

◇ PRESCOTT ◇

# COMMUNITY EDUCATION & EDVENTURES

FALL 2024 Schedule

CALL 928-717-7755  
TO REGISTER OR  
BROWSE ONLINE!

[www.yc.edu/commed](http://www.yc.edu/commed)  
[www.yc.edu/edventures](http://www.yc.edu/edventures)



HANDS-ON LEARNING | SPECIAL INTEREST | TRAVEL & LEISURE

# WELCOME TO COMMUNITY EDUCATION

## From the Director of Prescott Community Education and EDventures Programs

### Nancy Ostapuk

**C**ommunity Education classes offer opportunities to learn new skills and have fun while learning. With no tests or grades, it is the perfect opportunity to explore an interest and add a new hobby or skill to your life. Our instructors live and work in our community and love to share their passion.

**Be sure to enroll early to avoid cancellations.** To browse and register, visit our websites: [www.yc.edu/commed](http://www.yc.edu/commed) and [www.yc.edu/edv](http://www.yc.edu/edv).

Consider giving a Community Education course or an EDventures trip to that special someone this Holiday Season! Call 928-717-7755 to find out how!

**Community Education** offers a variety of courses that will delight anyone: Creative Clay, Gardening with Native Plants, Kitchen Wisdom: Mediterranean Breads & Foods, Crystal Sound Meditation, Dao Yin, Qigong, Tai Chi and Reiki, Billiards, Boxing, Rock Climbing, Kung Foo San Soo, and so much more!

Learn Spanish and discover the history of the Native Peoples of the Southwest. Understand the diversity of Muslim Thought or take a course to study Historical, National and Biblical Israel.

**EDventures** day trips include opportunities to explore the vast landscapes of central and northern Arizona. Travel the backroads to see local history come alive!

For fascinating history and beautiful landscapes, sign up for the Land Between the Canyons to witness incredible views overlooking three rugged wilderness areas: West Fork, Oak Creek, and Sycamore Canyons.



Join the overnight trip to Canyon de Chelly this fall. We have two October trips to choose from. Experience a jeep tour through soaring sandstone canyons and breathtaking wonders and transport yourself back in time with a visit to Hubbell Trading Post.

**EDventures trips fill up quickly - space is limited to 10 passengers per van.**

Don't want to ride in a bumpy van? We have seven video EDventures to watch in the comfort of your own home. Travel with Chris and Rita Wuehrmann to places that a van won't get to.

**Teach Non-credit!** Do you want to teach a non-credit class for Community Education? To share your passion or area of expertise, please contact us at [CommEd@yc.edu](mailto:CommEd@yc.edu).

We hope to see you on Yavapai College's Prescott campus this fall! The Community Education office is in Building 31, Room 108. We are open Mon-Fri, 8 a.m. – 5 p.m.

Visit our websites for more information or give us a call at 928-717-7755 for assistance and to register.

Visit [www.yc.edu/commed](http://www.yc.edu/commed) or call 928-717-7755 to register

## Where Lifelong Learning Flourishes

### Table of Contents

Welcome	Inside Cover
Refund/Cancellation Policies	3
<ul style="list-style-type: none"> <li>• Other Ways to Register</li> <li>• Age Requirements</li> <li>• Fees</li> <li>• Refund/Cancellation Policies</li> </ul>	
Arts & Crafts	4-5
Dance	5
EDventures	13-17
<ul style="list-style-type: none"> <li>• EDventures Activity Rating Chart</li> <li>• VIRTUAL EDventures Videos</li> </ul>	17 18
Finance, Investments & Retirement	5
Food & Gardening	6
Health & Wellness	6-8
History & Culture	8-9
Kids Class!	9
Language	9
Lifestyle	10
Philosophy, Religion & Spirituality	10
Recreation	10-11

### www.yc.edu/commed

Your next adventure in learning is just a click away!

- Browse and pay for classes and trips online
- View instructor biographies
- Read course descriptions and trip itineraries

Visit [www.yc.edu/commed](http://www.yc.edu/commed) and click on the link Browse and Register.

### Other Ways to Register:

Register by phone: [928] 717-7755

Monday through Friday, 8:30 am – 4 pm

Walk-in registration at Building 31, Room 108 on the Prescott Campus. See map on last page.

### Age Requirements:

Community Education classes are open to the public, ages 14+. Students under 18 attending a class must seek prior approval and have a completed Minor Student Permission form signed by parent or legal guardian.

Call [928] 717-7755 for approval and to request Minor Student Permission form. EDventures trips are open to the public and students ages 18+ years.

### Fees:

Tuition fees are due and payable at time of registration. Fees vary in accordance with class length and other expense factors. Classes must meet minimum enrollment. In the event of any administrative cancellation, you will receive a full refund of your tuition.

*Please enroll early. Classes will be cancelled one to two weeks prior to start date if enrollment is too low.*

### Refund/Cancellation Policies

#### Community Education

More than 14 days before course start = Full Refund  
 8-13 days before course start = 50% Refund  
 7 days or less = No Refund  
 No Refunds given after course start date

#### EDventures

Day Trip Cancellation  
 21 days or more prior to departure = Full Refund  
 15-20 days = 75% Refund  
 14 days or less = No Refund  
 [Unless substitute student is identified]

**EDVENTURES**  
 Educational trips throughout  
 the Southwest and beyond!  
 Pages 13-17.



# COMMUNITY EDUCATION COURSES

## ARTS & CRAFTS



### BEGINNING KNIT I

**FA24-101** • Thu, 10/3 to 10/24/24 • 10 am - noon  
Bldg 31, Room 102 • Prescott Campus

Cast on! This class will walk you through the basics of knitting and purling, reading a knitting pattern, understanding yarn and needles. We start out with a simple scarf, learn how to fix those mistakes, and finally, with finishing your project. *No previous knitting experience required.*

**Materials Needed:** straight knitting needles US#7 or US#8 or 16" US#7 or US#8 circular knitting needles; smooth lighter colored worsted weight yarn (approx. 200-yard ball). Students should also bring basic knitting tools: scissors, tape measure, tapestry needle, pencil, paper. *Supplies may be purchased anywhere; however, a student discount and expert assistance will be provided at Fiber Creek in Prescott.*

**Kristin Hansen • \$105**

### BEGINNING KNIT II

**FA24-102** • Thu, 10/31 to 11/21/24 • 10 am - noon  
Bldg 31, Room 102 • Prescott Campus

Let's take the next step in your knitting. This time we'll build on the skills from Beginning Knit I and create a cowl. You will learn to knit in the round, basic increases and decreases, creating a motif based on stitch count, adding more intricate stitches to your design. **Students must be able to cast on, knit, purl, and read a basic pattern all without supervision.**

**Materials Needed:** 16" US#7 or US#8 circular knitting needles; smooth lighter colored worsted weight yarn (approx. 200-yard ball). Students should also bring basic knitting tools: scissors, tape measure, tapestry needle, pencil, paper. *Supplies may be purchased anywhere; however, a student discount and expert assistance will be provided at Fiber Creek in Prescott.*

