ALTERNATIVE HEALTH AND SPIRITUALITY

Ayurveda: The Art of Healthy Living

Ayurveda is the ancient practice of daily and seasonal routines to maintain health and balance in one’s life. Originating in India, this lifestyle-healing model has spread in recent years to the West. Through an understanding of the interaction between our personal body types, our environment and the qualities of our food, we can start a practice of balance and preventative care within ourselves. Learn the philosophy of Ayurveda, including learning your personal body type, food combining and daily self-care routines. Taught by Ayurvedic Wellness Practitioner. Fee: $65

Meditation & Personal Transformation

This course will explain three essential meditation practices that can bring about personal transformation. Students will learn how to practice meditation on their own, and how to integrate their insights into their daily activities. Gen Khedrub has been a Buddhist monk for over 20 years, and is the Resident Teacher at Kadampa Meditation Center Washington. Fee: $79

Buddhist Approach to Conflict

This course will explore Buddhist approaches to the inevitable conflicts that we all experience. We will learn and cultivate the inner practice of patience, which helps us keep our perspective under stress. We will also learn how to use these new insights in ways to effectively handle conflict with others. Gen Khedrub has been a Buddhist monk for over 20 years, and is the Resident Teacher at Kadampa Meditation Center Washington. Fee: $54

Explore Your Past Lives

Discover the amazing odyssey of the soul as it moves in and out of physical lifetimes. Based on research with over a thousand clients plus her own experiences, Mary Lee LoBay brings you the latest information concerning what happens when we die, how we choose our lifetimes, experiences between lives, and so much more. Half of the class time will be spent in an experiential visualization that allows you to safely explore one or more of your own past lives. Fee: $49

BUSINESS, FINANCE AND INVESTING

Achieving Financial Independence

Financial independence, the state of having enough wealth to cover basic personal expenses without actively working, seems like a fantasy for most of us. But it’s entirely possible to achieve this goal well before you turn 65 by balancing 1) income, 2) expenses, and 3) investments. Learn simple behaviors and actions that can lead to long term financial wealth. Visit our website for more information. Fee: $99

How to Pick the Highest Probability Stocks the Market Has to Offer

This seminar presents an array of “probability enhancers” that detail specific tools, routines and methodologies which will help you make smarter investment decisions, invest more efficiently and achieve greater consistency as an individual investor. Visit our website to know more about Gatis Roze. Fee: $99

10 Stages of Stock Market Mastery for Individual Investors

This seminar distills the complexity and vastness of the financial markets into a detailed 10-stage roadmap that investors of all levels can follow to preserve their wealth while growing their portfolio and mastering modern asset allocation. Fee: $99

PERSONAL ENRICHMENT

Create a Website for Fun, Profit and Business

Discover drag & drop design tools that can build your small business website quickly, with no programming! Covers SEO, social media marketing, smart phone optimization plus tips and traps of website design. Plus how to create money generating Affiliate websites. Taught by a multi award-winning instructor and published author. Lecture. Visit our website for more information. Fee: $69

Maximizing Employee Happiness Through Gratitude

Experience a workshop that gives your employees effective tools to maintain a positive attitude in the workplace. Surveys say that 75 - 80% of employees working today hate their jobs. By harnessing the incredible power of gratitude, along with simple exercises to break old habits and beliefs, employees are given the tools to more effectively communicate through an attitude of gratitude and appreciation. Attendees are able to more successfully fend off the negative forces that work against us all, and create a very positive and healthy set of coping skills. Fee: $79

Mystery Shopping for Everyone

Yes, you can eat, park, bank and get paid! You are totally in charge of when, where and how often you mystery shop. This class will provide every fact you need to be successful. The instructor, Leslie Klein, who does over 100 shops a year, will tell you who is hiring and how to perform the shops from start to end. Best of all, you can earn a few dollars while you are having fun. You will leave the class ready to be a secret shopper. Increase your mental, writing, acting and observation skills as well. Fee: $59

Successful Retirement Strategies

Do you have what it takes to retire? Are you afraid that you might outlive your money? Attend this class and find out. This course is designed to provide a clear understanding of three key areas: SOCIAL SECURITY, MEDICARE, and COMPREHENSIVE RETIREMENT PLANNING. It’s fun, intuitive and very informative. Yogi Beria insight, “you don’t know where you’re going, you’ll end up someplace else.” That’s absolutely true about retirement. Take the class and get on track for a successful retirement. Fee: $59
PERSONAL ENRICHMENT

