if your loan application is short on collateral. Receive the model for three year profit and loss projections. This Excel tool will save you time in building your business case to the bank. Get the contacts for micro lending sources in Colorado for business loans. Understand your local opportunities for 6% business loans with Region 10 when you get turned down by a bank.

BASICS OF EBAY SELLING
Olen Batchelor
27672, NON CREDIT, $30
Date: 10/08/2013-10/09/2013
Day: Tuesday, Wednesday
Time: 6:00PM-9:00PM
Location: Taylor 101
Learn to make a supplemental or full-time income from an eBay-trained Certified Education Specialist. This multimedia course includes eBay University's own training materials and covers selling basics and beyond, including: research, opening and using a PayPal account, improving individual listings with better descriptions and digital photography, security, and post-sale activities such as billing and shipping. Do not spend frustrating hours poring over tedious instructions. Trial and error is error. Learn from a long-time successful seller.

COMMUNICATION

GETTING PAID TO TALK: AN INTRODUCTION TO PROFESSIONAL VOICE-OVERS
Jenny Marcotte
27674, NON CREDIT, $20
Date: 11/21/2013
Day: Thursday
Time: 6:30PM-9:00PM
Location: Taylor 100
Have you ever been told that you have a great voice? This exciting class explores numerous aspects of voiceover work for television, film, radio, audio books, documentaries, and the internet. All the basics are covered, including how to prepare the all-important demo, as well as how to be successful and earn great income in this exciting field. Students have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in professional voice acting. **No refunds after 11/15/2013.**

JOURNALISM I - NEWS WRITING
Yvette Roberts
27675, NON CREDIT, $20 per class, or all 5 courses for $85
Date: Monday
Day: 9/30/2013
Time: 6:00PM-9:00PM
Location: Taylor 100
Learn to write a straight news story, basic to print and broadcast journalism as well as press releases for public relations. Get the important information across with a killer lead in appropriate Associated Press style. Follow up with properly quoted sources to make yourself a star reporter. This class is geared for beginners.

JOURNALISM II - HEADLINES AND CAPTIONS
Yvette Roberts
27676, NON CREDIT, $20 per class, or all 5 courses for $85
Date: Monday
Day: 10/07/2013
Time: 6:00PM-9:00PM
Location: Taylor 100
Get attention with great headlines and captions. Whether it's a news story, feature or a press release, writing a good headline is essential for print or broadcast journalists as well as publicists. Students learn how to write

straight news headlines in appropriate journalistic style as well as heads for feature that entice interest, plus informative captions make photos even better.

JOURNALISM III - ETHICS AND LIBEL FOR JOURNALISTS
Yvette Roberts
27678, NON CREDIT, $20 per class, or all 5 courses for $85
Date: Monday
Day: 10/14/2013
Time: 6:00PM-9:00PM
Location: Taylor 100
Writing for publication carries legal and ethical obligations. This class helps you recognize libel and utilize techniques to avoid it. Students learn the surprising legal rights and responsibilities of student journalists under Colorado law as well as how to distinguish ethical journalism from propaganda in print and broadcast news.

JOURNALISM IV - FEATURE WRITING
Yvette Roberts
27679, NON CREDIT, $20, per class, or all 5 courses for $85
Date: Monday
Day: 10/21/2013
Time: 6:00PM-9:00PM
Location: Taylor 100
Writing features is basic to print and broadcast journalism as well as public relations. Learn to make your feature irresistible with snappy writing and memorable quotes from interviewees. Find out how a good hook and title can get your feature the attention it deserves.

JOURNALISM V - EDITORIAL/OPINION WRITING
Yvette Roberts
27680, NON CREDIT, $20
Date: Monday
Day: 10/28/2013
Time: 6:00PM-9:00PM
Location: Taylor 100
Good opinion pieces get the writer's personal point of view across as a journalist or a private citizen. Editorials try to influence public opinion while letters to the editor allow the public to air their views. Learn ways to express your opinions to draw an audience in both print and broadcast media while satisfying editorial policy.

DANCE

ADVANCED BEGINNER BALLROOM DANCE
Rita Bohn and Bob Wojtko
27681, NON CREDIT, $70
Date: 9/09/2013-10/14/2013
Day: Monday
Time: 6:30PM-7:30PM
Location: West Gym
Prerequisite: Basic Beginner Ballroom Dance required
Please sign up with your regular dance partner or let Extended Studies know if you need to be matched up with a dance partner. Students learn more advanced steps for the following dances: Waltz, Foxtrot, and Swing. Students learn 3 to 4 additional steps in each dance while honing their posture, hold, frame, and lead and follow skills.

