EXERCISE AND SPORTS

XFT104 TAI CHI FOR EVERYONE **Tuition $135.00**

Learn a form of exercise that will help increase your energy level, reduce stress, and improve balance, and coordination while maintaining your strength and flexibility. This form of exercise consists of gentle postures combined with slow continuous movements. (5 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97624	Ammerman	Saturday	10/5-11/2	9:00am-11:00am	Brookhaven Gym, MAG

XSH134 REIKI I PRACTITIONER **Tuition $135.00**

NEW COURSE

Through the ancient art of Usui Reiki, this course offers an understanding of the body, mind, and spirit connections. You will learn this beautiful Japanese technique, which is offered in healthcare facilities around the world. Focusing on extensive practical experience, the Reiki Master will instruct students about the art of Reiki and how to provide Reiki sessions for themselves and others. Please bring a bottle of water to class. Students must attend all seven classes to receive certification as a Reiki I Practitioner. Course materials will be provided. (7 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97625	Sayville	Thursday	9/5-10/17	6:30pm-8:30pm	311

XFT124 YOGA **Tuition $95.00**

Boost your concentration, flexibility and strength through Vinyasa Yoga by linking breath and movement. This active approach to yoga provides a mind/body workout that relaxes and invigorates at the same time. These sessions are suitable for all levels. Wear comfortable clothing! The instructor is an experienced yoga practitioner. This course is not designed for individuals who have pre-existing medical conditions that can be made worse by exercise. All participants should consult with their physicians prior to undertaking any program of exercise. Prior to the beginning of these classes, all course participants must read and sign an Assumption of Risk Release Form. **Note**: Class will not meet 10/8, 11/28. (10 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97649	Ammerman	Tuesday	9/24-12/3	12:00pm-12:50pm	Brookhaven Gym, 2
97647	Ammerman	Thursday	9/26-12/5	12:00pm-12:50pm	Brookhaven Gym, 2
97648	Ammerman	Thursday	9/26-12/5	5:00pm-5:50pm	Brookhaven Gym, 2

Suffolk County Community College

Department of Theatre Arts
and the Lively Arts Series

Invites you to experience great fall entertainment with outstanding shows and performances on two campuses!

Ammerman Campus in Selden

The Theatre Arts Program features award-winning productions performed by Suffolk's Theatre Arts students. ***The Performing Arts Program*** offers a variety of entertainment, including regional artists, as well as performances by Suffolk County Community College's Department of Music.

Michael J. Grant Campus in Brentwood

This campus is home to ***The Lively Arts Series,*** which features a variety of affordable shows for children and audiences of all ages. Performances have included *Mutts Gone Nuts, Jekyll & Hyde* and *Colors of India*.

Suffolk COUNTY COMMUNITY COLLEGE Theatre Arts Program

For Tickets and Information:
Ammerman Campus: 631-451-4163
Michael J. Grant Campus: 631-851-6589
or visit sunysuffolk.edu/spotlight