Work at Home Jobs for Real People
If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! Learn marketing tricks of scammers, how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. Students will be provided with over 170 resources on how to make extra income as well as over 140 legitimate companies that hire at - home workers. Visit our website for more details. Fee: $59
Item W8961  B. Mooradian  NORTH
1 Tuesday  Jan 31  6:30 - 9:30pm

HEALTH AND FITNESS

Gentle Yoga and Pilates for Flexibility and Strength
Hatha Yoga in the Iyengar Style emphasizing balance, mobility and stretching. Pilates is incorporated for core strength training. The course is designed for all BODY TYPES and levels of FLEXIBILITY and STRENGTH. Explore self - direction and gain accurate information about your body. Bring a "sticky" mat, one-inch Yoga Block. The instructor will provide Stretchy straps and Pilate Balls. Please bring water and refrain from eating two hours before class. All levels of experience are welcome. Fee: $60
Item W8957  M. Hanneman  NORTH
4 Thursdays  Jan 5 - Jan 26  6:15 - 7:15pm

Morning Yoga Stretch
Would you like to feel better? More focused, less tension and discomfort? Start your day with a clear mind and relaxed but focused energy. Learn effective breathing, stretches to release tension and pain, yoga asanas for strength and flexibility. End with a deep relaxation. Work with your body, at your own pace. Instructor has over 30 years of experience and will give adjustments for any special needs or concerns. Bring your yoga mat and water. Wear loose, comfortable clothing. Fee: $144
Item W8975  H. Campbell  PLC
10 Thursdays  Jan 12 - Mar 16  9:00 - 10:15am
CLASS MEETS AT PINE LAKE COMMUNITY CENTER

Self - Defense 101 for Women
Learn to recognize threatening situations, express your boundaries, and - if necessary - physically enforce them. Topics: recognizing assailant plays/ manipulations and how to thwart them; practicing releases from common grabs; making decisive strikes to vital targets; and assessing risks. Come prepared to challenge yourself. Material fee included. Fee: $184
Item W8977  J. Factor  NORTH
6 Saturdays  Feb 4 - Mar 18  1:30 - 3:30pm
NO CLASS ON 2/18
Staying Healthy Thru the Seasons
Discover how each one "unique balance of physical, mental, emotional, and spiritual self shifts our balance continuously, through life," challenges and experiences. Learn how the body can use the natural window of seasonal change for cleansing and rejuvenating our system. Join us as we explore how to detox and rebuild for balance, enhanced energy, and vigor at the onset of new seasons for a unique mind - body experience! Fee: $49
Item W8974  A. Arora  NORTH
1 Wednesday  Mar 15  5:00 - 8:00pm

Yoga for Every Body
This non - intimidating class encourages beginners as well as experienced yoga students to work at their own level. Emphasis is on breath, stress reduction, increased flexibility, joint stability/mobility, conditioning core muscles and overall body strength. Class ends with relaxation, leaving you feeling refreshed and connected. Fee: $144
Item W8978  H. Campbell  PLC
10 Mondays  Jan 9 - Mar 20  6:25 - 7:40 pm
CLASS MEETS AT PIKE LAKE COMMUNITY CENTER, NO
CLASS ON JAN 16
Yogalates on the Ball
For those looking to have fun learning both Pilates and Yoga poses on the ball, with an emphasis on strengthening and core realignment. Bring water, a yoga sticky mat, a stretchy strap and an exercise ball (available where yoga supplies are sold). Refrain from eating two hours before class. Fee: $60
Item W8958  M. Hanneman  NORTH
4 Thursdays  Jan 5 - Jan 26  7:30 - 8:30pm

HOME AND GARDEN

Basic Hands-On Home Repair and Maintenance
Discover a variety of home improvements and maintenance skills in the Eastside’s most comprehensive home repair class. Learn hand and power tool selection, operation and personal safety; kitchen and bath remodels; electrical and plumbing repairs; wall repair; and more! Gain the ability to undertake most small home repairs at home. Visit our website for more information. Tuition includes material fee. Fee: $145
Item W8959  P. Marx  NORTH
1 Saturday  Jan 28  9:30am - 4:00pm
THE CLASS HAS A 30 - MINUTES BREAK.

