SUMMER 1989
FREE CATALOG

UFM
Your Link to Life-Long Learning and Living
This area of Kansas has many wildflowers. We will take a short hike through the prairie and learn the identifying characteristics and some interesting tidbits about our local wildflowers. (Once there has been a research assistant in range management and knows much about the prairie.)

Saturday, June 10, 10am-Noon
No. of Sessions: 1
Limits: Min. 10 / Max. Unlimited
Class Fee: $ 1
Materials Fee: $ 0
Location: Large parking lot across from Wabnager Hall

Kansas Buffalo

The buffalo, proclaimed the Kansas state animal, is a fascinating creature. Learn about these gentle beasts so important in Kansas history -- what they eat, what their habits are, and how they act on the prairie. You will see slides of a 2200 pound herd bull as well as a baby calf. A field trip will be planned after this introductory class so you can see actual buffalo in their natural environment. (Kenneth was an animal caretaker for the buffalo at Fort Riley, Kansas, during 1956 & 1957.)

Friday, June 9, 7-9pm
No. of Sessions: 1
Limits: Min. 4 / Max. Unlimited
Class Fee: $ 5
Materials Fee: $ 0
Location: UFM

Horseshoeing

This will be a beginning cold-horseshoeing class aimed at people who have had no experience in horseshoeing. Use of horseshoeing tools and care of the horses will be covered. Each participant will also get hands-on experience if desired. (Greg has shed his own and other people's horses for over 10 years.)

Saturday, June 11, 6-10pm
No. of Sessions: 1
Limits: Min. 10 / Max. Unlimited
Class Fee: $ 1
Materials Fee: $ 1
Location: Map will be available at time of registration

REGISTRATION SCHEDULE

* Registration forms are on the back page.

| Tues. | May 30 | Manhattan Public Library | 10am-2pm |
| Wed. | May 31 | Manhattan Public Library | 10am-2pm |
| Thur. | June 1 | Manhattan Town Center | 1pm-4pm |
| Fri. | June 2 | Manhattan Town Center | 1pm-4pm |
| Sat. | June 3 | Mainsstreet (downtown) | all day |
| Sun. | June 5 | K-State Union | 9am-1pm |
| Tues. | June 6 | K-State Union | 9am-1pm |
| Wed. | June 7 | K-State Union | 9am-1pm |

** There will be various demonstrations on the following days: June 1 & 2 (1-4), June 3 (all day), June 6 & 7 (12-1).**

** Registration continues at the UFM House throughout the semester during business hours Mon-Fri, 8-12 & 1-5.**
INTRODUCTION TO RANHTA 5-31A
Kelley Daniel
718-5718

An exciting video will be shown as part of this class. The video is entitled "An Audience With Ranhta" it is a basic introduction to the teachings of Ranhta, as channeled by J.J. Knight. Ranhta's subjects include drug abuse, financial freedom, how to discover your own knowledges, the process of enlightenment and the history of male/female relationships. If there are enough interested people, we could possibly start a group to share new information on the days to come and help those who cannot afford to purchase the written material.

Saturday, June 17, 6-8p.m.
No. of Sessions: 1
Limit: Min. 1 / Max. 50
Class Fee: $ 4
Materials Fee: $ 6
Location: UFM

UFM is always looking for new class ideas. Call in your ideas for Fall 1989 by Friday, June 30.

INTRODUCTION TO ZEN 5-25A
Ali Potter, Leon Rappaport &
members of Manhattan Zen Group

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto Tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on.

Leon has been a student of Zen for many years.

Wednesday, June 28, 7:30-9p.m.
No. of Sessions: 3
Limits: Min. 3 / Max. 9
Class Fee: $ 7
Materials Fee: $ 6
Location: UFM

INTRODUCTION TO MEDITATION 5-30A
Judson Edwards

What is meditation? Can it help you in your personal life? What are some of the benefits in this class we will discuss the history and cultural aspects of meditation, and answer these and other questions you may have about meditation. (Judson is a business development coinctant. He has been using many forms of meditation for a number of years. Judson has studied and travelled internationally through Europe, Central America, and The Orient, and would like to share this information with you.)