BEGINNER BALLROOM DANCE
Rita Bohn and Bob Wojtko
27682, NON CREDIT, $70
Date: 9/08/2013-10/13/2013
Day: Sunday
Time: 5:00PM-6:00PM
Location: West Gym
Please sign up with your regular dance partner or let Extended Studies know if you need to be matched up with a dance partner. Always admired ballroom dancers gliding across the dance floor? Loved movie classics starring Fred Astaire and Ginger Rogers? Dance and romance doesn't get any better than that and it inspires people to want to learn how to ballroom dance! The opportunity to learn three traditional ballroom dances - Waltz, Foxtrot, and Swing, - has arrived. Participants learn more than just steps in class; they learn the correct posture, hold, frame, lead, and follow and 4-5 steps in each dance. Whether you are attending a party in Portland, a wedding in Wisconsin, or a class reunion in Connecticut, you can dance with confidence.

BEGINNING COUNTRY/WESTERN DANCE
Rita Bohn and Bob Wojtko
27683, NON CREDIT, $70
Date: 9/08/2013-10/13/2013
Day: Sunday
Time: 6:30PM-7:30PM
Location: West Gym
Please sign up with your regular dance partner or let Extended Studies know if you need to be matched up with a dance partner. Students learn the basics of the following dances: Two-Step, Country Waltz, and Country Swing. Students learn the correct posture, hold, lead, and follow for each dance. Participants leave the class knowing 4-5 steps in each dance.

ENVIRONMENTAL STUDIES

***These courses are part of the Applied Sustainability Certificate program. For more information, visit www.western.edu/extendedstudies.**

BASICS OF FOOD PRESERVATION*
Beth Coop
27685, CEU 1, $80 + $30 materials fee payable to instructor
Date: 9/28/2013-9/29/2013
Day: Saturday, Sunday
Time: Saturday 9:30AM-5:00PM, Sunday 12:00PM-5:00PM
Location: Saturday and Sunday, Gunnison Community Center Kitchen
This session covers the principles of safe food handling and basic techniques for home food preservation. Students learn how to plan and prepare for canning projects and get hands-on experience canning and dehydrating fruits and vegetables that are in season such as peaches, apples, tomatoes, and peppers. Students make jams, salsas and sauces using mostly organic ingredients. There is also an emphasis on minimizing food waste and reducing resource consumption during the preservation process, as well as learning how to source foods locally. Each student can expect to leave with 4-5 items preserved by the class and a belly full of food. **No refunds after 9/20/2013.**

Continuing Education Units (CEUs)
The Continuing Education Unit (CEU) is a nationally recognized method of quantifying the time spent in the classroom during professional development and training activities. Ten hours of instruction = 1.0

CEU. One hour of instruction = 0.1 CEU. CEUs appear on your Western State Colorado University transcript; however, they are not college credits and do not fulfill degree requirements.

EXERCISE AND SPORT SCIENCE

BAL-A-VIS-X
Mel Torpey
27686, NON CREDIT, $80
Date: 10/01/2013-10/24/2013
Day: Tuesday, Thursday
Time: 10:00AM-11:00AM
Location: Taylor 117
Bal-A-Vis-X is a series of Balance/Auditory/Vision/eXercises of varied complexity, most of which are deeply rooted in rhythm. Bal-A-Vis-X is an activity that can help delay the effects of aging by stimulating interaction between the hemispheres of the brain. The simple movement involves the bouncing of balls which aides in hand-eye coordination and eye tracking. Improved balance and posture are benefits of this activity and memory is strengthened by the rhythm involved. Greater concentration and use of newly formed brain cells can also occur through performing the skill sequences. Bal-A-Vis-X is for men and women and requires no special attire to participate. The best part of this activity is that it can be done sitting or standing. Come join the fun and stay young!

BEGINNING MEDITATION
Sherrill Stenson
27687, NON CREDIT, $20
Date: 9/25/2013-10/16/2013
Day: Wednesday
Time: 7:00PM-8:00PM
Location: Main Street Yoga Studio, 320 ½ N Main St, Gunnison
Meditation is easy with an instructor. Learn all the basics, such as how to make a sacred place for your daily practice. Meditation improves concentration, boosts the immune systems, improves sleep, decreases depression, anxiety, and so much more. Experience the inner peace of this ancient yogic practice. The instructor is doing this course for free, so donations for the instructor are welcome at the class. This is a traditional practice in meditation. Course cost is for administrative support.