Winter Birds of the Skagit Flats
Winter is one of the most spectacular times to bird in the Pacific Northwest. The river flats of the Skagit, Samish and Stillaguamish are awash in swans, snow geese, eagles, hawks and falcons. This area is rich with winter avian visitors seeking shelter and food along the Pacific flyway. Class time will introduce you to the identification of common species of waterfowl and raptors large and small. The field trip will take you to the richest areas of the river flats, where Peregrines hunt, Bald Eagles soar, Trumpeter Swans and Snow Geese fill the air. See website for details. Fee: $99
Item W8960  P. Rose  NORTH
3 sessions ThSM  Jan 26 - Jan 30  7:00 - 9:00pm
CLASS MEETS AT NORTH CAMPUS ON JAN 26 & JAN 30, 7 PM - 9 PM; FIELD TRIP ON SUNDAY, JAN 29, 8 AM - 2 PM. DETAILS FOR FIELD TRIP WILL BE GIVEN IN FIRST CLASS. TRAVEL RELATED EXPENSES WILL BE SHARED AMONG DRIVER AND PASSENGERS.

Landscape Design
Maximize the beauty, value and enjoyment of your yard! Equal parts theory and practical tips, this class employs slides, lectures and a tour of the Bellevue College campus to examine plant specimens. Topics include grading, plantings, lawns and entertainment areas. Analyze your own site and work with the instructor to create a unique new plan for your property. Instructor holds a degree in landscape architecture and is a specialist in native plants. Fee: $169
Item W8964  B. Constantine  Main
6 Tuesdays  Jan 10 - Feb 14  7:00 - 9:30pm

PERSONAL DEVELOPMENT

A Chance to Trance: Discover Hypnosis for Goal Achievement
Everyone can be hypnotized and learn to focus their own unconscious minds in powerful ways to achieve their goals. If you’ve ever wondered what trance is like, here’s your chance to experience hypnosis first hand and be guided through an ingenious process of goal manifestation by Master Hypnotist
From Oops to Opportunity: NEW! 7 Steps That Spell Success Workshop

Regret, guilt, and shame are all too common feelings. We all make mistakes and do things we wish we hadn’t. What you do next is what matters most. Join corporate trainer and executive coach Katherin and David Brooke, That Gratitude Guy for a fun, interactive workshop and discover how to quickly release un-empowering emotions, create your compelling vision with a Vision Board (all supplies included), and practice the success principles to turn those Oops into new and fulfilling Opportunities. Fee: $135

Happiness Starts With Gratitude

Life has a way of throwing curve ball after curve ball, making it difficult to keep balanced and maintain a positive mindset. Join David Brooke, That Gratitude Guy, as he guides you through an interactive and transformational process of allowing Gratitude to assist you in coping with the inevitable ups and downs of life. Get inspired as you develop a routine of effective coping mechanisms, as well as essential tools in your tool box, and hold on, as you accelerate your lifelong trajectory of happiness with an attitude of gratitude. (Course fee includes the cost of $15.00 book fee) Fee: $79

Personal Organizing and Clutter Clearing

Find that letter, reclaim the counter tops and feel at home in your world! Come and create strategies for tackling clutter and chaos. Learn clutter clearing and simple organizing principles to help you break old patterns, learn new organizing skills and develop filing systems that work for you. Fee: $55

Speaking With Your Authentic Voice

Learn how to speak from your heart about what really matters! If you’ve ever felt tongue-tied or had a fear of public speaking, this non-textbook approach will be your saving grace. Join Pamela Ziemann, author of Giving Voice To Your Cause in this ultra-safe and fun environment. Overcome your inhibitions, find your unique voice and relate to others in an astonishing new way. Fee: $89

Staying Self - Motivated: 12 Keys

Staying motivated is central to everything positive you want to have, do and be in your life. We know what we need to do in order to accomplish our objectives - - but how do we keep ‘on task’? What motivates you? How do you stay focused? Learn to stay motivated, even through discouraging times, and create a drive that doesn’t drive you over the edge. Fee: $49

Lovegility: Wedding and Event Planner Certification

Classroom, instructor-led, hands-on class session with online course access for those looking to get started in the wedding and event industry right away. Fee: $1,195

& Licensed Trainer of NLP, Connie Brannan. Bring a pillow, if you like, and bring a goal for your life success! Fee: $49

Item W8962 C. Brannan NORTH 1 Wednesday Feb 8 7:00 - 9:00pm

Calming Down: A Daily Life Management Course

Gain more personal effectiveness and self-esteem when faced with challenging life situations. In this hands-on course, participants will gain a better understanding of the sources of rage, anger and anxiety and learn ways to reframe and develop a less reactive way of life. The course is designed for adults-young and old who want assistance with important life issues ranging from relationship building, anger and stress management, creating a positive attitude and better life management. Fee: $129

