

New York Open Center Fall 2006 Schedule

*First time classes in bold

For additional information please call 212-219-2527 x 2

Begin Date	Course Code	Course Title	Free Introduction	Instructor
9/15/2006	06FBY07M	Transforming Fear into Courage with Kundalini Yoga		Ravi Hari Kaur Khalsa , MSW
9/15/2006	06FHN21P	Real Food: What to Eat and Why		Nina Planck
9/16/2006	06SBY09T	Phoenix Rising Yoga Therapy Professional Certification Training: Level I		Karen Kaumudi Hasskarl
9/17/2006	06FBY05M	Tibetan Five Rites		Jeff Migdow , MD
9/17/2006	06FBY04M	Chakras, Yoga & Healing		Jeff Migdow , MD
9/18/2006	06FAD01T	Hawaiian Hula Dance		Makalina
9/18/2006	06FSA24P	The Role of Priests & Herbalists in the Yoruba Tradition		Ifa Bukunmi Adewale , PhD
9/18/2006	06FBM02TA	Full Body Massage		Patricia Cisarano
9/19/2006	06FHN10T	The Art of Herbal Medicine Making		Robin Rose Bennett
9/19/2006	06FBY09TA	Beginner's Yoga		Alisa Bhatnagar

9/19/2006	06FST01T	Introduction to Taoist Meditation and Philosophy	Free Introduction on Tuesday, September 12 at 6 pm	Master C.K. Chu
9/19/2006	06FBM13T	Introduction to Shiatsu Japanese Acupressure Massage	Free Introduction on Tuesday, September 12 at 7:45 pm	Marianne Fuenmayor , LAc
9/19/2006	06FAV03T	Collage & Self-Expression Free Your Creative Spirit	Free Introduction on Tuesday, September 12 at 8 pm	Carolyn Oberst
9/19/2006	06FSL25TA	Flamenco!		JoDe Romano
9/20/2006	06FAA46T	Walking in this World The Follow-up Course to "The Artist's Way"		Julia Cameron
9/20/2006	06FSL09T	An Introduction to Argentine Tango	Free Introduction on Wednesday, September 13 at 6 pm	Mariela Franganillo
9/20/2006	06FBY03TA	Kundalini Yoga		Ravi Hari Kaur Khalsa , MSW
9/20/2006	06FSI50T	Dynamic Mindfulness Meditation	Free Introduction on	Samuel Kirschner

			Wednesday, September 13 at 6 pm	
9/20/2006	06FSW16P	The Mystical Symbolism of Leonardo da Vinci's Paintings		Robert Place
9/21/2006	06FSI43P	An Autumn Equinox Celebration		Barbara Biziou
9/21/2006	06FSN05P	Lakota Star Knowledge		Tiokasin Ghosthorse
9/21/2006	06FHC83T	Medical Qigong Ba Duan Jin	Free Introduction on Thursday, September 14 at 6 pm	William Kaplanidis , LAC, MS, MA
9/21/2006	06FHC60T	The Tao of Dreaming & Sleeping		Masahiro Ouchi
9/21/2006	06FAD16TA	Belly Dancing		Safiya
9/25/2006	06FSA22M	Religion & Yoruba Herbal Medicine		Ifa Bukunmi Adewale , PhD
9/25/2006	06FHH59P	Reiki: An Introductory Talk		Pamela Miles
9/25/2006	06FSD01M	Healing Mantras: Ganesh and the Gayatri Invoking Ganesh to		Shubhraj

		Remove Spiritual Obstacles		
9/26/2006	06FP11P	Social Intelligence: The New Science of Relationships		Daniel Goleman , PhD
9/27/2006	06FSW08TZ	Three Lectures on the Tarot		Robert Place
9/28/2006	06FSH06T	Honoring the Day of the Dead: Mask-Making Shamanic Journeying & Ceremony		Irma Caceres (Star Spirit Woman)
9/28/2006	06FHH50T	Healing with Whole Foods & Chinese Herbs	Free Introduction on Thursday, September 21 at 8 pm	Drew DiVittorio , Dipl Ch
9/28/2006	06FSN01TZ	Practical Applications of Native American Wisdom		Franc Menusan
9/29/2006	06FSA23M	Divination & Yoruba Herbalism		Ifa Bukunmi Adewale , PhD
9/29/2006	06FHN27M	Creating Exciting, Healthy Appetizers for Special Occasions		Patty James
9/29/2006	06FSI34M	Food as Medicine: An		Vaidya R.K. Mishra