BEGINNER YOGA/ INTRO TO THE YOGA LIFESTYLE WITH BRENDA FLEMMING
Brenda Flemming
27688, NON CREDIT, $120
Date: 9/30/2013-12/20/2013
Day: Tuesday, Thursday
Time: 3:30PM-5:00PM
Location: Taylor 117
Textbook/Materials: Students must bring $30.00 for course book and bring a notebook.
Learn tools for the Yogic Lifestyle through the study of the eight fold limbs of ancient yoga. Study the prerequisites for practicing asanas (postures) and breath control to strengthen the nervous system, building the immune system and to find a neutral state within the wear and tear of everyday living. This course gives students the tools to work towards a balance of the evolution of our humaneness through becoming comfortable with the 'study of the self,' returning back to the essence of who we really are. This course includes all aspects of clean living from the nutrition we put in our bodies to the way we hold ourselves in everyday life. This course goes much deeper than just practicing postures. Students acquire tools for conscious living.

HEALING YOGA FOR CANCER SURVIVORS AND PATIENTS

Leia Morrison
27690, NON CREDIT, $30
Date: 9/25/2013-12/18/2013
Day: Wednesday
Time: 1:00PM-1:45PM
Location: The Sanctuary Yoga Studio, 513 South Main Street Suite A, Gunnison
Materials: Yoga mat required. Please bring your own mat. Yoga mats may be purchased at the studio or rented for $3.00 per class.
Suggested Text: *The Journey Through Cancer: Healing and Transforming the Whole Person,* by Jeremy Geffen
This class is for those who either have undergone cancer treatment or are currently in active treatment. A gentle group class that involves techniques drawn from yoga, pilates, strength training and relaxation techniques. This class is perfect for those experiencing treatment-related symptoms such as post-surgical pain, limited range of motion, sleep-issues, fatigue, hormonal issues and digestive problems. All surgical incisions need to be healed and a platelet count of at least 20,000. All are welcome at any phase of treatment as long as they meet the above criteria.

INTERMEDIATE YOGA/ COMPASSIONATE LIFESTYLE WITH BRENDA FLEMMING
Brenda Flemming
27689, NON CREDIT, $120
Date: 10/01/2013-12/12/2013
Day: Tuesday, Thursday
Time: 5:30PM-7:00PM
Location: Gym 17
Prerequisite: Beginner Yoga
Textbook/Materials*:* Students must bring $30.00 for course book and bring a notebook.
Intermediate yoga dives deeper into the subtleties of conscious awareness and continues with a bigger outlook on a compassionate lifestyle. Refine your postures, breath work and positive behaviors. Jump on the path with fellow practitioners, begin a deeper journey! This course includes all aspects of clean living from the nutrition we put into our bodies to the way we hold ourselves in everyday life. This course goes much deeper than just practicing postures. Students refine tools for the expansion in conscious living. All styles of yoga welcome, though the class is taught in the Iyengar Tradition of Ancient Patanjali Yoga.

IYENGAR YOGA
Candace Carson
27696, NON CREDIT, $120
Date: 9/09/2013-12/16/2013
Monday, 1:30PM-2:30PM, Restorative Yoga/Level I
Tuesday, 8:00AM-9:30AM, Level II
Thursday, 8:00AM-9:30AM, Level II
Friday, 10:00AM-11:15AM, Beginner Level I
Saturday, 9:00AM-10:15AM, Beginner Level I
Students can pick which classes they would like to attend. They may come up to twice a week or up to 24 classes.
Location: Main Street Yoga Studio, 320 ½ N. Main Street
This course is an introduction to Iyengar yoga or continuing study for those already familiar with the Iyengar system of yoga. There are different levels to choose from: restorative yoga, beginner/level I, or level II for more advanced students. Students work on restoring the body from the inside out, releasing stress and tension in the body and the mind, work on building strength and flexibility in the poses and for the more advanced students we explore the poses on a deeper level, including inversions and beginning pranayama. Props are used in the Iyengar system of yoga so anyone can practice and receive the benefits of yoga, regardless of your limitations.