Item W8972 R. Macdonald, M.M NORTH 5 Tuesdays Feb 7 – Feb 28 6:30 - 9:30pm

Attract Love with Feng Shui

Learn to use Feng Shui to have more love and romance in your life! Using the principles of Feng Shui, you will understand what your own personal environment says about you and your receptiveness to the relationship you desire. Join Certified Feng Shui practitioner Katherin Scott and discover how to attract a love relationship, improve an existing relationship and how to create a happy, healthy and long-term relationship with yourself. Bring a simple floorplan sketch to class. Fee: $50

Item W8956 K. Scott NORTH 1 Tuesday Jan 24 6:30 - 8:30pm

Begin & Continue Conversations

Ever wonder why some conversations just happen, when others fall short? Then it’s time to explore the anatomy and patterns of a conversation. From what to say and how to say it to strategies for putting yourself and others at ease. Learn how professional networkers breathe life into awkward silences and strike up conversations with people they don’t know. Enjoy an evening of conversation and exercises to help you build your skills for years to come. Great for business and pleasure. Fee: $49

Item W8965 R. Gilbert, P.Ph.D NORTH 1 Wednesday Feb 15 6:30 - 9:30pm

Lovegility: Wedding and Event Planner Certification

This course allows for instructor interaction with new perspectives and insider information from others in the industry attending who bring advice, insight, and experience to group discussions. Local classes take field trips, meet with local vendors, and attend local industry events. Courses are taught by seasoned wedding and event professionals. Fee: $1,195

Item W8973 D. Davis NORTH 10 Wednesdays Jan 4 - Mar 8 5:30 - 9:30pm

PERSONAL ENRICHMENT

www.BCconted.com  (425) 564-2263

STUDENT TESTIMONIAL

[The most valuable part of the class was] “Giving me the knowledge to start a new path towards a healthier life. It has sparked an interest in this discipline.” — Student of Anuradha Arora’s class, Healing Kitchen
Registration Fee

A non-refundable Registration Fee of $10 per quarter will be charged in addition to course fees on all registrations starting on DECEMBER 27. This fee will be waived if you register for classes BEFORE this date (and do not cancel the class).

Course Prerequisites

Many courses list “Prerequisites,” which are considered to be basic skills and expected knowledge prior to taking the class. Instructors will assume a readiness for the class materials and will not use class time to discuss prerequisite material. Always check the course description on our website for textbook information and complete course descriptions.

Withdrawals & Refunds for Non-credit Classes

Some courses have withdrawal & refund policies that differ from this policy; these are noted in the course descriptions.

You may request a refund by phone at (425) 564-2263 or in person at North Campus. A $10.00 processing fee is assessed on student-initiated refunds.

Online classes:
- Flexible Start-Date Classes: No refund will be issued once the course has been accessed. A 100% refund will be made if Bellevue College cancels the course.
- Group Start and Hybrid Classes: Follow the in-person class policy listed below.

In-person classes: A refund (minus the processing fee) will be made if you withdraw at least 3 working days before the class start date. No refund will be made after that date. There are no partial refunds. A 100% refund will be made if Bellevue College cancels the class. The deadlines for dropping a class during weeks without holidays are:

- Monday: 5 pm previous Wednesday
- Tuesday: 5 pm previous Thursday
- Wednesday: 5 pm previous Friday
- Thursday: 5 pm previous Monday
- Friday - Sunday: 5 pm previous Tuesday

Student I.D. Number

Social Security Number *

First Name Initial

Address City State Zip

Telephone Number: __________ Date of Birth: __________
Day Evening Month Day Year

E-mail Address

Please charge my: □ Visa □ MasterCard
Card Number __________________________ Exp. Date __________
Account Name: _______________________

Occupation _____________________________________________________________________________

Please help us better meet your educational needs by supplying the following:

Indicate the course(s) / workshop(s) you want, and send amount for total fees:

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Registration fee charged (starting on Dec. 27) $10

TOTAL FEES ENCLOSED $ __________

*To comply with federal law, we are required to ask for your Social Security Number (SSN) or Individual Taxpayer Identification Number (ITIN). Your SSN/ITIN is confidential and, under federal law, it is protected and will not be disclosed to unauthorized parties. Disclosure may be authorized for the purpose of Hope/Lifetime Learning tax credits, state and federal financial aid, transcript records and to conduct institutional research.

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Bus Information

Bellevue College campuses are served by Metro and Sound Transit bus routes. Please contact Metro (206) 553-3000 or visit http://metro.kingcounty.gov or Sound Transit (800) 201-4900 www.soundtransit.org

Parking

Parking at the Bellevue College North Campus and satellite locations is free of charge. Please see http://BCconted.com/publicsafety/parking.asp for Main Campus parking information and fees.