**Kristin Hansen • \$105**

### CREATIVE CLAY

**FA24-103** • Tue, 10/1 to 11/19/24 • 10 am - 12:30 pm  
Bldg 31, Room 102 • Prescott Campus

Feeling a little ungrounded and disconnected from your creative side? Then come and get your hands dirty and reconnect to your personal creative expression using Earth's most primal element - Clay! Emphasis will be on relaxing and enjoying the process of opening up to creative expression through the experience of working with clay. We will start with a basic introduction, and then students will progress through hand-building techniques, including pinch pots, coil building, slab construction, press molds and more. We will glaze all of our pieces on the 7th day of class, then have an informal art show and discussion/project pick-up on class 8. This is a beginner level class. **Class is limited to 10 students. Sign up Early! All supplies included in tuition.**

**Denise Incao • \$250**



### CREATIVE CLAY WEEKEND WORKSHOP: DOILY TEXTURE PROJECT

**FA24-104** • Sat/Sun, 10/26, 10/27, & 11/3/24  
• 9:30 am - 3:30 pm  
Bldg 31, Room 102 • Prescott Campus

This project specific workshop explores the fun and easy technique of surface decorating on clay, using doilies and other materials. Projects covered will be wall pockets, succulent pots, vases, bowls, dishes, and more! **This is a beginner level class. No previous clay experience required. The workshop is limited to 6 participants. All supplies included!**

*This workshop takes place at the Yavapai College, Prescott campus in Bldg 31, Room 102 over the weekend of October 26-27th (Sat-Sun), from 9:30am till 3:30pm, and concludes with glazing on Sunday, November 3rd, from 10am till 3:00pm.*

**Denise Incao • \$240**

## **DRAWING ARIZONA'S LANDSCAPES, PLANTS & BIRDS**

**FA24-105** • Mon, 10/7 to 11/18/24 • 5 - 7:30 pm  
Bldg 31, Room 102 • Prescott Campus

This fun, non-credit class is open to beginners and all levels of graphic artists. Using wax-based or water-soluble colored pencils, or soft pastel stick and pencils, or acrylic paints, students will be introduced to the Trace and Transfer Drawing Method. All photo references will be supplied. The instructor will draw each exercise with the class, and he will work with students to develop their individual drawing style. *Suggested supply list available or bring your own art supplies to class. (No class 11/11.)*

**Ken Ottinger** • \$125

## **DANCE**



## **TRADITIONAL DANCES OF THE EASTERN MEDITERRANEAN**

**FA24-106** • Thu, 10/3 to 11/7/24 • 5:30 - 7 pm  
Bldg 15, Room 260 • Prescott Campus

Embark on a journey through the heart of the Eastern Mediterranean, where vibrant and diverse dances will come to life. In this class, you will be introduced to a selection of Greek, Balkan and Turkish dances as well as dances of the Levant and Egypt. We will dive into the music, rhythms, and meanings of the dances. Each class will build upon the last and there will be lots of review and practice. *No experience necessary. Wear comfortable shoes and come ready to dance and have fun.*

**Kirsten Maclellan** • \$125

## **FINANCE, INVESTMENTS, & RETIREMENT**

[\$] Yavapai College endorses the educational value represented by these courses to the members of the community. Each course is a no-obligation opportunity for attendee[s] to receive information about personal legal and/or financial concerns. The college does not recommend or endorse any of the products or services that may be offered to attendee[s] should the attendee[s] decide to become a client of the instructor or the instructor's firm as a result of attending a course.



## **HOW TO SAVE ON TAXES IN RETIREMENT**

**FA24-107** • Tue, 10/15/24 • 2 - 4 pm  
Bldg 3, Room 206 • Prescott Campus

**FA24-108** • Sat, 10/19/24 • 10 am - 12 pm  
Bldg 3, Room 206 • Prescott Campus

**FA24-109** • Wed, 11/13/24 • 2 - 4 pm  
Bldg 3, Room 206 • Prescott Campus

**FA24-110** • Sat, 11/16/24 • 10 am - 12 pm  
Bldg 3, Room 206 • Prescott

Learn ways to save on taxes in retirement. We'll discuss how to use tax-smart investing techniques and tax-efficient withdrawal strategies to help keep taxes low. You'll learn how different account types are taxed and how certain investments offer tax advantages. We'll also discuss Roth Conversions, RMD strategies, giving ideas, managing capital gains/losses and other tips.

**David Edmisten** • \$45

# COMMUNITY EDUCATION COURSES

## FOOD & GARDENING



### CREATING A BACKYARD HABITAT

**FA24-111** • Mon, 10/28 & 11/18/24 • 1 - 2:30 pm  
Bldg 31, Room 102 • Prescott Campus

Fall is the best time to plant natives! You can provide essential habitats for hundreds of species of native pollinators, birds, lizards, toads, frogs, beneficial insects, and furry critters, and still have a beautiful garden. Even the smallest space can contribute to the survival of vanishing species. Habitat is defined as a source of food, water, shelter, and nesting materials and places. There are many simple and inexpensive strategies for supporting wildlife through backyard habitats. You will build on your general understanding of gardening with native plants and assess what habitat resources will work best in your yard.

*Kathleen Dickinson* • \$85

### GARDENING WITH NATIVE PLANTS

**FA24-112** • Mon, 9/30 to 10/21/24 • 1 - 2:30 pm  
Bldg 31, Room 102 • Prescott Campus

Fall is the best time to plant natives! You can transform your garden into a haven for birds, bees, and butterflies, while conserving water, ending dependence on fertilizers, and reducing your gardening workload. There are hundreds of gorgeous native plants that also provide food, nesting material and shelter for many species of wildlife. Students will assess and map their garden space, learn the basics of planting, and maintaining a native plant garden, and learn to replicate nature's gardening strategies.

*Kathleen Dickinson* • \$105

### KITCHEN WISDOM: MEDITERRANEAN BREADS & FOODS THAT GO WITH THEM

**FA24-113** • Tue, 10/29 to 11/19/24 • 5:30 - 8:30 pm  
Community Room Kitchen • Manzanita Village

Join Chef Molly Beverly in a Mediterranean adventure, learning how to make traditional yeast breads and a plethora of delicious accompaniments from Spain, France, Italy, and Greece. This hands-on course covers traditional preparation of yeast breads, including starters and retarded fermentation. Each class will also cover dips, spreads, soups, salads, vegetables and fresh cheeses. Includes recipes and tastings. Vegan & vegetarian options available.

Menus include Spanish Peasant Bread, Romesco Sauce, Gazpacho, Fresh Ricotta, Pesto, Minestrone, Focaccia, Aioli, Ratatouille, Tappenade, Olive Bread, Greek Lentil Soup, Yogurt Pomegranate Dip, Red Pepper and Walnut Spread.