MAKING MEDITATION A HABIT
Sherrill Stenson
27710, NON CREDIT, $20
Date: 10/23/2013-11/13/2013
Day: Wednesday
Time: 7:00PM-8:00PM
Location: Main Street Yoga Studio, 320 ½ N Main, Gunnison
Meditating in a group improves ones overall mediation experience and encourages the likelihood of a home practice. Practicing once a week is not enough to fully benefit from meditation. A consistent daily home practice is essential, but for beginners, this task is not easy. In this class, students learn tips that may help to build a long-term and rewarding home practice. This class is appropriate for both the beginner and those who wish to deepen their practice. The book, *Making Space: Creating a Home Meditation Practice* by Thich Nhat Hanh, is encouraged. The instructor is doing this class for free, so donations for the instructor are welcome at the class. This is a traditional practice in meditation. Course cost is for administrative support.

OM SHANTI OM: YOGA WEEKEND WITH SUSAN SEARLE
Susan Searle
27695, NON CREDIT, $20 per session or $45 for the entire weekend
Date: 10/11/2013-10/12/2013
Day: Friday/Saturday
Time: Friday 6:00PM-7:30PM, Saturday 10:30AM-12:00PM & 2:00PM-4:00PM
Location: The Sanctuary Yoga Studio, 513 South Main Street Suite A, Gunnison
Come prepared to breath, sweat, move your body, and still your busy mind. This yoga weekend celebrates and nurtures your personal yoga practice. Friday evening begins with a dynamic "Happy Hour" of vinyasa yoga set to the backdrop of pulsating beats, vibrations, and grooves. Saturday morning focuses our yoga practice on awakening the chakra energy centers within. Saturday afternoon moves into a Yin practice that asks you to go deeper into your poses and find stillness in your body. All sessions include a meditation and relaxation practice. All levels welcome.

PARTNER YOGA WORKSHOP SERIES
Leia Morrison
27691, NON CREDIT, $60 per couple
Date: 11/08/2013-11/09/2013, 11/15/2013-11/16/2013
Day: Friday, Saturday
Time: 5:00PM-7:00PM
Location: The Sanctuary Yoga Studio, 513 South Main Street Suite A, Gunnison
Materials: Yoga mat required. Please bring your own mat. Yoga mats may be purchased at the studio or rented for $3.00 per class.
Share the joys of yoga with one another! Special advice on the art of partnering reveals how to create a positive, safe, and nurturing environment through your practice. In this all-levels workshop, discover how partner yoga can both deepen your practice as well as reintroduce the fine art of play! Students experience doubles yoga where both people do the same posture simultaneously, mirroring each other, balancing and counter balancing to co-create the posture, as well as partner assisted yoga. Bring your spouse, significant other, friend, neighbor, family member, an open mind and a playful heart.

PILATES
Kenny Marks
27700, NON CREDIT, $120
Date: 10/07/2013-12/04/2013
Day: Monday, Wednesday
Time: 5:30PM-7:15PM
Location: Taylor 117

Prerequisites: Must be at least 14 years old.
Discover the many health benefits of the Pilates method! This energetic class challenges the fitness and core strength of participants, while teaching an exercise regime useful for an entire lifetime of personal strength and flexibility. People of all body types and moderate fitness levels are welcome to enjoy this progressive exercise class.

RESISTANCE TRAINING
Yuriy Litivnski
27694, NON CREDIT, $80
Date: 9/16/2013-11/13/2013
Day: Monday/Wednesday
Time: 11:00AM-11:50AM
Location: Escalante Fitness Center
All students must have a membership to Escalante Fitness Center
Adaptations to resistance training include, but are not limited to improvements in muscular strength, power, and endurance, body composition (decreased body fat), bone density, flexibility and cardiovascular fitness. Students learn through hands on experience, proper resistance training techniques in basic (single joint) to advanced (multiple joint) exercises. Students learn fundamental scientific principles in resistance training (i.e. endocrine system response to resistance training, mode of exercise, nutrition, and program design.) This course covers the basic training plan design and offers students a fun, supportive and engaging environment to increase life altering health and fitness habits.

RESISTANCE TRAINING FOR THE ADULT: FACULTY/STAFF/COMMUNITY
Yuriy Litivnski
27693, NON CREDIT, $80
Date: 9/17/2013-11/14/2013
Day: Tuesday, Thursday
Time: 12:15PM-1:15PM
Location: Escalante Fitness Center
All students must have a membership to Escalante Fitness Center
Adaptations to resistance training include, but are not limited to improvements in muscular strength, power, endurance, body composition (decreased body fat), bone density, flexibility, and cardiovascular fitness. Students learn through hands on experience, proper resistance training techniques in basic (single joint) to advanced (multiple joint) exercises. Students learn fundamental scientific principles in resistance training (i.e. endocrine system response to resistance training, mode of exercise, nutrition, and program design.) This course covers the basic training plan design and offers students a fun, supportive and engaging environment to increase life altering health and fitness habits.

