

■ HEALTH AND WELLNESS

Acupressure, Introduction \$80 HLTZ 1000 10 HRS

Discover a simple, non-invasive and exciting way to reduce minor pains and many chronic illnesses. Students will learn Chinese medical procedures dating back 3,000 years, many of which are still practiced today. This course covers the basic principles of traditional Chinese medicine, how to increase healing within the body through acupressure (carefully applied pressure on acupuncture points with fingers and thumbs), Chinese massage (Tuina) and energy release techniques.

Students learn an upper body procedure utilizing acupressure and Chinese massage (Tuina) to reduce pain, stress and tension. Such conditions as sinusitis, headaches, nausea, depression, constipation and neck pain are just a few of the types of disorders that acupressure can help to reduce or actually eliminate. Join us to learn a fun way to reduce pain and become healthier. Textbook required. Minimum Age: 18.

60103 7:30 PM - 10:00 PM R 9/7 - 9/28 MVC TBA Norman

Acupressure, Intermediate \$80 HLTZ 1000 10 HRS

This course is a continuation of Acupressure, Introduction. Students cover lifestyle changes that can lead to a healthier and pain-free life, such as yoga, flexibility stretches and the six conditions of good health. Students continue with the acupressure and massage procedures introduced in the first course by learning a full-body massage using acupressure and a procedure using energy releasing and orthopedic massage techniques.

Although both courses teach fundamental techniques for the lay person, professional massage, physical therapy, and chiropractic practitioners can learn valuable and powerful techniques that can enhance their practices. Textbook is required. Prerequisite: Acupressure, Introduction and permission of instructor. Minimum Age: 18.

60203 7:30 PM - 10:00 PM R 10/5 - 10/26 MVC TBA Norman

■ MUSIC

Community Band \$50 MUAZ 1000 32 HRS

The band will study and perform a wide variety of music, from pop, to classical, to original works for winds and percussion. In addition, the band will prepare at least two performances, one on and one off-campus, each semester. Prior performance experience expected. No audition required. Minimum Age: 18.

66501 7:00 PM - 9:00 PM T 8/22 - 12/5 MVC E38 Benat



■ PHOTOGRAPHY

Photography for the Novice \$24 PHOZ 1000 8 HRS

This class is for those who simply want to take better pictures. Want to improve your vacation and family photos? Need to take the mystery out of choosing the right film for the job? Interested to experiment with black and white? This class is open to owners of point-and-shoot cameras, as well as 35mm and digital cameras. Be ready to take great pictures of your vacation this summer. This is an excellent beginner's class for people of all ages. Shooting assignments and a field trip are included to ensure the best experience and lots of fun. Students should have a camera and an owner's manual. No textbook is required. Minimum Age: 18.

60101 6:30 PM - 8:30 PM M 9/11 - 10/2 MVC TBA Graham

Photography: Lighting \$24 PHOZ 1000 8 HRS

The one thing we must have as photographers is light. We forget how to see light as we grow up and take it for granted. This class will help you identify the different types of light and instruct you on how to utilize both outdoor available lighting and indoor studio type lighting. We will experiment with reflectors, on-camera flash, and studio strobes. Supplies needed: digital camera capable of full manual operation with PC connection or hot shoe connection. Minimum Age: 18.

60901 6:30 PM - 8:30 PM M 10/9 - 10/30 MVC TBA Graham

■ RECREATION

Yoga, Fundamentals \$90 PHEZ 1000 30 HRS

This course is designed to introduce the student to the fundamental philosophies, skills, techniques and terms of Hatha Yoga. Emphasis is placed on how to correctly practice yoga and how to incorporate it into one's daily habits. This course will also teach valid concepts of nutrition and exercise physiology. Minimum Age: 18.

64901 7:15 PM - 8:15 PM TR 8/22 - 12/7 MVC E121 Staff