*Chef Molly Beverly and Leslie Hollander* • \$225

## HEALTH & WELLNESS



### CRYSTAL SOUND BOWL MEDITATION

**FA24-114** • Mon, 9/30 to 11/4/24 • 6 - 7 pm  
Bldg 31, Room 101 • Prescott Campus

Sound healing is a practice that utilizes vibrations and frequencies to promote relaxation and improve wellness... a sound bath session can calm our minds, reduce stress and anxiety, and increase feelings of mindfulness. The healing power of sound has been recognized for centuries. Ancient civilizations used sound as therapy to promote physical and spiritual healing. When exposed to specific frequencies and vibrations our bodies respond on a cellular level. The sound waves penetrate our tissues, releasing tension, promoting circulation, and restoring balance to our bodies energy systems. Sound is a powerful tool influencing our mental and physical states.

*Catherine Rousseau* • \$125

## DAO YIN

**FA24-115** • Mon/Wed, 9/30 to 10/23/24  
• 2:30 - 3:30 pm

Bldg 15, Room 260 • Prescott Campus

**FA24-116** • Tues/Thu, 10/1 to 10/24/24  
• 2:30 - 3:30 pm

Bldg 15, Room 260 • Prescott Campus

Dao Yin is a remarkably simple set of exercises, stretches, and breathing techniques that help you conserve your own vital life-force energy (Qi), recycle it through your body, and transform toxic or unbalanced energy and emotions into pure positive energy and emotions. Dao Yin has more “flow” than yoga, but more “stretch” than Qi Gong. There will be floor exercises as well as standing or chair exercises. Get All the Benefits of Meditation, Qigong, and Yoga, in One Simple Practice. **Bring a yoga mat to class.**

**Tara Tech** • \$95



## HYPNOSIS: DEEPEN YOUR SELF-DISCOVERY, INTUITION, AND INNER WISDOM

**FA24-117** • Wed, 10/9 to 10/30/24 • 5:30 - 7 pm  
Bldg 4, Room 114 • Prescott Campus

Increase your enjoyment of life with this four-session workshop designed to deepen your self-discovery, intuition, and inner wisdom through the power of hypnosis. Each session offers an intimate and profound journey into your subconscious, guided by a renowned hypnosis expert. Breakthrough moments may be waiting for you as you unlock hidden potentials, enhance your intuitive abilities, and access profound inner wisdom. Imagine gaining clarity in your life’s direction and awakening your true self. Whether you’re seeking personal growth, spiritual awakening, or a deeper understanding of yourself, this workshop is for you. Limited spots ensure personalized attention and a supportive environment for you to step into a more enlightened, empowered you!

**Jerry Zaryczny** • \$90

## QIGONG

**FA24-118** • Mon/Wed, 9/30 to 10/23/24  
• 8:30 - 9:30 am

Bldg 15, Room 260 • Prescott Campus

**FA24-119** • Mon/Wed, 9/30 to 10/23/24 • 4 - 5 pm  
Bldg 15, Room 260 • Prescott Campus

**FA24-120** • Tue/Thu, 10/1 to 10/24/24  
• 8:30 - 9:30 am

Bldg 15, Room 260 • Prescott Campus

**FA24-121** • Tue/Thu, 10/1 to 10/24/24 • 4 - 5 pm  
Bldg 15, Room 260 • Prescott Campus

Qigong (chee-gung), an ancient Chinese healing exercise practice, is an effective method to reduce stress, breathe deeply, relax, and feel better by allowing your body, mind, and spirit to return to a state of balance, harmony, and health. Practicing Qigong on a routine basis can effectively provide stress relief, reduce pain, enhance immune function, improve balance, increase flexibility, and will aid in your recovery. Each qigong class will consist of gentle warmups, deep breathing exercises, qigong flows, meditation, and self-massage. All movements are clearly cued and taught for maximum effectiveness. Movements are done either standing or sitting in a chair. **Dress is comfortable clothes. No experience necessary.**

**Tara Tech** • \$95

## TAI CHI: THE FAMOUS 108 LONG FORM, PART I & 2

**FA24-122** • Sat, 10/5 to 11/23/24 • 9 - 10:30 am  
Bldg 15, Room 260 • Prescott Campus

This exciting class will capture all the information and benefits of the 24 Form (see description) as you learn this Yang Style Form. Previous Tai Chi experience of ANY style Tai Chi is recommended (at least four classroom hours) ... but not required. The class emphasis/focus will be on health and wellness and “cultivating your inner chi”. We will emulate our “virtual mentor”, Grand Master Kai Ying Tung’s (Tung Family Tai Chi) approach as you assimilate the major Tai Chi principles. **For a demo of his approach please search “Tai Chi Tung” on YouTube. Choose the 16’01” video.**

**Larry Bates** • \$110

# COMMUNITY EDUCATION COURSES



## **TAI CHI: THE SIMPLIFIED 24-FORM**

**FA24-123** • Mon, 9/30 to 11/25/24 • 10 - 11:15 am  
*[No class 11/11.]*

**Bldg 15, Room 260 • Prescott Campus**

**FA24-124** • Sat, 10/5 to 11/23/24 • 1:30 - 2:45 pm  
**Bldg 15, Room 260 • Prescott Campus**

For both beginning and continuing students, this fun class teaches the 24 movements of the most popular Chinese Government-approved Yang style “Simplified Form.” You will learn how to maximize the flow of Chi [energy], Tai Chi philosophy, history, and mindfulness through the series of movements that are slow, continuous, relaxed, and focused. Like all Tai Chi Forms, it combines “moving meditation” with gentle revitalizing exercise as the students benefit from improved strength, conditioning, coordination, flexibility, and balance. Students also report experiencing increased energy, reduced stress, reduced pain, enhanced sleep, and/or feelings of well-being.

**Larry Bates • \$100**

## **TUNE UP & TUNE IN**

**FA24-125** • Mon, 9/30 to 11/4/24 • 7 - 8:15 pm  
**Bldg 31, Room 101 • Prescott Campus**

Tune Up and Tune In provides integration and knowledge of the seven chakras themselves, along with how to work with them through movement, sound, aromatherapy, and more. While moving through an all-levels yoga practice led by certified yoga instructor, Suzanne Adams, as certified sound healer, Catherine Rousseau plays singing bowls, a gong, and assortment of other healing instruments. To close the practice, we guide a tea ceremony that integrates all five senses in a manner that practices mindfulness. Everything experienced and learned in this full body, mind, and spirit “tune up” is meant to help integrate mindfulness and self-care into our day to day life.

