



## Center for Complementary and Alternative Health & Healing

### Fall 2007 Courses and Workshops

#### **Introduction to Acupressure (A05WKS201)**

V. Rojanavongse, MS, LAc

In traditional Asian healing systems, emphasis is placed on personal responsibility for one's health. By learning the techniques of acupressure, you can relieve minor and moderate symptoms of your own, your friends and family. This workshop is designed to put the relief of common and minor discomforts and symptoms into your own hands. You will learn the basic techniques of acupressure massage to enhance your health and possibly prevent minor symptoms from developing into major ones. Please wear loose, comfortable clothes.

**Tuesdays, Oct. 23 and 30**

**2 sessions/ 6:30-8:30 pm**

**\$45.00**

**V. Rojanavongse, MS, LAc**, is a NYS licensed acupuncturist with a private practice in New York City. He is currently a clinical supervisor at the Tri-State College of Acupuncture and an adjunct lecturer at LaGuardia Community College. As a martial artist, he has been training in Aikido for over 15 years.

#### **Day of the Dead Shrine Making (A05WKS202)**

Carol LaBarbera

Throughout Mexico, the Day of the Dead is a sacred holiday that celebrates the spirits of departed loved ones. The shrine, or *ofrenda*, is one of the main highlights of the event. You will have the opportunity to create a personalized shrine for a departed loved one, as well as learn some of the customs and traditions related to the Day of the Dead. No previous art or craft making experience is necessary, only a desire to honor the dead by creating from your heart. An empty shrine box will be provided for you to decorate.

**Saturday, Oct. 27**

**1 session/ 10:00 am-4:00 pm**

**\$75.00**

**Carol LaBarbera** is a psychotherapist, life coach, and artist in New York City. She has taught shrine making workshops in Italy and throughout the United States.

#### **Shamanism 101: Introduction to the Shamanism - The Journey (A05PDV205)**

Cynthia Crisp and Tony Allicino

An experiential workshop in which you will be initiated into shamanic journeying, a visionary method used to explore the universe known mostly through myth and dream. Aided by drums, rattles, ceremony and sacred space, you will enter non-ordinary worlds to access allies, wisdom, and healing for yourself and others. Journeying is a key ingredient of Shamanism, an ancient practice to regain personal power, balance, and harmony. No experience necessary; open to all with a curious and vivid imagination.

**Saturday/ Sunday, Oct. 27 and 28**

**2 sessions/ 10:00 am-5:00 pm**

**\$175**

**Cynthia Crisp** has over 35 years experience in the Healing Arts, including teaching with the Arica Institute for 18 years. Since 1991 she has studied and practiced Shamanism with Tom Cowan, Geo Cameron, Claude Poncelet, Myron Eshowsky, Carol Proudfoot, and indigenous shamans of North and South America, and is a graduate of the 3-year Advanced Training with The Foundation for Shamanic Studies. She completed a Teacher Training with Sandra Ingerman and has a private healing practice in New York City.

**Tony Allicino** has studied with The Foundation for Shamanic Studies, Tom Cowan, and indigenous shamans of North and South America, Greenland, and Norway. He has taught at The Open Center, Shantigar, Spirit Hollow, Easton Mt. Retreat Center, and Dawn Manor. A member of the Society of Shamanic Practitioners, ShamanicTeachers.com, he is a graduate of Sandra Ingerman's Teacher Training Program.

### **More Than Speaking (A05PDV201)**

Jocelyn Rasmussen

In this interactive workshop you will learn how to work with your breath and voice to release stress, remain mentally alert, and anchor conversations in respect and dignity. You will learn to listen deeply, to stay connected with your truth, and remain in creative solution through the most challenging dialogues. This technique may serve you professionally as well as personally and requires no previous training. There is opportunity for individual work and feedback.

**Tuesdays, Oct. 30 and Nov. 6**

**2 sessions/ 6:30-9:00 pm**

**\$85.00**

**Jocelyn Rasmussen**, founder of More Than Singing and More Than Speaking, works with singers, leaders and professionals in realizing the quality of voice critical to effective communication. Decades of study, performing and teaching come together in a dynamic process that simultaneously sparks creativity and elevates communication. She lives and teaches in Manhattan.

### **Practicing Shamanism: Weekly Drum Circle (A05WKS203)**

Tony Allicino

This five-week course is an opportunity for you to advance your shamanic journey skills and knowledge of non-ordinary reality; deepen connection to your spirit allies; continue to build personal power; and learn the role of shamanism in the modern world and in your daily life. Pre-Requisite: Shamanism 101 or similar Basic Introduction to Shamanism. Bring your drum, rattle, eye covering, journal and something to lie on.