		Ayurvedic Approach		
9/30/2006	06SRF01SBC	Introduction to Foot Reflexology		Wendy Coad , MFA, RPP, LMT, ARCB certified
9/30/2006	06FSN08N	The Spoken Flute & Lakota Spiritual Traditions		Tiokasin Ghosthorse
9/30/2006	06FSI38M	Cultivating Prana Ayurvedic Practices for Increasing Life Force		Vaidya R.K. Mishra
10/1/2006	06WP77TAI	Personal & Professional Coaching Certification Training	Free Introduction Monday, August 28 at 6 pm & Saturday, October 21 at 7 pm	Richard Michaels
10/1/2006	06FHH68S	Trauma & the Body: Approaches to Healing		Peeka Trenkle , AHG, DSH
10/4/2006	06FBM04T	The Alexander Technique	Free Introduction on Wednesday, September 27 at 8pm	Hope Martin
10/6/2006	06FAV01S	Watercolor: A		Ann K.

		New Beginning		Lindsay
10/6/2006	06FSI27P	What is Mysticism?		Jon Mundy , Ph.D.
10/6/2006	06FSC47P	"Lord, Make Me An Instrument of Your Peace" Using St. Francis' Prayer as a Spiritual Practice		Thomas Ryan , CSP
10/6/2006	06FSH04P	Shamanism and the Soul's Journey		Alberto Villoldo , PhD
10/7/2006	06FAF04S	The Feng Shui of New York City: with two on-site visits		Steven Post
10/7/2006	06FSI26S	A Day of Sufi Whirling, Meditation & Teachings		Sheikha Khadija Radin
10/7/2006	06FSH01S	Healing the Luminous Body		Alberto Villoldo , PhD
10/8/2006	06FBY10S	Thai Yoga Bodywork		Jonas Westring
10/12/2006	06FSW18T	Finding the Thread: Seven Year Cycles and the Biography of the Soul		Jennifer Brooks Quinn
10/13/2006	06FSB16M	Skillful Means: An Introduction		Arnaud Maitland
10/13/2006	06FP80MI	An Introduction to		Nancy Napier

		Somatic Experiencing® A Workshop for Therapists		, MA, MFCC, LMFT
10/13/2006	06FSA02P	Success Never Smelled so Sweet Learning from Two Remarkable Businesswomen		Lisa Price
10/14/2006	06FSB49S	Living Without Regret: A Tibetan Buddhist Perspective		Arnaud Maitland
10/14/2006	06SBYT30	Prana Yoga Teacher Training	Free Introduction on Sunday, September 17 at 6 pm	Jeff Migdow , MD
10/14/2006	06FSA03S	A Day with Carol's Daughter Become the CEO of Your Life		Lisa Price
10/15/2006	06FHH49M	Ayurvedic Approaches to Skin Care		Pratima Raichur
10/15/2006	06FHH54M	Addressing Skin Problems the Ayurvedic Way		Pratima Raichur
10/15/2006	06FPK03S	Doing 50, 60 & Beyond: Passion & Purpose in the		Allie Roth , MA

		Wisdom Years		
10/15/2006	06FPX06SAW (Women) 06FPX06SAM (Men)	Tantra: Sexuality, Sacredness, Spiritual vision		Carla Tarantola
10/16/2006	06FBM03P	Champissage™ Indian Head Massage Introduction		Denise Galon
10/16/2006	06FAV12S	Drawing on the Right Side of the Brain Part I: Perceptual Skills in Drawing		Lynda Greenberg , MFA
10/16/2006	06FP14T	The Teachings of Jung		Edward Hoffman , PhD
10/16/2006	06FAM01TA	The Natural Singer		Claude Stein
10/17/2006	06FBQ03TZ	An Introduction to Zen and Taoist Healing Techniques (TaoZen)		Masahiro Ouchi
10/18/2006	06FHH44TZ	Take Control of Your Health Simple Strategies for Weight Loss, Digestive Health & More!		Manu Dawson , CYNTh
10/19/2006	06FHH03T	Mindfulness Meditation for Stress Reduction		Eloise Monzillo , PhD, RN, QTTT