**Suzanne Adams & Catherine Rousseau • \$190**

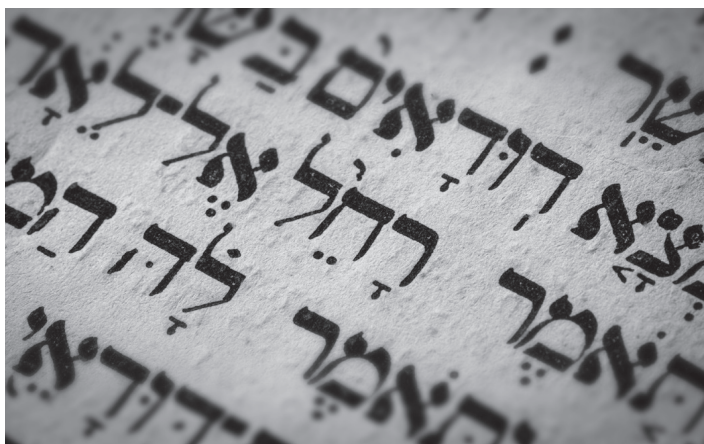
## **HISTORY & CULTURE**

### **BISON HUNTERS: NATIVE PEOPLES OF THE HIGH PLAINS**

**FA24-126** • Tue, 9/3 to 9/17/24 • 1 - 3 pm  
**Bldg 4, Room 116 • Prescott Campus**

The high plains of North America were virtually uninhabited when the first Europeans arrived on the continent. The introduction of the horse completely changed this and led to the development of the plains Indian cultures so dominant in the history and folklore of the west. We will discuss the meteoric rise and fall of these Native American societies, including Cheyenne, Crow, Sioux, Blackfoot, Comanche, and more. *Early Start Date - Enroll Today!*

**Chris Wuehrmann • \$75**



### **ISRAEL: TIMEPIECE FOR THE NATIONS**

**FA24-127** • Tue, 10/1 to 11/5/24 • 5:30 - 7:30 pm  
**Bldg 3, Room 206 • Prescott Campus**

The course study on Historical, National and Biblical Israel will be taught from a traditional Judeo/Christian perspective. Source texts will include the Hebrew scriptures and the New Covenant with input from period historians Josephus, Tacitus and Pliny. Students attending will leave with a proficient understanding of why a microcosm of 16 million people (0.2%) of 8 billion people currently living, lead the world in: Nobel and Pulitzer Prizes, IT innovation and start-ups; agriculture and medical breakthroughs and unmerited hatred. An historical anomaly occurred on May 14, 1948, which launched Israel into daily, global news coverage. *Register now to find out why!*

**Wendell Graber • \$135**





## KID'S CLASS!

### WRITE ABOUT IT! THE 6 TRAITS OF WRITING FOR KIDS (AGES 8-12)

**FA24-130** • Mon, 9/30 to 11/25/24 • 3 - 5 pm  
Bldg 3, Room 205 • Prescott Campus

Do you have something you want to say but don't know how to say it? Write about it! This course will cover the 6 traits of writing: Ideas, Conventions, Sentence Fluency, Voice, Organization, and Word Choice. You will learn what the traits are, be given examples of each, get practice focusing on them in your writing, and search for good and bad examples of the traits in sample pieces. You will gain confidence in applying these traits in your future writing, whether it is for an assignment in school, a note to a friend, your own personal poetry, or a college or job application! *[No class 11/11]*

*Rachel Lord* • \$200

## LANGUAGE

### SPANISH: LEVEL 1

**FA24-131** • Tue, 10/1 to 11/19/24 • 4 - 6 pm  
Bldg 4, Room 114 • Prescott Campus

**FA24-132** • Thu, 10/3 to 11/21/24 • 6 - 8 pm  
Bldg 4, Room 114 • Prescott Campus

Did you know that you can communicate with TWO-THIRDS of the world's population if you speak English and Spanish? You already speak English, now you can tackle your Spanish!! This class will cover basic vocabulary for travel to a Spanish-speaking country, and just a few verbs to be able to say simple phrases. We'll use real objects to learn new material and play games to review previous lessons, having fun knowing no one is perfect and everyone is learning a new skill!

*Rachel Lord* • \$215

### NATIVE PEOPLES OF THE SOUTHWEST: THE RIO GRANDE PUEBLOS

**FA24-128** • Mon, 9/30 to 10/14/24 • 1:30 - 3:30 pm  
Bldg 4, Room 114 • Prescott Campus

The American Southwest has long been home to a fascinating variety of Native Peoples, each with their own unique story. This course will focus on the history and culture of the Tanoan-speaking Pueblo peoples of the Rio Grande region of New Mexico, including Taos, San Ildefonso, Santo Domingo, and many more.

*Chris Wuehrmann* • \$75

### THE DIVERSITY OF MUSLIM THOUGHT: PAST TO PRESENT

**FA24-129** • Tue, 10/1 to 11/19/24 • 6 - 8 pm  
WebLive via Zoom

Muslims are often depicted as a monolithic group with a linear history. However, Muslims have been diverse in their thinking since at least the 640s. This course will explore approximately ten different interpretive traditions and how and why they came to be. Topics covered will be varying views on scripture, law, science, history, and Evolutionary Biology. The intention of this course will be discussion based as opposed to lecture based. It will be a combination of presentation, in-class reading and discussions, discussions over various clips, etc

*Micheal Tofte* • \$140

# COMMUNITY EDUCATION COURSES

## LIFESTYLE

### IT'S YOUR LIFE TO STYLE

**FA24-133** • Tue, 10/8 to 10/22/24 • 1 - 3:30 pm  
Bldg 4, Room 114 • Prescott Campus

**FA24-134** • Tue, 10/29 to 11/12/24 • 1 - 3:30 pm  
Bldg 4, Room 114 • Prescott Campus

In a fun and interactive setting, learn how to turn within to discover your true purpose, ignite your imagination and manifest your desires. Join us as we take a deep dive into how our thoughts, words, and deeds affect our everyday lives and determine our happiness.

*Lisa Atkins* • \$130

## PHILOSOPHY, RELIGION & SPIRITUALITY



### INTRODUCTION TO JEWISH STUDIES

**FA24-135** • Tue, 10/1 to 11/12/24 • 2 - 4 pm  
Bldg 3, Room 270 • Prescott Campus

Jewish civilization historically and in contemporary times. Secular and religious expressions of Jewish culture, concepts, and ideals; sense of human place, purpose, communal and personal life; influence of Jewish thought on other religious and secular cultures; anti-Semitism and other modern challenges will be discussed. **Recommended but NOT required textbooks:** Seasons of Our Joy, ISBN: 9780827609303; Way of Man, ISBN: 9780415278294; and Jewish History in 100 Nutshells, ISBN: 9781568218861. **Course meets in-person but also available via Zoom.**

*Nina Perlmutter* • \$135



### REIKI 1, 2, AND MASTER LEVEL

**FA24-136** • Wed, 10/2 to 11/6/24 • 5:30 - 8:30 pm  
Bldg 31, Room 101 • Prescott Campus

USUI Reiki is a Japanese Energy healing technique where a Master Teacher attunes the student to the symbols of Reiki. In this course the education, hands on learning and Attunements for Level 1, 2 and Master Teacher are covered. These certifications provide the credentials to begin a healing practice, teach reiki or just simply expand your own awareness and intuition. This is a spiritual journey where the master teacher offers long term support and mentorship beyond the class.

