

COMMUNITY EDUCATION

VERDE SUMMER 2024 COURSE OFFERINGS



**For registration, inquiries and
complete course information:**



YC.EDU/CEVS



[928] 634-6537



COMMEDSVV@YC.EDU

Yavapai
COLLEGE

VERDE VALLEY CAMPUS

■ Tai Chi Chih

with Janet Batchelder

T'ai Chi Chih can bring benefits into your life, such as increased energy, improved balance, vitality, improved health among others. Regular practice promotes well-being, relaxation, and serenity. *Wear comfortable clothing and non-slip shoes.*

VCE-ACT001-SU24 ■ Verde I-137 ■ \$107

Tuesdays & Wednesdays ■ 7/2/24 - 7/31/2024 ■ 10:00 AM - 11:00 AM

■ Yoga & Meditation

with Lisa Jachowicz

Whether you are new to yoga and meditation, or looking to expand your current practice, this class is for you! Yoga and meditation are proven to positively affect physical health, mental health, and mood. *Wear comfortable clothing. Please bring your yoga mat and a bath or beach towel.*

VCE-ACT004-SU24 ■ Verde I-137 ■ \$79

Wednesdays ■ 7/10/24 - 7/31/2024 ■ 8:45 AM - 9:45 AM

■ The Healing Properties of Stitch Meditation

with Jane Jones

Participants will learn the history and applications of slowstitching and meditation will be folded into this work time as your hands create something beautiful. No experience is necessary! *You will leave with a small hanging to display.*

VCE-ART050-SU24 ■ Verde M-203 ■ \$75

Wednesday ■ 7/10/2024 ■ 1:00 PM - 4:00 PM

VCE-ART051-SU24 ■ Verde M-203 ■ \$75

Thursday ■ 7/25/2024 ■ 9:00 AM - 12:00 PM

■ All About Mushrooms & Mushroom Farming Basics

with Kathryn Crew

Discussions include defining types of fungi, and how they benefit people, animals, plants, and soil, as well as the specific methods farmers use to mimic the natural lifecycle of mushrooms. *There is an additional \$40 course fee for home-grow kits students will receive in class.*

VCE-NAT351-SU24 ■ Verde G-111 ■ \$145

Mondays ■ 7/8/24 - 8/12/2024 ■ 5:30 PM - 7:30 PM

SEDONA CENTER

■ Embodied Yoga

with Kim Sager

This class offers an hour of well-balanced, all-level yoga sequences where students will learn a variety of breathwork techniques and reflect on themes of meditation for a full, embodied practice leaving with feelings of restoration and revitalization. Yoga props are provided, but students have the option to bring their own.

SCE-ACT002-SU24 ■ Sedona Center, Rm 29 ■ \$125

Mondays & Thursdays ■ 7/8/24 - 8/1/2024 ■ 4:30 PM - 5:30 PM

COMING IN FALL 2024

■ Yoga Teacher Training

with Dr. Karly Way

You'll learn practical applications of yoga philosophy to guide mindfulness, meditation, and asana practices (AND gain the tools to become a certified yoga instructor in the process!) Yoga Teacher Training [RYT 200] is back at Yavapai College with Dr. Karly Way, this time in a hybrid format, with online coursework and two in-person weekend practicums at our Sedona Center.

In-Person Weekend Practicum 1 ■ Fri, Sat, Sun ■ Sept 27-29

In-Person Weekend Practicum 2 ■ Fri, Sat, Sun ■ Nov 15-17

Hybrid: Weblive and In-Person at Sedona Center
Sedona Center, Rm 29 ■ \$899