Tuesday, July 11, 7-9p.m.
No. of Sessions: 4
Limits: Min. 6 / Max. 20
Class Fee: $ 6
Materials Fee: $ 6
Location: UFM

INTRODUCTION TO RANHTA 5-31A
Kelley Daniel
718-5718

An exciting video will be shown as part of this class. The video is entitled "An Audience With Ranhta" it is a basic introduction to the teachings of Ranhta, as channeled by J.J. Knight. Ranhta's subjects include drug abuse, financial freedom, how to discover your own knowledges, the process of enlightenment and the history of male/female relationships. If there are enough interested people, we could possibly start a group to share new information on the days to come and help those who cannot afford to purchase the written material.

Saturday, June 17, 6-8p.m.
No. of Sessions: 1
Limit: Min. 1 / Max. 50
Class Fee: $ 4
Materials Fee: $ 6
Location: UFM

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No. of Sessions: 3
Limits: Min. 3 / Max. 9
Class Fee: $ 7
Materials Fee: $ 6
Location: UFM

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Tuesday, July 11, 7-9p.m.
No. of Sessions: 4
Limits: Min. 6 / Max. 20
Class Fee: $ 6
Materials Fee: $ 6
Location: UFM

OTHERS OF ADOPTED DAUGHTERS 5-31A
Evelyn Frazier
518-4697

In this class, we will use Dr. Evelyn Bussell’s new book Mothers and Daughters, Loving & Letting Go to understand the conflicts that underlie the early attachment and ensuring relationship between an adoptive mother and her adopted child ... to understand the personal losses that each brings to their shared life.”

(Evelyn is the mother of a grown-up adopted daughter who taught her much about "loving and letting go.")

Monday, June 12, 7p.m.
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 6
Materials Fee: $ 6
Location: UFM

WOMEN WHO FEEL GUILTY 5-31A
Diane Parrots

Women are socialized to accept the sole responsibility for the success of their relationships and the happiness of others. When a relationship fails, or if we are unable to "fix" the unhappiness of another, we feel guilty—somewhat, somewhere we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through discussion and sharing experiences, we will find ways to let go of guilt.

(Diane has become very aware of the sociological pressure to accept misplaced responsibility and guilt.)

Tuesday, July 11, 7-9p.m.
No. of Sessions: 1
Limits: Min. 3 / Max. Unlimited
Class Fee: $ 6
Materials Fee: $ 6
Location: UFM
DAIRY GOAT FARM FIELD TRIP
Ron Paul
Do you believe that goats really eat the grass? Have you heard that goat milk tastes bad? Unfortunately, goats have suffered an image problem for years. Goats are lean, domestic, friendly, clean, smart, can be trained, don't smell, and give lots of good tasting milk. Come meet these animals and find out what they are really like. You can even sample some of their dairy products including milk and cottage cheese. (Ron has been raising goats for the past eleven years.)
Monday, June 12, 10:30am No. of Sessions: 1 Limits: Min. 4 / Max. Unlimited Class Fee: $ 4 Materials Fee: $ 6 Location: MAFCA - 1020 Beulah Street

SIT ROVER: DOG TRAINING/DOG TRICKS
Cheryl May
Teach your old dog some new tricks—or your new dog some old tricks—in this class for kids aged 6-14 and dogs over 6 months. You will learn the basic obedience skills—heeling, the sit, down and stay command—plus a few "dog tricks." Bring your dog, a 6-foot leather or nylon lead, and a "cheeky" chain training collar.
(Cheryl teaches advanced obedience for the Riley County 4-H Kennel Club. She will be assisted by junior leaders from that group.)
Wednesday, June 28, 6:30-8pm No. of Sessions: 1 Limits: Min. 3 / Max. 8 Class Fee: $ 5 Materials Fee: $ 0 Location: Mt. Vernon Pioneer Park

KUNG FU FOR CHILDREN
Stan Wilson
539-1733
Students will learn the modified basics of Tai Lung Kung Fu and some methods of self-defense for younger people aged 8-12. Children over 12 should join the adult class.
(Stan taught a children's class for two years at Fort Riley.)
Saturday, June 10, 2-3pm No. of Sessions: Ongoing Class Fee: $ 20 Materials Fee: $ 2 Location: Parks and Rec. North of Home Video