*Angela Garrotto* • \$215

## RECREATION

### BILLIARDS: AN INTRODUCTION

**FA24-137** • Sat, 10/5 to 11/9/24 • 9 am - 11 am  
Barefoot Bob's Billiards • Prescott Valley

Want to become a sharp shooter and have a great time learning the basics of pocket billiards? This class will take your pool skills to the next level through individualized instruction on aim, stance, stroke and position play. Use practice drills to elevate your shooting skills while learning the rules and strategies of 8 Ball and other popular games. Expert instruction is provided by a Collegiate and Billiard Congress of America national champion. Barefoot Bob's in Prescott Valley is the location for all classes. Detailed instructional handouts are available from the instructor at no cost. **Students must be at least 21 years of age to enroll in this course. Bring your own cue or use available house cues**

*Peter Lhotka* • \$110

## BOXING FOR FUN & FITNESS

**FA24-138** • Fri, 10/4 to 10/25/24 • 4:30 - 5:30 pm  
Bldg 2, Room 140 • Prescott Campus

Want to empower yourself, have fun, and get in a good workout? This course is designed to improve fitness levels while you learn basic traditional boxing moves which improves balance, helps posture, strengthens upper-body and core, boosts endurance, enhances mood, and improves hand-eye coordination. Not to mention some self-defense techniques you can use to protect yourself. Types of punches, proper technique, and strategies for increasing cardiovascular endurance and strength will be covered. **No experience necessary. Class can be modified for all ages, body type, and fitness level. Wraps (180 inches) and boxing gloves are required prior to the first day of class.**

**Tracy Zak • \$90**



## KUNG-FU SAN SOO

**FA24-140** • Tue/Thu, 10/8 to 11/14/24 • 6 - 8 pm  
Room 57-113 • Chino Valley Center

Kung-Fu San Soo is a self-defense technique. Based on a combination of punches, kicks, strikes and blocks done in perfect rhythm and directed at vital parts of the human body, it becomes an effective way for one to defend themselves. The techniques can be changed instantly to fit any situation and don't follow any set pattern. This allows for any body type; male or female, young or old, fit or not, physically impaired, or not; to learn what is possible for them in any situation. The student will build confidence, gain self-esteem, and reduce fear.

**Scott Hipp • \$185**



## INDOOR ROCK CLIMBING I

**FA24-139** • Thu, 10/10 to 11/21/24 • 10 - 11:30 am  
Gripstone Climbing • 319 N Lee Blvd

Students would be introduced to the basics of indoor rock-climbing equipment and safety, skills and techniques and practice. Students will learn to navigate climbing walls and learn how to safely improve their skills. Skills will include use of top rope belays, technical movement over various terrain and how to safely train to improve their overall climbing. Significant climbing practice time will be included. **Students will pay \$35 to instructor at first class for climbing shoes and harness rental.**

**Anthony Yaniro • \$315**

## ONLINE CAREER TRAINING

Prepare for a new career or career advancement in some of today's top fields. **Learn from anywhere, anytime in a self-paced, flexible format.**

### Course Features:

- 6-18 month duration
- All materials included
- Prepare for industry certification
- Student advisor support

### Categories Include:

Arts and Design  
Business  
Computer Applications  
Computer Programming  
Construction and Trades  
Health and Fitness  
Hospitality  
Information Technology

View all courses at:  
[careertraining.yc.edu](http://careertraining.yc.edu)

## ONLINE SHORT COURSES

Learn a new skill from expert instructors in our online professional development and personal enrichment courses. **Choose from hundreds of highly interactive courses offered in an instructor-led or self-paced format.**

### Course Features:

#### TWO OPTIONS TO CHOOSE FROM:

- 6-week format
- Monthly start dates
- OR
- Self-paced
- 3-month duration

### Popular Courses:

Speed Spanish  
Accounting Fundamentals  
A to Z Grant Writing  
Introduction to Microsoft Excel 2019/Office 365  
Discover Sign Language  
Project Management Fundamentals  
Computer Skills for the Workplace

View all courses at:  
[ed2go.com/yavapai](http://ed2go.com/yavapai)



# Get Your Real Estate License Today!

Online education has never  
been more convenient.

Enroll in your Pre-Licensing courses today!

Education provided by The CE Shop. ©2024 The CE Shop LLC. All Rights Reserved.



Visit [www.yc.edu/commed](http://www.yc.edu/commed) or call 928-717-7755 to register

# EDVENTURES TRIPS

## EDVENTURES IN LEARNING – TRAVEL TO LEARN AND EXPLORE YOUR WORLD!

At EDventures, our tour leaders are eager to share their knowledge and enthusiasm for the colorful local history, fascinating cultures, and inspiring natural features when you travel with us!



## MULTI-DAY TRIP

### CANYON DE CHELLY OVERNIGHT ADVENTURE

Wednesday & Thursday, Oct. 16-17

**FA24EDV-10162424**

Reserve by 9/24.

Canyon de Chelly, an amazing landscape of 800-foot tall red cliffs, includes spectacular cliff dwellings and mystical rock art. The canyon sustains a living community of Navajo people connected with the beautiful landscape and its great historical and spiritual significance. Take a 4x4 tour up the canyon with Navajo guides. Enjoy lunch in the Petrified Forest and visit the historic Hubbell Trading Post in Ganado. The colors within the canyon are sure to delight! **Activity Rating: Levels 1-2.**

**Instructor: Chris Wuehrmann**

**\$750 per person double occupancy/\$150 single occupancy supplement** – Tuition includes transportation, lodging, meals, 4x4 tour, permits, admission fees, gratuities, and field instruction. Departs at 7AM from Prescott Campus.

## DAY TRIPS

### BACK ROAD TO PHOENIX

Wednesday, November 20 • **FA24EDV-112024**

Reserve by 11/6.

Wednesday, December 4 • **FA24EDV-120424**

Reserve by 11/20.

Travel the back roads to Phoenix as we explore the Agua Fria National Monument, crossing through Bloody Basin and on to Seven Springs. We will explore prehistoric ruins, take short hikes, bask in the riparian areas, and experience the variety of geology and ecosystems as you travel from the high desert to the Sonoran Desert. Geology, prehistoric history, and natural history will be topics of the day. Hiking up to 1 mile at Pueblo la Plata and Sears-Kay prehistoric ruins. End the day with dinner (on your own) at El Encanto Restaurant in Cave Creek. **Activity Rating: Level 2 (travel on rough roads).**

**Instructor: Chris Wuehrmann**

**\$185 per person** – Tuition includes transportation, admission fees, box lunch and field instruction. Departs 7AM from Prescott Campus. \*Cordes Junction pickup available.