SKI CONDITIONING CLASS
Bryan Wickenhauser
27716, NON CREDIT, $80
Date: 10/01/2013-11/21/2013
Day: Tuesday, Thursday
Time: 5:30PM-6:30PM
Location: West Gym
Get fit early and enjoy the upcoming ski season! Two-time Colorado Ski Mountaineering Series Champion and Team Crested Butte member, Bryan Wickenhauser, prepares participants for Alpine and/ or Nordic skiing, and snowboarding. Workouts focus on aerobic and plyometric conditioning in order to get each participant's complete body in shape to handle the demands of winter sports. All levels of athletes are welcome, but should not be using this class as a recovery course for injured knees and/or backs.

SUNRISE YOGA

Leia Morrison
27692, NON CREDIT, $120
Date: 9/23/2013-12/18/2013
Day: Monday, Wednesday
Time: 7:00AM-8:00AM
Location: The Sanctuary Yoga Studio, 513 S Main Street Suite A, Gunnison
Materials: Yoga mat required. Please bring your own mat. Yoga mats may be purchased at the studio or rented for $3.00 per class.
Salute the day with calming energy, stretch the body and wake up the spirit! Leave class feeling refreshed, centered and vibrant for the day. This all-levels yoga flow class emphasizes both a Vinyasa style (yoga sequences connected with the breath) as well as an enduring practice (holding a pose for a longer duration). Students give attention to postural alignment to safely develop strength, endurance, flexibility, balance, and reduce stress. Develop awareness and consciousness in the physical body to help unite body and mind. Class includes asana (physical practice), pranyama (breathing practices), meditation, and deep relaxation. Great for newcomers and experienced yogis alike!

YOGA-VINYASA
Sherrill Stenson
27699, NON CREDIT, $120
Date: 10/01/2013-12/12/2013
Day: Tuesday, Thursday
Time: 5:30PM-6:45PM
Location: Taylor 117
The word Vinyasa means "flow." In this vigorous style of yoga, students connect asanas (poses) to the breath, the presence of mind from one moment to the next, and incorporate body, mind, and spirit into a dynamic practice. This is a physical and spiritual practice of yoga that helps improve the strength, the flexibility, and the inner peace of the students. No yoga experience required.

FOREIGN LANGUAGE

EXPERIENCE SPANISH
Karen Immerso
27701, NON CREDIT, $90
Date: 9/30/2013-11/11/2013
Day: Monday
Time: 6:00PM-7:30PM
Location: Taylor 201
This six session class offers a way to learn Spanish interactively and is designed for travelers and beginning language learners. The approach is experiential and activities-based which allows for ease and joy in the learning. Students are introduced to basic vocabulary and speaking opportunities with other adults in an active and fun learning environment. Common usage verbs and expressions are included. A basic Spanish dictionary is helpful and the *University of Chicago Spanish-English Dictionary* is recommended.

IMMERSION SPANISH
Karen Immerso
27702/27703/27704, NON CREDIT, $25 per class or $65 for all three workshops
Date: 10/26/2013 (27702), 11/09/2013 (27703), and/or 11/30/2013 (27704)
Day: Saturday
Time: 8:00AM-3:00PM
Location: Taylor 201

This class is for advanced beginning to intermediate Spanish speakers in an intensive format. A six hour day for speaking, reviewing and ongoing verb study, this class provides conversational practice, speaking opportunities with other adults in an interactive and fun learning environment. The experience and activities challenge participants to further their use of the language while creating a plan for ongoing independent study. A basic Spanish dictionary is helpful and the *University of Chicago Spanish-English Dictionary* is recommended. Register for a single Saturday or all three.

SPANISH CONVERSATION-BEGINNING FAST-PACED
Eryn Barker
27705, NON CREDIT, $80 + $20 course fee
Date: 9/11/2013-10/30/2013
Day: Wednesday
Time: 6:30PM-8:30PM
Location: Taylor 201
Required Text: *Spanish Now! Level 1*
Studied Spanish long ago but forgot most of it? Join this fast-paced beginners' class for those with previous yet rusty experience. Students converse in basic present tense and quickly move on to the past and future.