LIFE AND NATURAL SUMMER MEALS
Ellisa Diefenbach
539-8155
No one wants to have a hot kitchen in the summer. Ellisa will share nutritious ideas for hot weather breakfasts, lunches and dinners. Come hungry and prepared for a feast.
(Ellisa enjoys sharing her love of whole foods with others. She has cooked for groups and families and has taught "Healthy Cooking" classes. She has a degree in Nutrition from Colorado State University.)
Wednesday, June 21, 6:30-8:30pm No. of Sessions: 1 Limits: Min. 5 / Max. 12 Class Fee: $ 5 Materials Fee: $ 5 Location: UMF - Kitchen

Please reserve apple bake(s) at the price of $ 5 each.
Please reserve apple crisp(s) at the price of $10 each.
Please reserve apple napkin holder(s) at the price of $5 each.
Please reserve bird house(s) at the price of $17.50 each.
You can expect the items you ordered to be finished in 4-6 weeks. You will be notified by mail when the crafts can be picked up at UFM.

Name
Phone
Address
COMMUNITY
539-8763
1221 Thurston

BASICS OF INVESTING
C-07A
Steven Ford
537-4390
This is a three-hour workshop to help individuals learn how to become financially independent. We will start with the basic concepts of what and how to start an accumulation program, and cover risk management, cash reserves, and reserve and growth investments. We will also study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have a keystone completed, personalized financial plan.
(Steven is a registered representative of Neddell & Reed, one of the largest financial and planning organizations in the United States with over $7 billion under management.)

Wednesday, June 14, 7:30pm
No. of Sessions: 1
Limit: None / Max. Unlimited
Class Fee: $3 Material Fee: $0
Location: Neddell & Reed 445 E. Poyet (by P-Hart)

INTRODUCTORY CLASS FOR HOME COMPUTER OWNERS
C-05A
Harald Davis
531-8711
OK you bought it, bought it home, hooked it up, and the kids have worn the feet off of Donkey-Kong, and Pac-Man has packed it in. Now it's your turn. Can you use your home computer? A practical beginners course in the use of home computers with or without a college degree. Computers make very expensive dust muffins. Learn to use yours to save money instead. If you don't own a computer yet, and are thinking about buying your own, you are welcome to join us. The number of classes will depend on student response.

Monday, June 18, 7pm
No. of Sessions: Ongoing
Limit: Min. 3 / Max. Unlimited
Class Fee: $6 Material Fee: $2
Location: UFM

BEGINNING "CRAZ" COURSE IN INVESTING
C-05A
Greg Barron
776-1066
This beginning investment class will take all the mystery out of the investment world in one eight-week session. We will concentrate on basic investment tools. If you are short on time join us for a one night shot.
(Greg has a masters degree in Economics and is an investment advisor for Sieffel Nicolaus & Co.)

Tuesday, June 13, 7-9pm
No. of Sessions: 1
Limit: Min. 4 / Max. Unlimited
Class Fee: $5 Material Fee: $0
Location: UFM

STARTING A HOME-BASED BUSINESS
C-08A
Fred Rico
537-5529
This class will cover everything you need to know about selecting, planning, and launching the right home-based business. Topics include developing a business plan, financing, taxes, marketing tips, and techniques, and sources of assistance. Learn how to turn your skills and energy into a profitable venture.
(Fred is the Director of the KSO Small Business Development Center (SBDC) and has counseled hundreds of home-based business owners.)

Thursday, June 15, 9am-4:30pm
No. of Sessions: 1
Limit: Min. 6 / Max. Unlimited
Class Fee: $8 Material Fee: $4
Location: 279 Calvin Hall

WEDNESDAY MORNINGS PLAY GROUP
C-09A
Diane Hatch
776-6921
This is an ongoing "Support Group" for at-home mothers. Pre-school age children play together while moms visit with other adults. Mothers are responsible for their own children, no supervision is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.
No. of Sessions: Ongoing
Limit: Min. 0 / Max. Unlimited
Class Fee: $2 Material Fee: $0
Location: The instructor will contact you for location.