# EDVENTURES TRIPS

## **CROWN KING & THE SOUTHERN BRADSHAW'S**

**Friday, October 25 • FA24EDV-102524**  
*Reserve by 10/11.*

The history of the region's historic gold mines comes to life! Travel along the winding roads beside the old railroads of the Bradshaw's and the railroad switchbacks that pass the historic mines dotting the surrounding hillsides. Enjoy the magnificent views as you top out at the summit. A visit to the Crown King General Store transports you back in time. Driving on bumpy roads. **Activity Rating: Level 1.**

**Instructor: Chris Wuehrmann**

**\$175 per person** – Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. \*Dewey-Humboldt pickup available.

## **DRIVE TO BOTTOM OF GRAND CANYON**

**Friday, September 27 • FA24EDV-92724**  
*Reserve by 9/13.*

**Friday, October 11 • FA24EDV-101124**  
*Reserve by 9/27.*

**Wednesday, October 23 • FA24EDV-102324**  
*Reserve by 10/9.*

**Wednesday, October 30 • FA24EDV-103024**  
*Reserve by 10/16.*

**Wednesday, November 13 • FA24EDV-111324**  
*Reserve by 10/30.*

Follow Diamond Creek Road as it winds through Peach Springs Canyon – the only road access to the bottom of the Grand Canyon. Diamond Creek Road will take us down the canyon to the banks of the Colorado River. Along the way, we will stop to enjoy the views and learn about Hualapai history, cultures, and the geology and the natural history of the canyon. You will enjoy a picnic lunch with an optional walk the last mile to the Colorado River following a narrow canyon that crosses Diamond Creek. Includes driving on a bumpy and winding dirt road to the Colorado River. **Activity Rating: Levels 1-2.**

**Instructor: Chris Wuehrmann**

**\$215 per person** – Tuition includes transportation, Hualapai permits, box lunch and field instruction. Departs 7:30AM from Prescott Campus. \*Chino Valley pickup available.

## **EXPLORE COCONINO COUNTY: BILL WILLIAMS MOUNTAIN**

**Friday, Sept. 6 • SU24C-9624**  
*Reserve by 8/23.*

Bill Williams Mountain, visible to the north from most of the Prescott area, is the westernmost 9,000-foot peak in Arizona. The mountain is named for a preacher/guide/mountain man from North Carolina whose story will weave through the day. We will circle the mountain on the Bill Williams Loop Road starting at Devil Dog (Lake just off I-40), then drive to the summit fire tower, enjoying distant views across much of northern Arizona. We'll do some short walks, but no significant hiking, as we talk about the geology and ecology of the mountain. There's a good chance of seeing Elk and other wildlife along the way. **Activity Rating: Level 2.**

**Instructor: Chris Wuehrmann**

**\$170 per person (summer price!)** – Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. \*Chino Valley pickup available.

## **EXPLORE COCONINO COUNTY: RED MOUNTAIN AND KEYHOLE SINK**

**Friday, September 13 • SU24C-91324**  
*Reserve by 8/30.*

Near the northern edge of the great field of volcanos that surrounds Williams and Flagstaff is an otherwise average cinder cone, about 1,000 feet tall, called Red Mountain. What makes this little mountain unique is how erosion has carved a spectacular amphitheater out of the heart of this extinct volcano, creating a magical landscape of cliffs, spires, and little slot canyons. While talking about the history and dynamics of the San Francisco Volcano Field, and the local ecosystems, we will hike into the heart of Red Mountain, enjoying our lunch inside the volcano, Inside Red Mountain there's some optional off-trail exploring. After our main hike, we'll travel back roads south to Parks, then west on Historic Route 66 to Keyhole Sink, hiking into this unusual feature with petroglyphs and a seasonal waterfall. Hiking distance is about 4.5 miles, mostly on well-maintained trail; at elevations about 7,000 feet. **Activity Rating: Level 3.**

**Instructor: Chris Wuehrmann**

**\$175 per person (summer price!)** – Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. \*Chino Valley pickup available.

## EXPLORE COCONINO COUNTY: SYCAMORE CANYON HEADWATERS

Friday, September 21 • **FA24EDV-92124**

Reserve by 9/6.

Sycamore Canyon enters the Verde River near Clarkdale but begins in the vast Ponderosa Pine Forest southeast of Williams. We will travel across to the canyon's headwaters area from Drake, just north of Chino Valley, visiting JD Dam, Sycamore Point (with incredible views down the canyon), White Horse Lake, and Sycamore Falls, where the creek drops over a hundred feet into the beginnings of the canyon. Our journey will reach I-40 just east of Williams and we'll return home. Along the way we'll talk about the geology of the canyon and the varied ecosystems along the way. The trip will include about a mile of easy hiking. **Activity Rating: 2**

**Instructor: Chris Wuehrmann**

**\$190 per person** - Tuition includes ground transportation, box lunch, and field instruction. Departs 8AM from Prescott campus. \*Chino Valley pickup available

## EXPLORE COCONINO COUNTY: THE LAND BETWEEN THE CANYONS

Friday, August 16 • **SU24C-81624**

Reserve by 8/1.

North of Verde Valley is a little-visited plateau, surrounded on three sides by rugged wilderness areas. On the east is West Fork Wilderness and Oak Creek Canyon; on the west is Sycamore Canyon Wilderness; and on the south is Redrock/Secret Canyon Wilderness. We will explore this beautiful, forested landscape, culminating with utterly amazing views of the redrock country of Sedona, seen from above. Along the way we'll talk about geology, including visiting a baby sinkhole, forest ecology and the logging railroads of the early 20th century. We'll also talk about the handful of people who have lived out there, including Bear Howard, who literally made his living hunting bear, and the wild Casner Clan, who have multiple local landmarks named after them. Lots of short walks, but no serious hiking. **Activity Rating: Level 2.**

**Instructor: Chris Wuehrmann**

**\$180 per person (summer price!)** - Tuition includes transportation, box lunch, and field instruction. Departs 7AM from Prescott campus. \*Chino Valley pickup available.

## EXPLORE YAVAPAI COUNTY: THE NORTHERN BRADSHAW

Wednesday, August 21 • **SU24C-82124**

Reserve by 8/7.

The Northern Bradshaw Mountains overlooking Prescott are the highest range in Yavapai County, peaking out near 8,000 feet. We'll explore south through this region on the old Senator Highway as far as the site of the town of Goodwin, then head east to Mayer and return via Highway 69. Along the way we will visit old mining and homestead sites on Wolf Creek, explore the ruins of the Senator Mine, enjoy distant views from the Mt. Union Divide, and other historic and natural features. We will also pass through the burn area of the Goodwin fire of 2017 and talk about fire management and the role of fire in the natural ecosystem. The trip will include about two miles of moderate hiking. **Activity Rating: Level 2.**

**Instructor: Chris Wuehrmann**

**\$170 per person (summer price!)** - Tuition includes transportation, box lunch, and field instruction. Departs 7AM from Prescott campus.

## EXPLORE YAVAPAI COUNTY: WILLIAMSON VALLEY AND BEYOND

Wednesday, September 25 • **FA24EDV-92524**

Reserve by 9/11.