Music

BEGINNING GUITAR
Jesse Irons
27722, NON CREDIT, $200
Date: 10/30/2013-12/11/2013
Day: Wednesday
Time: 5:00PM-6:00PM
Location: Quigley 211
Materials: *The Guitar Handbook*, Highly recommended. Students must provide their own guitar.
Want to learn to play the Guitar? Designed for beginners only, this class starts with the basics and educates students about the history of the guitar and its diverse styles of music. The class smoothly transitions into learning how to play the guitar. Basic music theory principles are taught and students are shown how to apply them to the guitar. Students also learn how to tune the guitar, play chords and get their hands and fingers comfortable with actual guitar playing. Participants also learn strumming patterns, how to read fake sheets, music tablature, and start playing songs. Students must provide their own guitar.

INTERMEDIATE GUITAR
Jesse Irons
27723, NON CREDIT, $200
Date: 10/30/2013-12/11/2013
Day: Wednesday
Time: 6:30PM-7:30PM
Location: Quigley 211
Materials: *The Guitar Handbook*, Highly recommended. Students must provide their own guitar.
Can you play a little guitar? Want to learn more? This class helps students progress in that endeavor. Students learn open position chords, key signatures, strumming patterns, barre chords, hammer-on/pull-offs and using a capo. The course then focuses on scales, chord structures (root, 3rd, 5th), major and minor as well as extensions (7th, 9th, etc.). Progressions and theory are discussed. Students must have some previous guitar experience and provide their own guitar.

GEOLOGY

GEOLOGY OF THE GUNNISON COUNTRY
Bruce Bartleson
27709, NON CREDIT, $80
Date: 9/09/2013-11/04/2013
Day: Monday
Time: 7:00PM-9:30PM
Location: Hurst 22
Learn the geology of the Gunnison Country. The first part of the course introduces some basic principles of geology, including descriptions of basic rock types, volcanoes, glaciers, plate tectonics, streams and canyons, etc. The second part deals with how geologists interpret Earth history and deals extensively with local geologic history over the past 1.7 billion years. Students learn about great seaways that came and went several hundred million years ago, the rise and fall of the Ancestral Rockies (as shown by the Maroon Bells), dune sands sweeping across the region after that, formation of the coal swamps that formed the base of the economy for Crested Butte for many years, and the origin and formation of the modern Rockies. Life forms that existed at various times are featured.

PSYCHOLOGY

PSYCHODRAMA
Monica Bilow Makler
27728, CEU 1, $70
27720, NON CREDIT, $70
Date: 11/09/2013 and 11/16/2013
Day: Saturday
Time: 9:00AM-5:00PM
Location: Taylor 100
Whether you are working or studying in a field that helps others to help themselves, or you are an individual interested in developing skills that promote change, this course will teach the tools and techniques of psychodrama to incorporate in your work and life. Psychodrama was developed as a creative method of therapy that use action to bring different issues into the room, can be used also in the non-clinical field like in business, education, specially appreciated by lawyers and other professional trainers. Psychodrama can make unique contributions in helping ethnically and culturally diverse populations. By closely recreating real or non real life situations, participants have the opportunity to evaluate their behavior and more deeply understand a particular situation in their personal or professional lives. The course meets on two consecutive Saturdays and is offered in a workshop format.

RECREATION AND OUTDOOR EDUCATION

BEGINNING FLY FISHING
Jeffrey J. Ewert
27706, NON CREDIT, $75
Date: 9/05/2013-9/26/2013
Day: Thursday
Time: 6:30PM-8:30PM
Location: West Gym
Materials: Students should bring their own fly rod and reel, some rods will be made available

Learn the basic fundamentals of fly fishing including equipment, rods, rod weights, line types, leaders, tippets, flies, and accessories. Learn the value and application of using waders, polarized sunglasses, vests, etc. Learn the use of all this equipment, including an emphasis on casting instruction, application and types of flies & knots, as well as reading waters for trout with emphasis on presentation to enable the student to begin to fly fish successfully on local waters. This enables the student to practice the art of fly fishing in some of the West's best fly fishing waters right here in the Gunnison basin!

NATIONAL OUTDOOR LEADERSHIP SCHOOL (NOLS) AND NOLS WILDERNESS MEDICINE INSTITUTE (WMI)
Dates: Varies
Credit available through WSCU: 1-12 credits depending upon trip length
Visit http://www.nols.edu/ for a list of courses.
NOLS takes students of all ages on remote wilderness expeditions and teaches them technical outdoor skills, leadership, and environmental ethics. WSCU works with NOLS to offer college credit for many of their courses. For more information on obtaining college credit visit www.western.edu/extendedstudies.