THURSDAY MORNINGS PLAY GROUP
C-18A
Diane Hatch
776-9921
This is an ongoing "Support Group" for at-home mothers. Pre-school age children play while moms visit with other adults. Mothers are responsible for their own children as no supervision is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.
No. of Sessions: Ongoing
Limit: Min. 0 / Max. Unlimited
Class Fee: $2 Material Fee: $0
Location: The instructor will contact you for location.

UNIVERSAL
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Norma Nordgren

Certified Massage Therapist
Celia Green
Swedish, Connective tissue polarity
Rosen-method body therapy, foot reflexology.
Located at KINDRED SPIRIT
426 Houston
539-6137 or 639-1546
CREATING YOUR OWN SUCCESSFUL (AND JOYOUS) LIFESTYLE

Randy Kidd

Take a long look at what you want most in this lifetime. Translate that vision into a well-defined mission statement. List the objectives that will lead you toward your life's mission, and then begin a behavior pattern that will guarantee you a successful life's journey. Sound easy? Hell, it dang well is. What's more, it's fun... if you know some of the easy-to-learn techniques. This course will show you how to define your life's mission and how to create a walkable path that will lead you there. You'll learn how to visualize yourself as you want to become, and then you'll see how simple it is to affect behaviors that let you grasp your own vision of success.

Tuesday, July 11, 7pm
No. of Sessions: 2
Limits: Min. / Max.
Class Fee: $10
Materials Fee: $0
Location: 426 Houston

EXPLORING SHAMANISM

Randy Kidd

Many of the ancient tribal cultures had a person, now called a shaman, who had inner powers that she or he used to heal, to see into the future, and to be in touch with the surrounding environment. These shamans were able to tap into inner sources at will and use these sources to help guide them through life. This class will look at some of the ways that the techniques of the shaman can be used to become better attuned with the environment and to enhance one's modern lifestyle.

Thursday, August 3, 7-9pm
No. of Sessions: 1
Limits: Min. / Max.
Class Fee: $6
Materials Fee: $6
Location: 426 Houston

LIVING IN THE NOW

Enunice Dorst

Your point of power is in the now. The past is gone and the future is unknown, and yet so many of us live before or beyond the present moment. Emotional clinging to the past does not allow us to move forward and can result in repeating patterns of behavior. Living in the future is living in a place that does not yet exist. We think about the future and when it arrives we do not enjoy the experience of living or are unsure of what we need or fear will happen. We are not really aware of the feelings aroused by the actual event as it is happening because we are off again in the future. We will discuss and practice techniques for living in the now, how to let go of the past, and how to plan for the future and then allow it to unfold while we experience the present.

Sect. 1: Monday, June 6, 7-9pm
Sect. 2: Wednesday, August 30, 7-9pm
No. of Sessions: 1
Limits: Min. / Max.
Class Fee: $6
Materials Fee: $0
Location: 426 Houston

MANAGING YOUR STRESS WORKSHOP

Enunice Dorst

Are you managing your stress or is it managing you? Taking care of ourselves mentally, physically, emotionally, and spiritually is essential when moving through everyday life. When stress begins to affect our thoughts, behavior, and health in negative ways, it is time to take steps to manage it. Don't kick the dog or take an aspirin -- learn how to make changes in your life and manage your stress.

Saturday, June 24, 9am-5pm
Location: 426 Houston

426 HOUSTON STREET
MANHATTAN, KANSAS 66502
(913) 539-6137

NEW BEGINNINGS DISCUSSION GROUP

Enunice Dorst

Using the book, The Dream Dearn's Life Here, we will discuss spiritual and metaphysical principles as applied to every day life. Each week we will discuss one chapter and explore how the principles can be used to improve our lives.

Tuesday, June 6, 7-9pm
Meet every other Tuesday evening
No. of Sessions: Ongoing
Limits: Min. / Max.
Class Fee: $10
Location: 426 Houston

MOVING BEYOND FEAR

Enunice Dorst

How often do you use the words "afraid", "nervous", "worried", and "anxious"? Most of us spend a great deal of energy living in fear of a future event or situation and allow these fears to control our lives. During this week we will look at our fears, discover the reasons and beliefs behind the fears, examine the effect they have on our lives, and learn techniques to face and move beyond these fears so that we can be truly free.