10/20/2006	06FP13M	Understanding & Treating Depression A Holistic Approach		Peter Bongiorno , ND, Dipl Ac
10/20/2006	06FHN30M	Nueva Latina Cuisine Mexican Food & Culture		Sue Torres
10/20/2006	06FHH67M	Strengthening Our Digestive System Enhancing Immunity		Peeka Trenkle , AHG, DSH
10/21/2006	06FAP31N	Mantra Meditation Concert		Sri Shyamji Bhatnagar
10/21/2006	06SRF01SBD	Basic Foot Reflexology		Wendy Coad , MFA, RPP, LMT, ARCB certified
10/21/2006	06FHH47S	Natural Approaches to Thyroid Problems		Ryan Drum , PhD
10/21/2006	06FAT31	A Walking Tour of Chinatown's Herbal Markets		Letha Hadady , DAc
10/21/2006	06SHO99LAI	A Foundation Year in Classical Homeopathy	Free Introduction on Wednesday, September 20 at 8 pm	Susan Sonz , CCH, HMC
10/23/2006	06FPS08T	Conquer Your Fear of Public		Charles di Cagno

		Speaking and Social Anxiety - Part One		
10/23/2006	06FAW08T	The Story of Your Life: Essentials of a Good Memoir	Free Introduction on Monday, September 18 at 8 pm	Richard Goodman
10/23/2006	06FHH01S	The "Musical Spine" Healing Technique		Fabien Maman
10/25/2006	06FSL11T	Salsa Dance		Rodney Lopez
10/25/2006	06FHH21P	Color Therapy for the Chakras & Subtle Energy Fields		Fabien Maman
10/26/2006	06FEC11P	God and Country Evangelicals and the Transformation of America		Monique El-Faizy
10/27/2006	06FSA29M	Kongo Psycho-Spiritual Practices: Walking In Seven Directions		Fu-Kiau Bunseki , PhD
10/27/2006	06FSW21P	Archetypal Images of the Tarot		Ellen Goldberg , MA
10/27/2006	06FHH46P	Sound: The Medicine of the 21st Century		Fabien Maman

10/28/2006	06FSA30M	Kongo Psycho-Spiritual Practices: Tying & Untying "Knots" In Life		Fu-Kiau Bunseki , PhD
10/28/2006	06FSA31M	Kongo Psycho-Spiritual Practices: A Kongo Spiritual Approach to Healing Social Problems		Fu-Kiau Bunseki , PhD
10/28/2006	06FAW07S	Fun Ink: Unleashing the Fire of Your Inner Writer		Tama J. Kieves
10/28/2006	06FAT20A	New York Ghost Stories: A Tour of Greenwich Village's Dark Past		Paul Rush
10/29/2006	06FPR06S	Journey from Abandonment to Healing		Susan Anderson , CSW
10/29/2006	06FHH56M	An Introduction to Doshas: Ayurvedic Pulse & Tongue Diagnosis		Bhaswati Bhattacharya , MPH, MD
10/29/2006	06FAM03S	Zen and the Art of Harmonica A "Mindful" Approach to the Blues		David Harp , MA

10/29/2006	06FAT20B	New York Ghost Stories: A Tour of Greenwich Village's Dark Past		Paul Rush
10/31/2006	06FBY09TB	Beginner's Yoga		Alisa Bhatnagar
10/31/2006	06FSH07P	Celebrating The Day of Dead		Irma Caceres (Star Spirit Woman)
10/31/2006	06FSL25TB	Flamenco!	Free Introduction on Tuesday, September 12 at 6 pm	JoDe Romano
11/1/2006	06FBY03TB	Kundalini Yoga		Ravi Hari Kaur Khalsa , MSW
11/2/2006	06FAD16TB	Belly Dancing		Safiya
11/3/2006	06FHH61M	Self-Healing Practices From The Teachings of Alice Bailey		Bernadette Bloom
11/3/2006	06FPS61P	The Alchemy of Abundance		E. H. Rick Jarow , PhD
11/3/2006	06FHN29P	An Introduction to the Spices of Indian Cuisine		Vikas Khanna
11/4/2006	06FAT37	Little India: Herbs, Perfumes & Potions		Letha Hadady , DAC
11/4/2006	06FPS18S	Creating the		E. H. Rick

		Work You Love		Jarow , PhD
11/4/2006	06FWTW04A	A Walking Tour of Tribeca		Paul Rush
11/4/2006	06FAF05S	Feng Shui Introductory Weekend		Vincent Smith You will receive 50% of the proceeds.
11/5/2006	06FPK13S	The Practice of Abundance: The Art & Science of Manifestation		E. H. Rick Jarow , PhD
11/7/2006	06FSH05T	Deepening the Shamanic Experience		Itzhak Beery
11/7/2006	06FSI07T	Sound, Chakras & Healing	Free Introduction on Tuesday, October 31 at 7:45 pm	Sri Shyamji Bhatnagar
11/7/2006	06FAV50T	Photography Finding Your Vision	Free Introduction on Tuesday, October 31 at 8 pm	Seth Greenwald
11/8/2006	06FSI13T	Self-Inquiry Meditation: Uncovering your Real Nature	Free Introduction on Wednesday, November 1 at 6 pm	Thomas Amelio
11/8/2006	06FPS39T	Keeping it Simple: Solutions for Chronic		Patricia Diesel

