

November classes & Happenings

**Nov. 1, Thurs.
(START DATE)**

Yoga With Elizabeth

Description: Yoga for Health and Healing~ This class will be 3 part mini-vacation from the demands of life's stresses. Each class will include postures, focused breathing, affirmation, meditation and relaxation to nurture body, mind and spirit. The teacher will individualize instruction by honoring all personal requests.

Instructor: Elizabeth Klarich began her life-time commitment to yoga teaching in 1974. She has taught a broad range of people in many venues, including businesses, schools, hospital, prisons, addiction treatment centers, senior centers, yoga and dance centers, fitness centers, and television studios. Her eclectic style integrates her broad based training with her personal intuitive style. Her personalized heart-centered approach makes yoga user-friendly for all.

Fee: \$25.00. **You are encouraged to register by Monday, October 29 at 9:00 pm. This class requires a minimum enrollment to be held.**

Bring: wear loose clothing, bring yoga mat or blanket to lie on, and other yoga tools you may use in your practice.

3 Sessions

Nov. 1, 8 & 15 (Thursdays)

5:45 - 6:45 pm

**Nov. 3, Sat.
(START DATE)**

Beginning Bellydance

Description: This class is for the fresh beginner, and those needing to refresh the basics before moving to the next level. Suggested age is 12 years or older. And you can never be too old! We will learn the basics of Belly Dance, gain a more positive body image, increased self-confidence, and develop poise and grace. Plus, it is ever so much fun! All elements of Belly Dance are introduced in the six (6) weeks of classes. This a shorter class to accommodate the holiday season. Next eight week class will begin January 12, Saturday.

Instructor: Julia Murphy and Laura Harper both have several years' experience in all areas of Belly Dance: steps, veils, sword and elements, including costume design, jewelry and makeup.

Fee: \$45.00. **We recommend early registration by Wednesday, October 31 at 9:00 pm. This class requires a minimum enrollment to be held.**

Wear: relaxed loose clothing. Barjon's sells beautiful jingly hip scarves priced from \$16.00 up.

6 Sessions

Nov. 3 through Dec. 15 (Saturdays)
* With NO session on Nov 24 *

9:30 - 11:00 am

**Nov. 3, Sat.
(START DATE)**

Intermediate Bellydance

Description: Pre-requisite: Basic Belly Dance. You need not have taken class from these instructors. Elements of dance introduced in Basic Belly Dance are taken to the next level. Students will learn more about performance.

Instructor: Julia Murphy and Laura Harper both have several years' experience in all areas of Belly Dance: steps, veils, sword and elements, including costume design, jewelry and makeup.

Fee: \$45.00. **We recommend early registration by Wednesday, October 31 at 9:00 pm. This class requires a minimum enrollment to be held.**

6 Sessions

Nov. 3 through Dec. 15 (Saturdays)
* With NO session on Nov 24 *

11:15 am - 12:45 pm

Nov. 2, Friday

"Everything As It Happens"

Description: Poet Bernie Quetchenbach will discuss and read from his new collection **Everything As It Happens**, (\$16.00). This evening's presentation will feature an eight-voice dramatic reading of "Wave", a poem from the collection. For a review of **Everything As It Happens**, go to www.billingsgazette.net and search for "Quetchebach". If you are unable to attend but wish to purchase signed copies for gifts or for yourself, please call Barjon's Books (800)788-4318.

Instructor: Bernie Quetchenbach teaches in the English and Philosophy department at MSUBillings. He is the author of **Back from the Far Field: American Nature Poetry in the Late Twentieth Century**, published by the University Press of Virginia, and a poetry chapbook, **The Hermit's Act**, from Finishing Line Press. He edited **The River Review/La Revue Riviere** and is co-editor of **Lake Hollingsworth: Reflections and Studies on a Florida Landmark**, published by The History Press. His poems, essays, and articles have appeared in a variety of magazines and anthologies.

Fee: Free Admission (Reading and talk with autographing to follow)

1 Session

6:30 - 7:30 pm

Nov. 5, Monday

The Clock Is Not the Problem! A Workshop

Description: Are you tired of never having enough time in today's busy world? Have you read time management books and found they don't work? Time is an internal orientation and is something we can actually control. Using new ways to think about time and employing the power of the subconsciousness mind we can create more time in our lives. Hypnotherapy is an effective way to help you dissolve road blocks that prevent you from enjoying your true self and intended life purpose. This is a very safe environment and self disclosure is not required.

Instructor: Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct Professor of Psychology and Counseling at MSU-B and has a private practice, specializing in hypnotherapy Dan Geiger

Fee: \$25.00

1 Session

7:00 - 8:30 pm

Nov. 6, Tuesday

Natural Weight Loss & Management, A Workshop

Description: Have you been trying to loose weight for a long time? Are you tired of "yo-yo" diets? Would you like to become and maintain your ideal size, weight and shape? Through self hypnosis, the power of the subconscious mind can create increased metabolism, correct eating habits, and untie emotional attachment to food. Hypnotherapy is an effective way to help you dissolve road blocks that prevent you from enjoying your true self and intended life purpose. This is a very safe environment and self disclosure is not required.