Sect. 1: Monday, June 16, 7-9:30pm
Sect. 2: Wednesday, August 30, 7-9:30pm
Class Fee: $10
Materials Fee: $0
Location: 426 Houston

THE POWER OF VISUALIZATION AND AFFIRMATIONS

Enunice Dorst

Visualization combined with affirmations are powerful tools for making changes in your life. In this class, we will practice and discuss these techniques and their use in sports, healing, health care, attaining your goals, and making changes within yourself, relationships, and environment.

Wednesday, July 26, 7-9:30pm
No. of Sessions: 1
Limits: Min. / Max.
Class Fee: $10
Materials Fee: $0
Location: 426 Houston
OPENING THE DOOR TO YOUR LIMITING BELIEFS

Are we what we believe? Are our thoughts, actions, and our environment products of beliefs that we hold? Many of our beliefs can block our way or present us with solutions to our problems. These beliefs are a product of our environment and our experiences, and they can be changed. To open the door to new solutions, we need to recognize our beliefs and begin to question them.

Developing a Positive Attitude

Love Doris

What we put out in what we receive. When we put out negative thoughts, all our experiences appear to be negative -- we see only doom and destruction in everything, everywhere. We think the worst and that, indeed, is what we get. However, when we choose to think in a positive manner, we begin to see more and more positive experiences in our lives. Possibilities open up, we have more choices, we become more creative, and we become happier and healthier. We will examine our experiences and discuss ways to begin changing the negative thought patterns into positives.

Tuesday, July 27, 1-3pm

No. of Sessions: 3

Limit: Min. 2 / Max. Unlimited

Class Fee: $ 0

Materials Fee: $ 3

Location: 426 Houston

PRACTICE LAB

If you have knowledge of, or experience with an alternative method of healing, come share this information with others who have the same interests. Whether your knowledge is in body/energy work, massage, reflexology, herbs, nutrition, crystals or other healing methods, let's get together to share ideas, learn new methods, and practice these techniques on each other. If you find yourself lacking support from family or friends, give these 'get togethers' a try.

Monday, June 3, 7-9pm

First and third Mondays of each month

No. of Sessions: Ongoing

Limit: Min. 2 / Max. Unlimited

Class Fee: $ 0

Materials Fee: $ 0

Location: 426 Houston

Continued on page 8
NEW AGE LEADERSHIP

Susan Scott  Susan Allen

This class will focus on leadership and the New Age. Discussion will center on readings from "The Tao of Leadership" by John Hider, and "The
Kindred Spirit" by Marilyn Ferguson, which will be provided by the conveners.

Tuesday, June 13, 1-9pm
No. of Sessions: 2
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 8
Materials Fee: $ 0
Location: 426 Houston

THERAPEUTIC TOUCH BASIC TECHNIQUES

Lonnie Callin

This class is for those who wish to learn the basics of
therapeutic touch or other energy healing methods.
The techniques in this class are used for relieving pain (chronic and acute) and stress of the body. These techniques
will help to realign the energy flow in the spine. It promotes the regeneration of damaged nerves and creates profound relaxation
of the back and neck. These head and neck techniques open up the many acupressure points located in this region and enhance the clarity of the気が, TMJ
pain, headaches, and helps to normalize blood pressure.

Sec. 1: Wednesday, July 12, 7:00pm-1:30pm
Sec. 2: Saturday, August 26, 10:00am-1:30pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 10
Materials Fee: $ 0
Location: 426 Houston

BASIS OF THERAPEUTIC TOUCH

Lonnie Callin

What is Therapeutic Touch? Can it help you?
During our look at this body/energy work we will
learn how to lessen pain and anxiety, promote
health, accelerate the natural healing process, and
maintain a higher level of wellness. This will be
a hands-on experience and each of you will gain
enough experience to start using Therapeutic Touch
during your daily lives. Areas we will explore: the
energy field aura, chakra-polarity connection,
the use of crystals and other healing stones,
meditation, and the use of music as a healing tool.