		Disorganization		
11/9/2006	06FHC01T	Eternal Spring Chi Kung & Tai Chi		Master C.K. Chu
11/9/2006	06FAM50T	Gotta Sing! A Vocal Performance Workshop	Free Introduction on Thursday, November 2 at 7:45 pm	Patricia Cisarano
11/9/2006	06FSJ03P	Kabbalistic Teachings on the Afterlife		Rabbi DovBer Pinson
11/9/2006	06FAV04T	Drawing from the Soul		Rebecca Schweiger
11/10/2006	06FHB06M	The Natural "Facelift"		Irene Ankner
11/10/2006	06FBM08S	Champissage™ Training Intensive		Denise Galon
11/10/2006	06FPS31M	The Rhythm of Closeness: How To Love Someone & Not Lose Yourself		John Lee , MA
11/10/2006	06FHH57P	Everything You Need to Know to Feel Good		Candace Pert , PhD
11/11/2006	06FPS28S	Beyond Anger Management: Creative Conflict Resolution		John Lee , MA
11/11/2006	06FWTW04B	A Walking Tour of Tribeca		Paul Rush
11/13/2006	06FBM02TB	Full Body	Free	Patricia

		Massage	Introduction on Monday, September 11 at 6 pm	Cisarano
11/13/2006	06FSJ06TZ	Advanced Kabbalah		Rabbi Simon Jacobson
11/13/2006	06FAM02T	Awakening Your True Voice	Free Introduction on Monday, November 6 at 6 pm	Jean McClelland , MMus, CAT
11/15/2006	06FHN07P	Raw Food Made Easy		Jennifer Cornbleet
11/15/2006	06FSB32S	Module II - Healing Chöd Ritual: Clearing Obstacles		Rigdzin Dorje Rinpoche
11/16/2006	06FSI28TZ	Sacred, Symbolic and Creative Geometry		John Lloyd
11/17/2006	06FSI01M	The Bhagavad Gita & the Art of Living		Srinivas Chary , PhD
11/17/2006	06FSL01M	Creating Empowerment Shrines		Kathy Cano Murillo
11/17/2006	06FBQ10M	Kong Jing Qigong: Internal Chi Breathing & Rooting		Michael Winn
11/18/2006	06FHC56S	Fundamentals		Michael

		of Qigong I The "Inner Smile," Six healing Sounds & "Five Animal" Frolics		Winn
11/19/2006	06FPS29S	Welcome to Your Crisis: Using the Power of Crisis To Create the Life You Want		Laura Day
11/19/2006	06FA09P	Tangled up in Bob: Searching for Bob Dylan		Natalie Goldberg
11/20/2006	06FHH08T	Fundamentals of Aromatherapy		Linda Tilton , BFA, MSC
11/29/2006	06FSW17P	Claiming our Karma: Rudolf Steiner's Anthroposophy on the Power of Reincarnation		Gertrude Reif Hughes , PhD
12/1/2006	06FSA21M	Nutrition Kitchen: The Journey to Wellness Through Nature's Pharmacy		Queen Afua
12/1/2006	06FHH62P	Cesarean Birth Awareness: Prevention & Healing		Pam England , MA

		For Parents & Professionals		
12/1/2006	06FPS40M	Holistic Approaches to Treating Fear & Anxiety		Lewis Mehl-Madrona , MD, PhD
12/1/2006	06FSI36S	Being A Compassionate Companion: Caring for the Dying		Frank Ostaseski
12/2/2006	06FHH64S	Birthing From Within: For Expectant Parents		Pam England , MA
12/2/2006	06FBM61S	Cherokee Bodywork		Lewis Mehl-Madrona , MD, PhD
12/3/2006	06FAM01TB	The Natural Singer		Claude Stein
12/4/2006	06FSI24TZ	Sacred Poetry: Inspired Teachings		Barbara Solowey , MA
12/7/2006	06FA10P	Visionary Art & Architecture		Alex Grey
12/8/2006	06FPX01S	Timeless Loving: A Gentle Introduction to Tantra		Steve & Lokita Carter
12/8/2006	06FEC16P	The Visionary State: The Legacy of California		Erik Davis