OUTWARD BOUND
Dates: Varies
Credit available through WSCU: 1-12 credits depending upon trip length
Visit http://www.outwardbound.org/ for a list of courses.
Outdoor leadership courses for youth through adults. Creating leaders through adventure and challenge. WSCU works with Outward Bound to offer college credit for many of their courses. For more information on obtaining college credit visit www.western.edu/extendedstudies.

ROCK RESCUE SYSTEMS
Crested Butte Mountain Guides
$325 course fee payable to CBMG
Date: 9/28/2013-9/29/2013
Day: Saturday, Sunday
Time: 8:00AM-6:00PM
Location: Crested Butte
Required Text: *Rock Rescue* by John Long
Comments: Students must register with Crested Butte Mountain Guides, (970)349-5430.
Rock Rescue Systems is a 2-Day intensive course for folks with basic to advanced rock climbing experience looking to expand their knowledge on technical self and group rescue systems for climbing in outdoor settings. Taught by Crested Butte Mountain Guides Owner and AMGA Certified Rock Guide, Jayson Simons-Jones, this course is designed to be a stand-alone course for students that want to develop a solid base of rock rescue skills to feel more confident tackling bigger and more remote rock climbing routes around the world. In two days, students receive practical knowledge in different types of self-rescue techniques such as; belay escapes, rappel escapes, tandem and counterbalanced rescue rappelling, building basic 3:1, 5:1, and 6:1 hauling systems, and improvised rescue tactics with minimal gear.

TECHNICAL MOUNTAIN BIKING SKILLS CLINIC
Crested Butte Mountain Guides
$250 course fee payable to CBMG
Date: 9/14/2013-9/15/2013
Day: Saturday, Sunday
Time: 8:00AM-6:00PM
Location: Crested Butte
Comments: Students must register with Crested Butte Mountain Guides, (970)349-5430.
Improve your mountain biking skills with a 16-hour intensive course on technical riding and backcountry bike maintenance. Taught by Crested Butte Mountain Guides, this course covers technical downhill riding,

navigating rocky and rooted trails, how to power up difficult inclines, and basic bike mechanic problem solving in a backcountry setting. Set in an area often called the 'birthplace of mountain biking' with miles and miles of challenging trials, the Crested Butte/Gunnison area is the perfect backdrop for improving technical bike skills and learning how to solve minor mechanical issues in the field.

WILDERNESS FIRST RESPONDER
WMI of NOLS
27419, ROE 397, 3 credits, $200 + plus course fee
Date: 8/12/2013-8/21/2013
Time: 8:00AM-5:00PM
Location: Gym 17
Prerequisites: Minimum age 18 years old.
Grading: A-F
Comments: Students must register with WMI of NOLS. Register on line at http://www.nols.edu/portal/wmi/courses/4973/apply/, prior to registering for credit with Extended Studies. An email confirmation of your registration will be sent from WMI of NOLS.

SOCIOLOGY

UNDERSTANDING CHINESE CULTURE AND SOCIETY THROUGH SHORT MOVIES/VIDEOS
Shuling Zou
27718, NON CREDIT, $80
Dates: 10/08/2013-11/14/2013
Day: Tuesday, Thursday
Time: 6:30PM-8:00PM
Location: Taylor 105
This course teaches Chinese culture and society through watching short movies/videos. The topics and class discussions, and comparison of Eastern and Western culture, illustrate how Buddhism, Taoism and Confucianism have influenced Chinese culture and society over thousands of years. Students also learn some basic Chinese expressions to help you achieve a pleasant start with simple Chinese language communication.

VICTIM'S ADVOCACY
Nancy Dolezal
27707, NON CREDIT, $80
Dates: 8/29/2013-9/24/2013
Day: Tuesday, Thursday
Time: 6:00PM-7:30PM
Location: Taylor 105
What is victim's advocacy? How does it work and why is it important? This course answers each of these questions and offers students the opportunity to not only learn about this field, but to also explore opportunities in both counseling and advising services. There is an emerging need for victim's advocacy throughout Colorado and this course provides the minimum hours required to be a victim's advocate. Victim's advocacy is vital resource for victims of crime. Through counseling and advising services, victim's advocates help victims in both the public and private sector navigate the judicial system. Students study and gain skills in effective and compassionate communication, learning how to use body language, atmosphere, and verbal communication skills to reach and assist others. Students also receive instruction on how to locate and pursue opportunities in counseling and advocacy in both law enforcement and private practices.