Wednesday, June 7, 7:00pm
No. of Sessions: 4
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 15
Materials Fee: $ 0
Location: 426 Houston

THE KINDRED SPIRIT
BOOKSTORE, EDUCATION and WELLNESS CENTER

INTRODUCTION TO TAOISM

Erik Thompson

In this class we will study Taoism through "The Tao
of Pooh" by Benjamin Hoff and "The Little
Book" by R.L. Wing. What Taoism is and how it
will help you to make the changes in your life
you've always wanted to make.

Thursday, June 1, 8pm
No. of Sessions: 4
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 8
Materials Fee: $ 0
Location: 426 Houston

LIVING THE NEW AGE TEACHINGS

Judson Edwards

In this workshop we will focus on how we can live
the teachings of the New Age. How can we make
these methods and techniques work for us both
personally and in our professional lives? We will
explore these teachings through lecture and
personal process.

Saturday, June 17, 10am-4pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 10
Materials Fee: $ 0
Location: 426 Houston

MEDITATION - A WORKSHOP

Judson Edwards

During this workshop we will work with and
experience several different types of meditation.
What the benefits of practicing some of these
methods and answer the question "which method is
best for me?" We will also explore the joy of
journeying. (Judson's preferred technique).

Saturday, July 22, 10am-4pm
No. of Sessions: 1
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 10
Materials Fee: $ 0
Location: 426 Houston

426 HOUSTON STREET
MANHATTAN, KANSAS 66502
(913) 539-6137

ANNUAL FUND DRIVE NOW IN PROCESS

The success of the annual fund drive is
essential to the continued operation of
UFM. Class fees cover only a portion of
the costs of operating UFM. Your
tax-deductible contribution makes it possible
for UFM to keep its services affordable
to others in the community. Last year
UFM raised $10,000. This year, UFM must
raise $15,000. Checks should be made out
to UFM and sent to 1221 Thuerton,
Manhattan, KS 66502. All contributors
will be listed in the Spring catalog.

Call ahead — We'll have it ready
Home of the Kitchen Sink

211 S. First Childs, Manhattan. Phone 537-2411
1443 Anderson Ave., Manhattan, Phone 537-2428
What is UFM?

UFM is a non-profit organization dedicated to providing creative opportunities for life-long learning and self-development in a supportive and informal setting accessible to all. UFM is based on the belief that individuals and groups in the community have knowledge, skills and experience to share with each other.

UFM also actively seeks to identify and address unmet community needs by enabling groups to organize around a common concern and by developing programs that enhance the quality of life. UFM seeks to provide assistance so that model programs can be adapted to meet the needs of other communities.

UFM SPONSORED PROJECTS

In addition to putting out a class catalog three times a year, UFM sponsors the following projects:

- Pottery Studio
- Teleconferences
- HOME
- Community Resource Program
- Lou Douglas Lecture Series
- Community Gardens

PHOTOGRAPHY WORKSHOP - 0.75

Barbara Rutherford
533-9484

Photography beyond the snapshot will be the emphasis of this class. Composition, light, and basic photography will be covered. In addition, we will spend time on black and white photography. The class will meet once a week.

TUESDAY, July 2, 1:00-3:00
No. of sessions: 6
Limit: Min. 3 / Max. 10
Class Fee: $ 10
Materials Fee: $ 5
Location: UFM Banquet Room

INTERMEDIATE PHOTOGRAPHY - 0.44

Barbara Rutherford
533-9484

Photography beyond the snapshot will be the emphasis of this class. Composition, light, and basic photography will be covered. In addition, we will spend time on black and white photography. The class will meet once a week.

TUESDAY, July 2, 1:00-3:00
No. of sessions: 6
Limit: Min. 3 / Max. 10
Class Fee: $ 10
Materials Fee: $ 5
Location: UFM Banquet Room

UFM is always looking for new projects. Call us in your ideas for Fall 1989 by Friday, June 30.
BEGINNING TENNIS

Janet Saum

Instructional tennis at all skill levels to develop competitive play and self-improvement and an increased enjoyment of the game. Basic fundamentals, court strategy and step-by-step tips on how to win at tennis will be provided. (Janet has played competitive and recreational tennis and enjoys all aspects of the game and appreciates the interests of other tennis players.)