This road trip takes Williamson Valley Road all the way to Seligman with a return via Ash Fork and Highway 89. We'll visit the areas of many early historic sites, including the town sites of Simmons and Walnut Creek. On the return from Ash Fork we'll stop at the old Little Hell Canyon stage stop and a mysterious and unique signpost from the earliest days of air travel in the county. Along the way we'll discuss the geology and natural history and many aspects of the human history of the area. There will be a few short walks of up to a quarter mile, but no serious hiking. **Activity Rating: Level 2.**

**Instructor: Chris Wuehrmann**

**\$190 per person** - Tuition includes transportation, box lunch, and field instruction. Departs 8AM from Prescott campus.

# EDVENTURES TRIPS



## HIKE GRAND CANYON: DIAMOND CREEK

**Saturday, November 2 • FA24EDV-110224**

*Reserve by 10/18.*

**Saturday, November 9 • FA24EDV-110924**

*Reserve by 10/25.*

**Saturday, December 7 • FA24EDV-120724**

*Reserve by 11/22.*

Hike with EDventures! Drive to the Grand Canyon on the only road to the Colorado River, accessible on Hualapai lands. Shortly before reaching the river, this road meets Diamond Creek. The hike is about 5 miles round trip up the creek into spectacular narrows. The trail has no steep grades, but it crosses the creek several times, so expect some wet walking and walking on river rocks. Lunch at a beautiful waterfall beneath thousand-foot cliffs and learn about both the geology and natural history. The day will culminate with a stop at the Colorado River. Dinner stop at Lilo's in Seligman (on your own). **Activity Rating: Level 3+.**

**Instructor: Chris Wuehrmann**

**\$215 per person** – Tuition includes transportation, Hualapai permits, box lunch and field instruction. Departs 7AM from Prescott Campus. \*Chino Valley pickup available.

## HIKE GRAND CANYON: TONTO RIM

**Saturday, November 16 • FA24EDV-111624**

*Reserve by Nov. 1.*

The only road to the Colorado River canyon's depths is located on Hualapai lands in western Grand Canyon. This road accesses a little-known hiking route that leads out onto the Tonto Rim, nearly a thousand feet above the Colorado River. This is a truly wild, adventurous, and challenging Grand Canyon hike, with fabulous distant views up and down the canyon. Hiking distance is slightly less than four miles and includes steep grades and narrow trails – not for the fainthearted. We will discuss geology and natural history along the way. The day will culminate with a van stop at the Colorado River. Dinner stop at Lilo's in Seligman (on your own). **Activity Rating: Level 3+.**

**Instructor: Chris Wuehrmann**

**\$215 per person** – Tuition includes transportation, Hualapai permits, box lunch and field instruction. Departs 7AM from Prescott Campus. \*Chino Valley pickup available.



## HIKE THE VERDE RIVER HEADWATERS

Wednesday, November 6 • FA24EDV-110624

Reserve by 10/23.

Hike with EDventures to the source of the Verde River, located northeast of Chino Valley. Hike into the canyon downstream from the river's confluence with Granite Creek, then follow the river upstream to the headwater's springs and a large rock art site that incorporates Native American winter solstice observatory features. Geological features, water sources, natural history and prehistory will be discussed. Total hiking distance is approx. 4 miles. The climb in and out is several hundred feet elevation change and is steep but short. There will be at least one river crossing. **Activity Rating: 3.**

**Instructor: Chris Wuehrmann**

**\$175 per person** – Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. \*Chino Valley pickup available.

## ROCK ART RANCH AND LA POSADA

Wednesday, October 9 • FA24EDV-100924

Reserve by 9/25.

Step back in time with a visit to Chevelon Canyon on Rock Art Ranch, home to some of the finest ancient petroglyphs in the world on a privately-owned ranch. Visit the cowboy museum and working ranch to learn about ranching history, the Hashknife Cattle Company and military and Indian activity in the area. Tour the excavated prehistoric pueblo sites and an historic Navajo camp with intact hogan. Take a short, steep hike into Chevelon Canyon to view the multiple petroglyph panels. Visit Winslow, AZ and take a photo next to the 'Standing on the Corner' sculptures. We will finish the day with dinner at the famous La Posada, the beautifully restored Fred Harvey Hotel in Winslow with dinner (on your own) in the award-winning Turquoise Room. **Activity Rating: Levels 2-3 [steep stairs].**

**Instructor: Chris Wuehrmann**

**\$255 per person** – Tuition includes transportation, box lunch, ranch tour admission, and field instruction. Departs 7AM from Prescott campus. \*Chino Valley pickup available.



### COURSE PHYSICAL ACTIVITY LEVEL RATING CHART\*

#### Activity Rating Level 1

Participants must be able to carry luggage, packs, and/or equipment, climb stairs, sit, or stand for up to 1 hour, get in and out of vehicles easily, and walk a few blocks indoors or out.

#### Activity Rating Level 2

Participants must be able to carry luggage, packs, and/or equipment, participate in physical activity for 1-2 hours, climb stairs, sit, or stand for over 1 hour, and walk on uneven and/or varied terrain from three blocks up to one mile at a 2.0-mph pace over the course of the day (may include slight elevation changes.)

#### Activity Rating Level 3

Participants must be able to carry luggage, packs, and/or equipment, sit, or stand for over 2 hours, be in good health, mobile, able to participate in 3-5 hours of physical activity per day, and walk on uneven and/or varied terrain up to five miles at a 2.5-mph pace over the course of the day and/or for multiple consecutive days (may include moderate elevation changes.)

*\*Trip activities may vary. Not all trips will include all aspects of the assigned activity rating. For more information on individual trip activity levels, or to request special accommodations, please contact EDventures at 928-717-7755.*

# VIRTUAL EDVENTURES VIDEOS

**VIRTUAL EDVENTURES VIDEOS** are a new way to enjoy our trips, without the bumpy van ride. Join Chris and Rita Wuehrmann for any or all of these seven EDventures Videos.

## **VIDEO ID #ONL1 • DUFF SPRINGS • \$15**

Alexander Duff came to Arizona Territory in 1879, as a trapper, prospector, and market hunter, married to a Shoshone Indian woman. He left the territory in 1906 as a respected hotel and mercantile owner. Duff homesteaded at a beautiful spot on the Verde River, overlooked by a centuries-old cliff dwelling, where a crystal-clear spring bears his name. Join this exploration of Duff's story and of some of the history and natural features.

## **VIDEO ID #ONL2 • JOHNSON CANYON • \$20**

When the Santa Fe Railroad was constructing their line across northern Arizona in the early 1880s, they overcame many physical obstacles in the rugged landscapes they traversed. One of the more difficult was the steep drop westwards off the Coconino Plateau, between Williams and Ash Fork. Our explorations will include some strange and interesting natural features, and the story of rancher and homesteader George Johnson, after whom the canyon is named.

## **VIDEO ID #ONL3 • NORTHERN BRADSHAW • \$20**

In 1863, during the height of the Civil War, several parties of intrepid prospectors discovered gold in the flanks of what became known as the Bradshaw Mountains. While the Walker party was most notable, the range was named for William Bradshaw, who died under mysterious circumstances in December 1864. We will explore the northern part of the range, which overlooks Prescott, visiting old mine sites, ghost communities, homesteads, and the historic Palace Station, established by the Spence family in 1875.