Instructor: Dan Geiger, M.S., a native of Billings, has practiced psychology for the past 35 years and has studied and taught in 40 countries and 5 continents. He is currently an adjunct Professor of Psychology and Counseling at MSU-B and has a private practice, specializing in hypnotherapy.

Fee: \$25.00

1 Session

7:00 - 8:30 pm

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Monday - Friday 9:30am - 9:00pm • Saturday 9:30am - 5:30pm • Closed Sunday • www.barjonsbooks.com

November classes & Happenings

Nov. 7, Wednesday
(START DATE)

Reflexology & You

Description: Does massaging your feet or rubbing your hands really make a difference in how you feel? What about rubbing your ears? Does that sound weird?! Actually, reflexology has a sound history and physiological foundation. In this two session class we will learn various thumb and finger movements and different procedures you can use on yourself and your friends to relieve headaches, allergies and "just sore feet," as well.

Instructor: Paula Pearson is a graduate of Big Sky Somatic Institute's Oriental Healing Arts Program in Helena, Montana. She is also certified in Foot Reflexology, 3-Dimensional Hot Stone Massage, and Phenomenal Touch Massage, and is a Certified Reiki Master. She has her offices in downtown Billings.

Fee: \$45.00. **You are encouraged register by Saturday, November 3 at 5:30 pm. This class requires a minimum enrollment to be held.**

Bring: Towel for under your feet, Pillow for your head, wear comfortable pants.

2 Sessions

Nov. 7 & 14 (Wednesdays)

6:30 - 8:30 pm

Nov. 9, Friday

Gemstone Reflexology: Using Crystals To Enrich Your Life

Description: Like common plant oils, such as peppermint and lavender, some of the more easily available stones and crystals have many useful applications. A versatile layout stone will be demonstrated, as we learn and apply the basics of crystal healing. The more we use these concentrated elementals, the more responsive we will be to their healing and balancing energies. Everyone will receive a handout of the stones discussed in class. A packet of all the stones demonstrated will be available for purchase.

Instructor: Linda Thomas was certified in 1988 as a Crystal Healer. Since then she has traveled throughout the United States offering workshops, private consultations, keynote lectures and certification classes. Linda lives in Powell, Wyoming, where she and her husband Bob run their business, Eternal Ice Enterprises.

Fee: \$22.00. **You are encouraged to register by Tuesday, November 6 at 9:00 pm. This class requires a minimum enrollment to be held.**

Recommended Reading: *The Crystal Bible* by Judy Hall (\$19.99), and *The Book of Stones*, by Robert Simmons. (\$29.95). 10% discount on these titles if purchased at the time of class registration.

1 Session

6:30 - 8:30 pm

Nov. 12, Monday

Spirit Message Circle

Description: In these interesting and uplifting group readings, spiritual intuitive Elizabeth Almann channels messages from spirit guides and angels and explains concepts of intuition and healing that are of interest to the group.

Instructor: Elizabeth Almann, M.Ed.; Intuitive Guidance, Energy Healing, & Personal Development Classes.

Fee: \$22.00. **You are encouraged to register by Friday, November 9 at 9:00 pm. This class requires a minimum enrollment to be held.**

Bring: pen and paper for notes.

1 Session

6:30 - 8:30 pm

Nov. 13, Tuesday

The Art of Writing for Children: A Writing Group

Description: This is an informal opportunity for writers and those who aspire to be writers to bring notes, a few pages or full manuscripts for assessment and refinement with the help of others seeking the same. The instructor will also lead us in writing exercises to loosen up and expand ideas of potential character, plot, and adventure. This class is offered twice a month. You are encouraged to come as often as you can.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over six years. Her studies have included workshops with many Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, and Paula Danzinger.

Fee: \$5.00

Bring: Paragraphs or pages of manuscripts for review; pencil and paper for exercises.

1 Session

6:30 - 8:30 pm

Nov. 16, Friday

Native American Honoring Ceremony

Description: Welcome to everyone! Please join us in a **Native American Honoring Ceremony**, offered by Twenty Stands Woman and Seidel Standing Elk. Following an introduction to the history and intention of the ceremony, everyone will be invited to join together, in songs and prayers of gratitude to the Four Directions, for whatever they wish to honor in their lives.

The Medicine Wheel is a symbolic view of the four directions, the four seasons, and the four stages of life, common to all, regardless of our race or culture. This teaching is expressed for native and non-native alike in the newly published book, **Medicine Wheel: Stories to Follow the Seasons**, written and illustrated by the presenters.