Sunday, June 18, 8-10am
No. of Sessions: 2
Limits: Min. 10 / Max. 25
Class Fee: $ 22
Materials Fee: $ 1
Location: KSU Tennis Courts - Sunset & Kimball

YOGA

Rob Sheridan

Yoga is an ancient self-discipline, the daily practice of which improves the quality of one's life. This class is especially for beginners, although anyone is welcome. Please come on an empty stomach and wear comfortable clothing - shorts are best. Bare feet will be mandatory. (Note: The class is taught by Dr. Albert Franklin since 1974. Dr. Franklin studied with the late Sri Krishnamacharya in Madras, India, for 6 years.)

Monday, June 19, 5:30-6:30pm
No. of Sessions: 4
Limits: Min. 2 / Max. 6
Class Fee: $ 8
Materials Fee: $ 0
Location: Location will be given when you register.

RATHA YOGA

Evelin Forster

Pilates for beginners 103-0077

Learn the basic postures, stretching, breathing, and relaxation techniques of Ratha Yoga that can be beneficial at any age. When combined, these techniques will increase your mind/body connection and awareness. Please wear loose clothing and bring a small blanket, beach towel, or exercise mat. Come relax before you go to work. The first class we will meet & organize.

(class) has practice yoga off and on for several years. She was a student of Albert Franklin's yoga class.

Tuesday, July 18, 6:30am, 8am
Sect. 1: Tuesday, July 18, 6:30am (Class meets Tues & Fri.)
No. of Sessions: Ongoing
Limits: Min. 3 / Max. 15
Class Fee: $ 8
Materials Fee: $ 0
Location: UFM - Conference Room

UFM is always looking for new ideas. Call for programs for Fall 1989 by Friday, June 30.

Please reserve___ copies of the UFM Cookbook at the prepublication price of $5 each. Cookbooks are expected by Fall, 1989 in time for holiday gifts. You will be notified by mail when cookbooks can be picked up at UFM.

Name ____________________________

Phone ____________________________

Address ____________________________

_______ Please mail cookbook(s) when available and bill me $5 each plus cost of postage and handling.

GOLF FOR BEGINNERS

Jim Gregory 539-1041

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching, and chipping and putting. If you do not have golf clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you.

(Jim, PGA Golf Professional, is the golf pro at Stagg Hill Golf Course.)

Thursday, June 15, 9-10am
No. of Sessions: 3
Limits: Min. 4 / Max. 12
Class Fee: $ 10
Materials Fee: $ 1
Location: Stagg Hill Golf Course
MARTIAL ARTS THEORY AND PHILOSOPHY

Stan Wilson
530-7723

How does martial arts help people deal with stress and cope with everyday life? How does studying martial arts make you better able to defend yourself? Come to this class and find out.

(Stan has been involved in the martial arts for 19 years and has done extensive research into them.)

Monday, June 10, 7:30-9:30pm
No. of Sessions: 5
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 5
Materials Fee: $ 0
Location: UPH

BEGINNING KUNG FU (FAI YE LUNG STYLE)

Stan Wilson
530-7723

Fai Ye Lung is a Kung Fu style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Your comfortable clothing.

(Stan has studied martial arts for 17 years, is a black belt, and is also a member of the Pai family. He is the author of Intermediate Techniques of the Fung Sushi Kai, a Kung Fu manual and video set.)

Tuesday, June 10, 7-9pm
No. of Sessions: Ongoing
Limits: Min. 3 / Max. Unlimited
Class Fee: $ 30
Materials Fee: $ 2
Location: 946 Sath Chidhs North of Home Video

ADVANCED KUNG FU (FAI YE LUNG STYLE)

This class is available for those who wish to learn katas, application of katas, self-defense, awareness drills, and sparring. Please contact Stan Wilson, 530-7723.

BEGINNING TANG SOO DO

Jeff Hoover
530-5185

Tang Soo Do is a Korean Martial art system. In this beginning course you will be instructed in the basics of this fighting art, including blocks, hard strikes, and kicks. An advanced class will be offered at the completion of this course. Please wear loose fitted clothing.