## **VIDEO ID #ONL4 • THE MOQUI STAGE ROAD TO GRAND CANYON • \$25**

In 1903, two young girls traveled to the Grand Canyon with their families. They rode from Flagstaff to the Canyon by stagecoach, stayed in the historic, long extinct Grand View Hotel and took a 3-day trip by burro into the Canyon with Captain John Hance, the Canyon's first tour operator and renowned storyteller. Chris Wuehrmann re-creates their journey to the Canyon via the route of the Moqui Stage. We will hear about their histories as miners and tour operators in the Grandview Point area, and little-known histories of other Northern Arizona pioneers and places.

## **VIDEO ID #ONL5 • PROSPECTORS, MINERS, AND THE IMPOSSIBLE RAILROAD IN THE SOUTHERN BRADSHAW MOUNTAINS • \$25**

In 1863, during the height of the Civil War, several parties of prospectors discovered gold in what became known as the Bradshaw Mountains. We'll explore the southern part of the range, visiting desert communities like Cleator, Bumblebee, and the mountain town of Crown King. We will talk about the original Yavapai Indian inhabitants, the challenges of passage via rail, and some history of mining in the rugged and forbidding landscape of the Southern Bradshaws.

## **VIDEO ID #ONL6 • EXPLORING DATE CREEK: NATIVE PEOPLES AND TERRITORIAL FORTS TO MODERN RANCHERS • \$25**

Date Creek flows from the crest of the Weaver Mountains above Yarnell west into a vast desert plain, studded with rugged mountain ridges, finally joining the Santa Maria River above Alamo Lake. Originally home to the Yavapai People, Date Creek's first Anglo visitors were led by Charles Genung in 1863, who upon seeing one of the creek's green valleys declared it to be the Garden of Eden. Near this spot the military post of Camp Date Creek operated from 1867-1874. We will explore this little-known landscape, seeing ancient rock art, viewing the ruins of Camp Date Creek, and visiting with modern ranchers.

## **VIDEO ID #ONL7 • THE LAND BETWEEN THE CANYONS • \$25**

Leading southwards into Verde Valley are two spectacular red rock canyons. To the east, well-known Oak Creek Canyon is followed by highway, although the west flanks are wilderness area. To the west, lightly visited Sycamore Canyon is entirely a wilderness area. Between the lower ends of these canyons is more wilderness area offering utterly amazing views, exotic volcanic features, and steep and wild canyons. Enjoy exploring this wild country and rugged back roads. We'll talk about geology, natural history, forest management and logging railroads. We'll also talk about the handful of early pioneers who braved this remote wilderness; and the historic logging railroads that once traversed the area.



**Find us on the Prescott Campus!**

**Community Education & EDventures Offices**  
 Building 31, Room 108  
 928-717-7755

# Is getting to your Class a challenge because of a disability?

For those who need assistance in finding appropriate parking and getting to your classroom, we offer the following information:

Disability parking is located at the second floor level behind Buildings 3 and 4 and in parking lot M. You must have a disability permit to park in these areas. You may take the elevator in Buildings 2, 3 and 4 to the first floor level.

If there are any other disability concerns or requests for accommodations, please do not hesitate to contact Disability Resources for assistance at 928-776-2079.

200-HOUR HYBRID

# YOGA FOR PERSONAL GROWTH & TEACHER TRAINING

WITH DR. KARLY WAY

Yoga for Personal Growth and Teacher Training (RYT 200) with Dr. Karly Way is being offered for the first time in a hybrid format, with online coursework and two in-person weekend practicums at the Yavapai College Sedona Center. If you have ever dreamed of becoming a yoga instructor, or simply want to enrich your understanding, now is your time!



CONTENT AVAILABLE ONLINE NOV. 1, 2024

**First In-person Practicum:**  
 November 15-17

**Sign-up deadline:**  
 October 21

**Course Cost:**  
 \$899



FOR MORE INFO:  
**YC.EDU/YOGA OR 928-649-5476**

YAVAPAI COLLEGE SEDONA CENTER  
 4215 ARTS VILLAGE DR. | SEDONA, AZ



# Yavapai COLLEGE

Community Education  
1100 E Sheldon St  
Prescott AZ 86301-3297



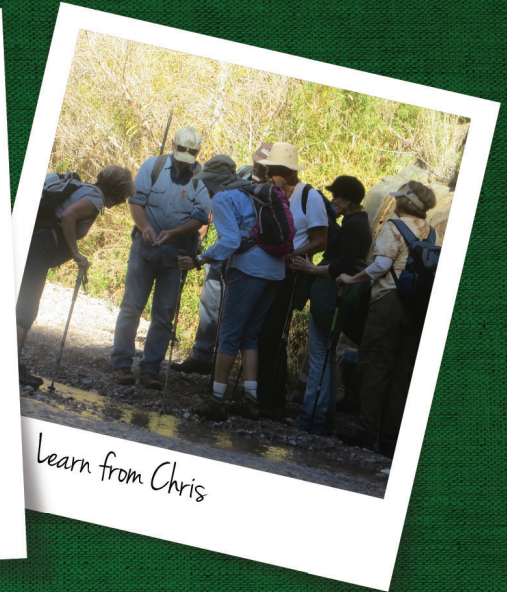
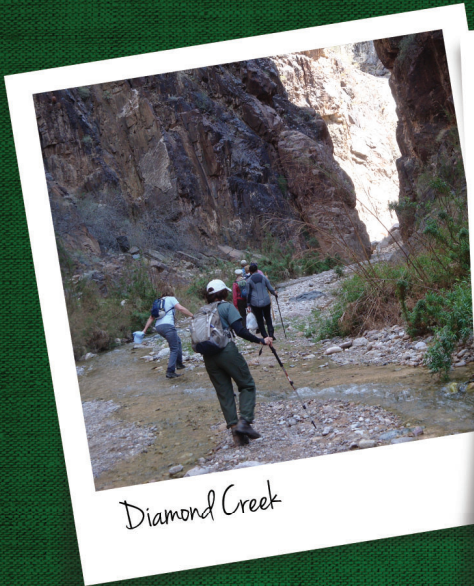
NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PRESCOTT, AZ 86301  
PERMIT #125

**ECRWSS**

**CALL 928-717-7755  
TO REGISTER OR  
BROWSE ONLINE!**

[www.yc.edu/commed](http://www.yc.edu/commed)  
[www.yc.edu/edventures](http://www.yc.edu/edventures)

**Postal Customer**



## TRAVEL WITH EDVENTURES

Our tour leaders are eager to share their knowledge and enthusiasm for the colorful local history, cultures, and natural features of Central and Northern Arizona.

**TRIP SPACE IS LIMITED SO ENROLL EARLY!**

Watch videos with Chris and Rita Wuehrmann as they record their journeys to amazing locations!

**YC.EDU/EDVENTURES**