PERSONAL INTEREST

BASIC WELDING PRACTICES
Bruce Humphrey
27711, NON CREDIT, $120
Date: 10/15/2013-11/07/2013
Day: Tuesday, Thursday
Time: 6:00PM-8:30PM
Location: TBA
Class participants learn basic welding practices in MIG, ARC, and Oxy Acetylene welding processes. Students need to provide their own welding Helmets #10 lens and welding, cuttingshield #5 lens, welding gloves and wear appropriate work type clothing, boots, ear plugs, etc.

COOKING ITALIAN
Karen Immerso
27708, NON CREDIT, $45
Date: 11/10/2013
Day: Sunday
Time: 2:00PM-5:00PM
Location: Gunnison Recreation Center
Do you enjoy Italian food? Would you like to learn to make homemade pasta, ravioli, manicotti and cannoli? This class is a hands-on participatory workshop. Once you have registered, a planning session is organized to discuss menus and recipes. Students distribute tasks for gathering and preparing ingredients needed for the Sunday pasta making session.

LIFE STORIES IN ACTION
Kathy Norgard
27734, NON CREDIT, $80
Date: 12/02/2013-12/11/2013
Day: Monday/Wednesday
Time: 6:00PM-8:00PM
Location: Crested Butte
Required Text: *Acts of Service*
There are many stories and themes that define our lives, some of which are very powerful and we are often unaware of their influence. During this eight hour class, learners have the opportunity to explore some of their own personal stories and learn from them via playback theater. The skills learned during the class, doubling, role reversal, and scene setting facilitates this process.

MINDFULNESS BASED STRESS REDUCTION PROGRAM
Mary Burt
27712, NON CREDIT, $80
Date: 9/25/2013-11/06/2013
Day: Wednesday, Daylong retreat Sunday 10/27/2013, 9:00AM-3:30PM
Time: 7:00PM-8:45PM
Location: The Sanctuary Yoga Studio, 513 South Main Street, Gunnison
Required Text/Materials: *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl, PhD and Elisha Goldstein PhD. Students must bring their own blanket or yoga mat.
Nearly 80% of today's health problems are related to chronic stress and a growing body of research recommends meditation practice as an effective tool for decreasing stress and supporting healing. Mindfulness-Based Stress Reduction (MBSR) is the practice of deliberately paying attention to the present moment, without

getting hooked by judgments or feelings. MBSR has proven highly effecting in diminishing anxiety and panic, as well as lessening the ill effects of stress and chronic pain.

MAXIMIZING SELF EMPOWERMENT-THE LAW OF ATTRACTION IN ACTION
Corinne Collier Cram
27713, NON CREDIT, $80
Dates: 9/18/2013-10/23/2013
Day: Wednesday
Time: 6:30PM-8:30PM
Location: Taylor 100
Required Text: *Attraction Based Consciousness/A Guide to Mastering the Energies of Love*
If you want to increase happiness in your day-to-day life, improve every single relationship in your life, feel more healthy and alive, enjoy greater wealth and abundance, deepen your spirituality, and uplift others, than this is the workshop for you. Explore the scientific findings and wisdom teachings that explain how these experiences are possible. Learn tools that make them a reality in your life.

MYSTERY AND INTRIGUE IN THE SAN LUIS VALLEY
Lori Young
27714, NON CREDIT, $150
Dates: 11/01/2013-11/03/2013
Day: Friday, Saturday, Sunday
Time: 5:00PM-9:00PM Friday, 9:00AM-5:00PM Saturday & Sunday
Known as the largest alpine valley in the world at 122 miles wide, the San Luis Valley is an enchanting place that has attracted people of different cultures for many years. Our exploration of this area allows participants to understand the intrigue of the Sangre de Cristo Mountains, the town of Crestone, and other mysterious finds! Known as a spiritual epicenter, we travel to Crestone on Saturday. From meditating in a Zen Center to visiting an ashram, we discover and foster an appreciation for the many religions of the world. To finish the day, we relax in Joyful Journeys hot spring. Sunday unveils the mysterious world of the San Luis Valley when we visit a UFO Watchtower and learn about the powerful vortex's the valley is believed by many to possess. To round out the day we hike (1 mile) to Zapata Falls, a beautiful bridal fall tucked deep in the Sangre de Cristo's. We finish up the day with a lunch and final reflection at a local Yak farm restaurant (vegetarian dishes available). With something for everyone, this trip is a must-see/must-do experience! Participants are responsible for meals and donations at religious centers. *Admission to the hot spring and hotel accommodations are covered by course fees.