**Tuesdays, Nov. 6 - Dec. 11 (No class Nov 27)**

**5 sessions/ 6:30–8:30 pm**

**Tuition \$65**

### **Enjoying Difficult People – Including Yourself (A05PDV202)**

Dr. Dian Killian, PhD

Learn how you can navigate the most challenging circumstances with the skills and principles of Nonviolent Communication. This basic course will help you connect with even the most difficult people in your work and home life. You will learn how to *really* listen to what's going on for you and for them, resulting in greater understanding, effectiveness, harmony, and ease.

**Thursdays, Nov. 1 - Dec. 13 (no class 11/ 22)**

**6 sessions/ 6:30–9:00 pm**

**\$180.00** (Plus \$20.00 for the purchase of *Connecting Across Differences: A Guide to Compassionate, Nonviolent Communication* on the first day of class.)

**Dian Killian, PhD**, Director of Brooklyn Nonviolent Communication, is a Certified Trainer with the global center for

Nonviolent Communication and co-author of *Connecting Across Differences: A Guide to Compassionate, Nonviolent Communication*. Currently, she is working on a second book, *Urban Empathy: True Life Adventures of Compassion on the Streets of New York*.

### **Introduction to the Healing Touch of Reiki (A05WKS204)**

Jeffrey Michels

Experience Reiki, a peaceful and loving, healing energy. Trained Reiki Master Teacher Jeffrey Michels will introduce you to the basic principles of energy healing and share the value of this work. You will have the opportunity to participate in abbreviated Reiki sessions that incorporate various applications of this healing modality. There will be an opportunity to share your experience and discuss the benefits of including Reiki in your life.

**Wednesday, Nov. 7**

**1 session/ 6:30–9:00 pm**

**\$29.00**

**Jeffrey Lloyd Michels** is the founder of Life Enhancing Arts, the framework for his life's work as an Artist, a Reiki Master and Teacher, and Architect. He began working with Reiki in 1998, reaching the level of Reiki Master in September 2002. He offers individual Reiki sessions, hosts free Reiki Circles, and teaches classes to those seeking to become Reiki practitioners.

### **Protection from Energy Vampires During the Holiday Season and Beyond (A05WKS205)**

Mama Donna Henes

Do you feel as though your lifeblood is being drained by needy people, overtaxing schedules, stressful situations, pervasive and intrusive cynical culture/commerce/politics, and your own negative thinking? Learn how to fortify yourself against the emotional predators, parasites, and manipulators that steal away your personal power and resolve. Discover how to create protective actions to safeguard yourself from the inside out, and supercharge your sense of security, inner strength, optimism, happiness, and resolve.

**Saturday, Nov. 10**

**1 session/ 10:00 am–12:30 pm**

**\$29.00**

**Mama Donna Henes** is an internationally acclaimed spiritual teacher, popular speaker, and award-winning author of four books and a CD. She writes a weekly column for UPI Religion and Spirituality Forum. She also lectures, consults, and produces private and public ceremonial events worldwide.

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**Senior Citizens (62+ ) and Students, with valid proof,  
are eligible for a \$10.00 tuition discount**

**For information about courses or workshops call (718) 482-5026**

**Third Annual 2007 Complementary and Alternative Health & Healing Fair  
on Saturday, October 13th from 11 am to 5 pm**

#### **Winter '08 Workshops**

**Aromatherapy for Body & Soul**

**Working with the *I Ching***

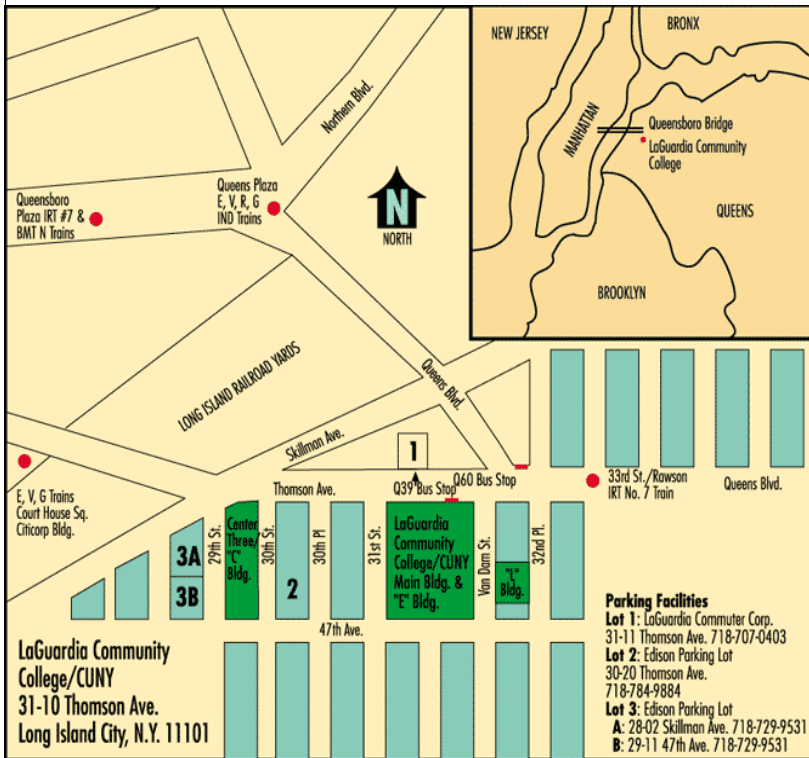
**Making Elderhood Count: The Next Stage in Your Personal Growth**

