1. **Functional Nutrition**
   1. Health & Wellness -> Healthy Living
   2. This course is not only about nutrition, it is also about self-awareness and self-discovery for a holistic healthy lifestyle. Your body and mind can either work in harmony to produce well-balanced mental and physical health, or work against each other, producing mental and physical inflammation and dis-ease. We are what we eat, drink, think, and do. Small changes can profoundly increase the quality of your life. You'll learn how to make these changes based upon self-reflective in-class and take-home exercises that will allow you to discover what eating habits and thought patterns are keeping you stuck in a less than healthy lifestyle. You'll also have some "aha" moments when we delve into discovering what your particular obstacle is, and strategies to overcome it. We will cover the seemingly basic concept of blood sugar control - why it is the foundation for a healthy BodyMind. Learn how to get off the blood sugar roller-coaster and feel fabulous. We'll discuss processed versus whole foods - a seemingly simple distinction that has gotten incredibly confusing. You will learn what it truly means to eat yourself well thereby decreasing inflammation and dis-ease. We'll explore how and why such a simple human need for nourishment has gotten so confusing.
2. **Intuitive Energy Medicine**
   1. Health & Wellness -> Healthy Living
   2. This workshop will focus on the integrative approach to medicine: Energy Based Therapy, Mind-Body Connection and Intuition Medicine. What was once considered metaphysical, beyond science or divine intervention is now being substantiated through scientific advancement and complexity; the theory that we are building on what we already know and continually improving it! Participants will learn to quantify the body’s ability to self-heal (electric magnetic fiels in/around the body), reduce stress and transform behaviors in order to minimize chronic conditions. In addition, we will discuss various research studies results; scientific and medical effecting new healthcare mandates, who setting them, what still needs to be done, and how this change is allowing for the Healing Arts Professions to flourish and receive validity, which is bringing conventional and complementary medicine together to improve chronic conditions; such as cardiovascular disease, cancer, diabetes, chronic pain, auto immune disorders to improve overall health and wellness. Recommended for all community members, professionals in the Healing Arts or within the Conventional Approaches to Medicine.
3. **Introduction to Zen Meditation**
   1. Health & Wellness -> Healthy Living
   2. This class will be an introductino to the basics of zen practive and meditation. We will cover the history of zen from its origins in China up to its present state in the modern world. We will also learn traditional zen meditation methods plus imple mindfullness techniques that promote the living of a more fulfilled, focused and stress-free life. Students will be introducted to forms of 'engaged buddhism,' chanting practive and the role of women in curent zen oranizations. Three evening classes will be help at SRJC and one Saturday calss at the Sonoma Mountain Zen Center. The Saturday class will include a formal zen lecture followed by a deliciou vegetarian lunch.
4. **Learn to Meditate**
   1. Health & Wellness -> Healthy Living
   2. Begin a regular practice of this simple and natural form of meditation to calm the mind, relax the body and open the heart. Learn about the physical, mental and spiritual benefits of meditation. Each week you will participate in a time of silent meditation that is supported by the instructors.  
        
      Over the six week course, you will learn what meditation is, why you should meditate and how to establish your own daily meditation practice. You will be supported in being able to create and sustain this beneficial daily habit. We address the nature of the mind, and how to deal with distractions. By the end of the course you notice how you are less reactive to external stress, experience enhanced intuition, are able to focus more clearly on your work and/or projects and become more in touch with your creative abilities.
5. **Nutrition Solutions for Anxiety, Depression and Memory**
   1. Life & Leisure -> Culinary & Wine
   2. Brain health is essential for emotional regulation and optimal mental function. Research confirms that the high-fat, sugar-loaded, and chemical-laden Standard American Diet can harm the brain. The nutrient deprivation caused by the SAD can go unnoticed for years. However, chronic brain starvation seriously limits the brain’s capacity to rebound from daily stresses. Depression, anxiety and mental decline are the likely results.  
      Many medical professionals miss nutritional deficiencies that compromise brain health because they lack the advanced nutrition training. This class will empower you to understand how nutrition powerfully shapes brain health and to begin a whole foods-based ‘brain health’ eating pattern.
6. **Introduction to Beekeeping**
   1. Life & Leisure -> Home & Garden
   2. This short course will introduce students to beekeeping with a strong emphasis on beehive management techniques as practiced in Sonoma County without reliance on any treatment whatsoever for pests or diseases. Topics include: overview of the honey bee colony; beekeeping tools and equipment; how to start with honey bees; swarming; honey flow and harvesting of hive products; diseases, pests and enemies; hive and queen management; and beekeeping throughout the year.
7. **Intermediate Beekeeping for Spring & Summer**
   1. Life & Leisure -> Home & Garden
   2. This class will expand on the beehive management techniques that were explored during the Introduction to Beekeeping course.  The focus of the class will be spring and summer management of beehives in Sonoma County.  Detailed explanations of techniques that are used for fall, queen management, and hive preparation for winter will be given.