		Consciousness		
12/8/2006	06FHH66P	Functional Medicine: Underlying Causes of Disease & The New Science of Staying Healthy		Mark Hyman , MD
12/8/2006	06FSH10P	Intro to Hawaiian Shamanism		Hank Wesselman , PhD
12/9/2006	06FPR18S	Teachings on Mind, Mood & Happiness		Ron Alexander , PhD
12/9/2006	06SRF02S	Advanced Foot Reflexology Part I: Convergent Systems		Wendy Coad , MFA, RPP, LMT, ARCB certified
12/9/2006	06FSH12S	Hawaiian Shamanism: The Mystical Nature of the Self		Hank Wesselman , PhD
12/15/2006	06FHP12P	An Introduction to Intuitive Animal Medical Diagnosis		Brent Atwater
12/15/2006	06FSI33M	Closure and Renewal Rituals to End the Old and Begin the New Year		Barbara Biziou
12/16/2006	06FHP13S	Using Intuitive Diagnosis and Energy Healing		Brent Atwater

		on your Pet		
12/17/2006	06FHB45S	Creating Your Own Natural Perfume		Debbie Freund , RN
1/4/2007	06FP30T	Jungian Dreamwork		Maxson McDowell , PhD, LMSW, NCPsyA
1/4/2007	06FAD16TC	Belly Dancing	Free Introduction on Thursday, September 14 at 6 pm	Safiya
1/4/2007	06FAD16TD	Belly Dancing		Shamira Shahinian
1/8/2007	06FPS33T	Conquer Your Fear of Public Speaking - Part Two	Free Introduction on Monday, October 16 at 8 pm	Charles di Cagno
1/8/2007	06FHH24S	Touch for Health Creating Health & Harmony for Body & Mind		Peter Miles
1/8/2007	06FHH98T	Aromatherapy & Beauty		Linda Tilton , BFA, MSC
1/9/2007	06FBY09TC	Beginner's Yoga	Free Introduction on Tuesday, September 12 at 6 pm	Alisa Bhatnagar
1/9/2007	06FSL13T	Learning Spanish Intensive		Bernardo Palombo

1/10/2007	06FSI06T	Introduction to Meditation		David Alkalay , PhD
1/10/2007	06FHN28T	Herbal Alternatives to Antibiotics		Robin Rose Bennett
1/10/2007	06FAF02TZ	Practical Feng Shui		R.D. Chin , MARCH, BSCE
1/10/2007	06FBY03TC	Kundalini Yoga	Free Introduction on Wednesday, September 13 at 6 pm	Ravi Hari Kaur Khalsa , MSW
1/11/2007	06FPS09T	Brain Gym®		Paula Oleska , MA
1/12/2007	06FHP23M	An Introduction to Tellington Touch for Animals		Edie Jane Eaton
1/12/2007	06FHH10M	The Sounder Sleep System™ From Restlessness to Calm		Jae Gruenke , GCFP
1/13/2007	06FSH02S	The Way of the Shaman: The Shamanic Journey, Power and Healing		David Corbin , MS, CSC
1/13/2007	06FHP24PB	Tellington Touch for Companion Animals		Edie Jane Eaton
1/13/2007	06FHP24PA	Tellington Touch for Companion		Edie Jane Eaton

		Animals		
1/14/2007	06FAF01S	A Feng Shui Home Makeover Nine Simple Tips		R.D. Chin , MARCH, BSCE
1/16/2007	06FPS50T	Clutter into Clarity The Art of Order	Free Introduction on Tuesday, January 9 at 8 pm	Debra Schwartz
1/18/2007	06FPK01T	Discovering Your Soul's Work	Free Introduction on Thursday, January 11 at 7:45 pm	Allie Roth , MA
1/19/2007	06FPS37P	The New Intuitive Brain		Mona Lisa Schulz , MD, PhD
1/19/2007	06FP09S	EMDR Comprehensive Training (for licensed mental-health professionals)		Laurel Parnell , PhD
1/20/2007	06FPS35S	Accessing Your Unique Intuition		Mona Lisa Schulz , MD, PhD
1/20/2007	06FPS24S	Getting Through the Day Strategies for Adults Hurt as Children		Nancy Napier , MA, MFCC, LMFT
1/26/2007	06FA11P	Finding Your Creative Voice		Sandra Magsamen

1/28/2007	06FA07S	Living Artfully		Sandra Magsamen
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