

GENERAL EDUCATION

BEGINNING DOG TRAINING

Obedience training is one of the best things you can do for your dog or puppy... and yourself! Obedience training does not solve all behavior problems, but it is the foundation for solving just about any problem. Training opens up a line of communication between you and your dog - and effective communication is necessary to instruct your dog about what you expect them to do. A positive, consistent approach is stressed. Behavior problems such as jumping up and barking will be addressed. Your dogs' rabies shots should be up-to-date. Dog must be on a leash and must be at least 5 months old. One adult per dog as the handler. Students 14 to 17 yrs. must be accompanied by an adult. **Homeowners insurance number and name of insurance company must be included on your registration form.** Please specify Beginner or Intermediate on registration form. Register early to ensure a spot!

Wednesdays (6 weeks) starting April 14

Beginners: 7:00 p.m. - 8:00 p.m.

\$79 Tuition

Intermediates: 8:00 p.m. - 9:00 p.m.

Instructor: D. Riley-Sweet



HOW TO PAY FOR COLLEGE

When it comes to paying for college, understanding your college savings options can be confusing. How do you know which strategies are best for you and your family? Invest for college with a *529 College Saving Plan* and get special treatment if you or the student in your life lives in New Jersey. Your contributions grow tax free, plus you can qualify for scholarships and a waiver of the annual maintenance fee. You also get professional investment management information from one of the world's largest and longest established investment companies.

Tuesday April 20

\$10 Tuition

7:00 p.m. - 9:00 p.m.

Instructor: R. Doran, Financial Consultant



TAX FREE INCOME INVESTING

No matter what your age, your financial situation, or your goal, you need to learn about the power of investing. Discover how to fit tax free income mutual funds into your investment program. A mutual fund is a form of collective investments that pools money from many investors and invests their money in stock, bonds, short-term money market instruments, and/or other securities. These funds offer a convenient way to take advantage of tax free investment opportunities, while providing other benefits including monthly dividends, diversification, professional management, and easy access to your money. One of the biggest struggles facing investors is keeping the profits generated by their investments.

Tuesday May 11

\$10 Tuition

7:00 p.m. - 9:00 p.m.

Instructor: R. Doran, Financial Consultant

AMERICAN SIGN LANGUAGE

This course is designed to help students build basic sign language vocabulary as they learn the manual alphabet and standard signing techniques. If you are a parent or an educator who is looking for ways to enhance your communication with young children, or if you've always wanted to learn to speak with your hands, come join us for a fun and interesting introduction to American Sign Language.

Wednesdays (6 weeks) starting March 24

\$60 Tuition

7:00 p.m. - 8:00 p.m.

Instructor: J. Musilli, Teacher of the Deaf

MOTOR VEHICLE POINTS REDUCTION & INSURANCE REDUCTION COURSE/

Are you racking up the points on your license, or paying too much for car insurance? Take this six hour course and reduce your violation record by two points and improve your driving skills at the same time. Receive a reduction on your insurance premiums and reduce your risk of being in a collision. Register early, this class is limited and will fill up quickly.

Tuesday May 11 and Thursday May 13

\$75 Tuition

6:30 p.m. - 9:30 p.m.

Instructor: T. Di Netta

RETIREMENT PLANNING

Isn't it time to start building a comfortable lifestyle for tomorrow? Financial planning can be confusing. It's not easy thinking about how much money you'll need to retire. There are a lot of options, but you may not know even where to start. What do you plan to do and what will it cost you to do it? What should you do with your retirement plan? Are you tired of paying taxes on the money you are saving? What investment tools are available that will help you accumulate money? Attend the Retirement Planning Workshop to learn the answers to these questions, and more.

Thursday May 20

\$10 Tuition

7:00 p.m. - 9:00 p.m.

Instructor: R. Doran, Financial Consultant

HEALTH AND FITNESS

MEDITATION FOR HEALTH & INNER PEACE

Meditation is an inward journey of conscious relaxation and stilling of the mind for peace, tranquility, self-inquiry, and healing. This Meditation class introduces you to what meditation is, its historical context and roots, and the benefits and applications of meditation. Formal studies have shown that meditation reduces stress and can help in the treatment of a variety of medical conditions. Various meditation styles and techniques will be explored and will incorporate breath awareness, mind awareness, and meditation postures. The class is appropriate for anyone wishing to enhance their inner peace, and perfect for anyone wishing to enhance focus and creativity. Wear comfortable, loose fitting clothing; bring a light blanket or yoga mat and a small pillow. This class is appropriate for anyone with or without prior experience in meditation.

Tuesday March 30

\$35 Tuition

7:00 p.m. - 8:30 p.m.

Instructor: D. Speer, Certified Teacher of Himalayan Tradition Yoga & Meditation



METAPHYSICS AND PARAPSYCHOLOGY 4

This class is the fourth in a program developed in the Metaphysical Center of New Jersey and is extended to 10 classes instead of 8. Topics covered in this series include The Soul and its Evolution: Through the Mineral, Vegetable, Animal, Human Kingdoms and Beyond; Fate and Free Will; The Esoteric Interpretation of Symbols and Numbers; Secrets of the Great Pyramid and Pyramid Energy; UFOs and Extraterrestrial Encounters. Metaphysics is the study of the ancient wisdom teachings which help us to understand the meaning and purpose of life, the nature of reality, cosmic laws, and the application of these laws to daily life. Parapsychology is a branch of psychology that involves the study of consciousness, extra sensory perception, the powers of the mind, and psychic phenomena. Modern research findings are explored along with the teachings of the Esoteric Tradition.