(Jeff Hoover is a black belt in Tang Soo Do and has been teaching independently for over 2 years.)

Monday, June 10, 9:30-10am
No. of Sessions: 11
Limits: Min. 2 / Max. 30
Class Fee: $ 25
Materials Fee: $ 5
Location: Village Plaza, 921 Sath Chidhs (behind Alco)

JUJITSU FOR BEGINNERS

Stan Wilson
530-7723

Jujitsu is the origin of jujitsu stresses hands-on combat featuring throwing, low kicks, and arm locking. This class will include the basics of jujitsu form and walking exercises. This class is self-defense oriented.

(There is a 3rd degree black belt in jujitsu and has taught martial arts for 8 years.)

Sunday, June 11, 7-9:30pm
No. of Sessions: Ongoing
Limits: Min. 3 / Max. Unlimited
Class Fee: $ 30
Materials Fee: $ 2
Location: 946 Sath Chidhs North of Home Video

NINPO TAI JUJITSU

Stan Wilson
530-7723

The unarmed art of the Ninpo Basic technique and the eight basic Waza of Bokkeny will be taught.

(Stan has been a member of the Shadows of Iga Ninja society for 8 years and has studied with Steve Hayashi.)

Sunday, June 11, 9-11pm
No. of Sessions: 2
Limits: Min. 3 / Max. 15
Class Fee: $ 15
Materials Fee: $ 2
Location: 946 Sath Chidhs - North of Home Video

ADVANCED JUJITSU

This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques. For further information call Stan Wilson, 530-7723.

TAI JI QUAN (TAI CHI CH'UAN)

David Larson
530-7723

Tai Ji Quan (Tai Chi Ch'uan) is an ancient sophisticated system of exercise developed in China by Taoist monks. The most notable of these having been Chang San-feng. Tai Ji was and continues to be practiced for health, strength, coordination, and ultimately, for self-defense. (David has been a Tai Ji player for 12 years and an instructor of the Yang Style form for 7 years. He has agreed to commute to Manhattan every other week and teach the form.)

Friday, June 9, 7-9pm
No. of Sessions: Ongoing
Limits: Min. 1 / Max. Unlimited
Class Fee: $ 15
Materials Fee: $ 5 each time
Location: 946 Sath Chidhs (Village Plaza behind Alco)

SEMINAR ON AIKIDO

Armando Flores
530-7723

An experiential workshop recalling the power that is naturally ours, using the laws that govern the mind and body. To develop physical and mental fitness, personal discipline, self-improvement, and well being.

(Armando is a 3rd Dan Black Belt in Aikido.)

Saturday, June 24, 12am-5pm
No. of Sessions: 1
Limits: Min. 1 / Max. Unlimited
Class Fee: $ 15
Materials Fee: $ 0
Location: Location will be given when you register.

AIKIDO

Armando Flores
530-7723

Aikido is known, technically, as a "Martial Art" such as Jujitsu, Judo, Kendo, or Karate, since it does teach techniques which enable one to defend himself against physical attack if necessary. Aikido is much more than a mere "self-defense", it can become a way of life. When those daily problems of living cause tension, nervousness, pain, or poor health, aikido can help to dramatically decrease them. Sincere practice of the art will gradually change the way you breathe, stand, and move in your everyday activities which can lead to relaxation, self-confidence, balance, and control in both the physical and mental parts of life.

Monday, June 10, 7-9pm, Sat. 10am-12
No. of Sessions: Ongoing
Limits: Min. 2 / Max. Unlimited
Class Fee: $ 15
Materials Fee: $ 0
Location: 946 Sath Chidhs (Village Plaza)
WHAT IS UFM?

UFM, 1221 Thurston, 530-8765 – Press FIrmas.

Name: ___________________________ Phone: ____________
Address: ___________________________________________
City: ___________ State: ___________ Zip: ___________

CLASS #1 TITLE: ___________ FEES: ___________ LOCATION: ___________ DATE & TIME: ___________

5. (Check all that apply)

1. Fee Waiver (Note: if applicable)
2. Full Payment
3. Partial Payment
4. Partial Fee Waiver

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