

## Meditation for Relaxation (18 years and older)

Come and enjoy the relaxation and fulfillment of meditation. Learn how to release tension in the body and in the mind. We will explore several practices including breathing techniques, use of mantra, and the effects of mudras. All of these can help you significantly reduce and manage stress in your daily life. You will be given a basic overview of what meditation is and the physiological reasons for how it works.

8, 60 minute sessions at RCC Lake Anne • \$40 (R)/\$50 (NR)

January 5-January 19

102115-0B Tue 5:30 p.m.- 6:30 p.m. Gurunater

March 23-May 11

102115-0C Tue 5:30 p.m.- 6:30 p.m. Gurunater



## Extreme Body Sculpting (18 years and older)

Looking to progress to a higher level of fitness or athletic performance? This 60-minute class will provide fitness enthusiasts with the ultimate full body challenge. Jumpstart your days and evenings with a workout that will have your heart pumping and your muscles working at full capacity. Participants should bring ankle weights to class.

14, 60 minute sessions at RCC Hunters Woods • \$58 (R)/\$72 (NR)

January 13-April 7

102415-0D Wed 6:00 p.m.- 7:00 p.m. Robinson



## Stained Glass (18 years and older)

All skill levels are welcome in RCC's popular Stained Glass course. Beginning students will work through all the steps necessary to finish a stained glass project. Students with stained glass or mosaic experience may choose a more advanced project suitable to their skill levels subject to instructor approval. All necessary tools will be available for student use at no charge; however a \$35 supply fee, which covers all materials necessary to complete the project, will be due to the instructor at the first class. ( Fees for experienced students working on larger projects will be determined on case-by-case basis.) For the first class, bring a pair of old cotton gloves (to dig through trays of glass), and a container at least 12 inches in length and width and several inches deep to transport your project, and paper to take notes. Wear long pants and enclosed shoes. Safety glasses or goggles are also recommended. The shop has "industrial-strength" goggles you can use, but you may wish to bring your own for greater comfort.

7, 3-hour sessions at RCC Hunters Woods • \$60 (R)/\$75 (NR)

January 13-February 24

105092-0C Wed 10:00 a.m.- 1:00 p.m. Kuhlmann

March 10-April 21

105092-0D Wed 10:00 a.m.- 1:00 p.m. Kuhlmann

March 10-April 21

105092-0E Wed 6:30 p.m.- 9:30 p.m. Kuhlmann