Tuesdays (10 weeks) starting March 16 **\$95 Tuition**
7:00 p.m. - 9:00 p.m. **Instructor: H. Wagniere,**
Director Metaphysical Center of NJ

YOGA FOR EVERY BODY

Bring balance into your life! Today's lifestyle is fastpaced and hectic and you owe it to yourself to learn to relax. Energize your mind and body and deeply relax with a progression of asanas (postures) and pranayama (breathing techniques). Learn breath and body awareness, optimal posture, and body mechanics. This class is a blend of various Hatha Yoga styles, designed for all levels from beginners to intermediate to release tension and calm the mind. Students experience the meditative benefits of yoga through linking of breath with movement. Learn balance, flexibility, and stress reduction. Please bring a yoga mat and be sure to wear loose, comfortable clothing. **Please be sure to register early for this very popular class - it will fill very quickly!!**

Mondays (6 weeks) starting March 15 (No class April 5) **\$79 Tuition**
7:00 p.m. - 8:15 p.m. **Instructor: R. Pecoriello**

TAI CHI - CHEN STYLE!

Tai Chi dates back over 3,000 years and is a system of exercise which focuses on integrating the body, mind, and spirit through movement. The class will cover basic Taoist philosophy, meditation techniques, as well as the basic principles of the art of Tai Chi including whole body/torso method movement, abdominal breathing, strength exercises, correct posture and body awareness. Bring an open mind, a bottle of water, and please wear comfortable clothing and shoes. **Please specify Beginner or Intermediate on registration form.**

Wednesdays (4 weeks) starting May 5 **\$60 Tuition**
Intermediate and Advanced 6:00 p.m. - 7:00 p.m.
Beginners 7:15 p.m. - 8:15 p.m **Instructor: J. Steffener, NCMT**

MASSAGE FOR COUPLES

Through the art of massage, you will learn to relieve stress, soothe aching muscles, and nurture your partner. Workshop includes a demonstration and instruction on massage techniques you can use yourself and with your loved ones. Wear swimsuits under comfortable clothes. Bring a blanket, comforter, quilt or sleeping bag, and a pillow. Oils and creams will be provided. It is important to arrive by 5:45 PM for this class - it is comprehensive and has a lot of information to cover and therefore must begin on time. Those arriving after 6:00 p.m. may not be admitted.

Thursday March 25 **\$79 per couple Tuition**
5:45 p.m. - 9:30 p.m. **Instructor: J. Steffener, NCMT**

REFLEXOLOGY

Reflexology is a wonderful and effective massage technique used to enhance the body's own healing process. Experience intense relaxation and discover how this will contribute to your health and increase your sense of well being. Results are accomplished by stimulating specific reflex points on the feet and hands that correspond to organs, glands, joints, limbs, and body parts. This workshop will provide you with the opportunity to learn the basic reflex points of the feet and how to apply them to yourself and others to relieve stress and tension and maintain good health. New techniques will be offered since the last time this class was presented. Please wear comfortable clothes and bring a towel, pillow, and your favorite cream or lotion. It is important to arrive a few minutes early for this class, since it must begin promptly.

Thursday April 1 **\$65 Tuition**
6:00 p.m. - 9:30 p.m. **Instructor: J. Steffener, NCMT**



GENTLE HATHA YOGA IN THE AFTERNOON!

Hatha Yoga gently works through yoga exercises, breath and concentration of effort to balance and unite the energies of the body and mind. Yoga is a wonderful practice that leaves one naturally relieved of stress and in a state of peacefulness and harmony. Yoga enhances all body system functions improving overall wellness and one's sense of well-being. This class series will introduce and explore introductory yoga exercises and postures, breath awareness, relaxation and meditation techniques and basic yoga philosophy. The class series accommodates beginners as well as practitioners of all levels who wish to refresh themselves in a gentle class and is offered during the afternoon for your convenience.

Thursdays (6 weeks) starting April 15 **\$75 Tuition**
3:30 p.m. - 4:30 p.m. **Instructor: D. Speer**

REIKI LEVEL I

Reiki is an ancient Oriental system of natural holistic healing. Universal life giving energy is passed from the master practitioner to the client through the laying on of hands. Studies have shown that a Reiki treatment clarifies, focuses, increases, and re-balances the energy in your body. It has been known to strengthen the immune system, improve circulation, detoxify your body, and reduce tension so that the body can more efficiently heal itself. **REIKI Level 1** is about "healing yourself". If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Learn the foundations fo Reiki for your personal practice. The workshop will be a combination of lecture, discussion, and hands. This can be a life changing experience! It can empower a person to heal their body, mind, and spirit. An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master, and allows the student to tap into the unlimited supply of "life force energy" to improve one's health and enhance the quality of life. Reiki Level I Attunement will be given. Please register early to avoid closing out this class due to low enrollment.

Mondays (4 weeks) April 12, 19, 26, May 3 **\$145 Tuition**
7:00 p.m. - 9:00 p.m. **Instructor: C. Nolte, Reiki Master**