**Extraction: A Shamanic Healing Technique**



**LaGuardia's Center for Complementary and Alternative Health & Healing**  
Phone: (718) 482-5026 or email: CAHHFair@lagcc.cuny.edu  
Website: www.lagcc.cuny.edu/ace

### Travel Directions to LaGuardia Community College



#### BY SUBWAY

**Via 7 Train:** Get off at 33rd Street station. Walk five blocks westbound to Thomson Avenue and Skillman Avenue.

**Via E & V Trains:** Get off at 23 Street-Ely Ave. Walk across the Thomson Ave. Bridge to Thomson Ave. & Skillman Ave.

**Via R Trains:** Get off at Queens Plaza Station and exit the station at Jackson Ave. and Queens Blvd exit. Walk over the Queens Blvd Bridge (over the Sunnyside train yards) until you reach the corner of Skillman Ave. Walk one block south to Thomson Avenue and 30th Street.

**Via G Train:** Get off at Court Square Station (at the CitiCorp Building). Walk across the Thomson Ave. Bridge to Thomson Ave. & Skillman Ave.

**Via N & W Trains:** At Queensboro Plaza station transfer to 7 Train (Local to Main St.) and get off at the 33rd Street station. Walk five blocks westbound to Thomson Ave & Skillman Ave.

#### BY BUS

**From Queens:** Take the Q60/Q32 to Queens Blvd & Skillman Ave. Walk one block to corner of Skillman Ave & Thomson Ave. OR Take Q39 to Thomson Avenue and Skillman Avenue.

**From Brooklyn:** Take the B61 to the Citicorp Building in Long Island City. Walk across the Thomson Ave. Bridge.

**From Bronx:** Take the QBx1 bus from Coop City to Main St., Flushing. OR take the Q44 bus to Main St. Flushing. At Main St. take the No. 7 Subway to the 33rd St. Station. Walk five blocks westbound to Thomson Ave. and Skillman Ave.

**From Manhattan:** Take the Q32 bus along Madison Ave. and across 59th St. Get off at the intersection of Queens Blvd. & Skillman Ave. and walk one block southbound to the intersection of Thomson Ave. & Skillman Ave.

#### BY CAR

The College Campus is located on Thomson Avenue between Van Dam St. & Skillman Ave. Building C is located at the corner of Skillman Ave.

### Adult & Continuing Education Registration Form - Fall 2007 Semester

Fax completed & signed registration form to (718) 609-2074

Mail to: LaGuardia Community College/CUNY, 31-10 Thomson Ave. Room M-141, Long Island City, NY 11101

Phone # 718-482-7244

SOCIAL SECURITY NUMBER \_\_\_\_\_ DATE OF BIRTH (Required) \_\_\_\_\_

LAST NAME \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_

Please, circle one below:

FIRST NAME \_\_\_\_\_ MIDDLE \_\_\_\_\_

\* American Express \* Master Card

STREET ADDRESS \_\_\_\_\_

\* Discover \* Visa

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

\* Check & Money Order/Payable to:

( ) ( )

LaGuardia Community College

HOME # (Required) BUSINESS # (Required) E-MAIL \_\_\_\_\_

#### Check which category describes you best:

Black non Hispanic ☐ White non Hispanic ☐ Hispanic ☐ Asian-Pacific Islander ☐ American Indian-Native Alaskan ☐ Other: \_\_\_\_\_

COURSE CODE	SEC	COURSE TITLE	COST
		Senior Citizen or Student Discount of \$10 per course. Please include copy of valid proof	
		Add: Registration Fee	+\$12.00
		TOTAL	

ACCOUNT NUMBER	
Exp. Date (Month / Year)	
Name of card holder if different from registration	
Signature	Date