Following the ceremony, the two presenters will sign copies of their book, (\$24.95). If you are unable to attend but wish to purchase signed copies for gifts or for yourself, please call Barjon's Books, 1-800-788-4318.

Fee: Free Admission

1 Session

7:00 - 8:30 pm

Nov. 19, Monday

The Art of Writing for Children: Book Critique Group

Description: Polish your writing abilities by discovering what works and why in children's literature. One of the most significant ways in which to improve writing ability is to read, read, read. We will explore picture books, middle grade and young adult novels through a lively discussion of what makes a book great, focusing on elements such as character, voice, plot, setting and dialogue. In a group setting we will analyze and critique pre-selected award-winning children's books. Titles to be read before class are listed below.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over six years. Her studies have included workshops with many Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, and Paula Danzinger.

Fee: \$5.00

Reading for Class: *The Book Thief* (\$11.99, YA novel), and *Mrs. Biddlebox* (\$15.00, picture book) 10% discount on these titles if purchased at the time of class registration.

1 Session

6:30 - 8:30 pm

Open weekday evenings 'till 9:00PM.

Monday - Friday 9:30am - 9:00pm • Saturday 9:30am - 5:30pm • Closed Sunday • www.barjonsbooks.com

November classes & Happenings

Nov. 24, Saturday Drum Making Workshop

Description: Give voice to your soul! Make your own Native American 16" Hoop Drum! Discover your own unique rhythm and sound. In a six hour class you will create your drum using rawhide and a maplewood hoop, with expert instruction by Marta Quest. Making your own drum in partnership with others adds elements to the experience of drumming which may otherwise take a while to develop. Materials will be provided for drum beaters, as well as instructions on making the drum beater and caring for your new drum.

Instructor: Marta Quest is the founder of *Buffalo Woman's Spirit* and a teacher of drumming and drum making for 16 years. She lives in southeast Montana, in the open quiet of the prairie.

Fee: \$175.00. **You are encouraged to register by November 14, Wednesday 9:00pm. This class requires a minimum enrollment to be held.**

Bring: An old bath towel, and several old wash cloths. You may want to bring a sack lunch. Hot tea will be available.

9:00 am - 3:00 pm

1 Session

Nov. 26, Monday Full Moon Drumming Circle

Description: This full moon actually occurs Nov 24, Saturday. Which is the day of our **Drum Making Workshop with Marta Quest** from Ekalaka. (See description just above on previous page.) What an opportunity to initiate your new drum! Or you may bring some other percussion instrument. A hollow tube with a thumping stick is good, maracas or other rattles work well. In August someone brought a fiddle! It was great! All you need is something to keep a rhythm. Those who have extra drums are encouraged to bring one for a beginner. What a fun way to build community!

Instructor: This is a shared leadership event. Everyone needs to gain strength and confidence, right? It happens only through practice. By just doing it we get better and have more fun. So we pass the lead around and learn from each other.

Fee: Free Admission

Bring: An extra drum to share for the evening, if you can. **Note: Barjon's now has drums for sale!**

7:00 - 8:30 pm

1 Session

Nov. 27, Tuesday The Art of Writing for Children: A Writing Group

Description: This is an informal opportunity for writers and those who aspire to be writers to bring notes, a few pages or full manuscripts for assessment and refinement with the help of others seeking the same. The instructor will also lead us in writing exercises to loosen up and expand ideas of potential character, plot, and adventure. This class is offered twice a month. You are encouraged to come as often as you can.

Instructor: Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over six years. Her studies have included workshops with many Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, and Paula Danzinger.

Fee: \$5.00

Bring: Paragraphs or pages of manuscripts for review; pencil and paper for exercises.

6:30 - 8:30 pm

1 Session

Nov. 29, Thursday Yoga for Holiday Stress Relief

Description: Barjon's Books teams up with Community Education to offer an evening of yoga for holiday stress relief, taught by instructor Elizabeth Klarich. This class will include postures, focused breathing, affirmation, meditation and relaxation, ways that you can remind yourself to relax and enjoy the forthcoming holidays.

Fee: \$8.00. **To attend, please register by November 17, Tuesday, with Community Education (406) 247-3700. This class requires a minimum enrollment to be held.**

Bring: Wear loose clothing, bring yoga mat or blanket to lie on, and other yoga tools you may use in your practice.

5:45 - 6:45 pm

1 Session

Nov. 30, Friday Spirit Gifts Practice Group

Description: This fun, hands-on class is for all those who want to learn about or develop their innate psychic and intuitive gifts in order to bring deeper understanding and joy into their life experience. You will practice techniques for clearing and grounding your own energy, as well as intuitive modalities such as automatic writing, tarot & angel cards, energy reading, and dream interpretation.

Instructor: Elizabeth Almann, M.Ed.; Intuitive Guidance, Energy Healing, & Personal Development Classes.

Fee: \$16.00. Please register by November 27, Tuesday. This class requires a minimum enrollment to be held.

Bring: Note paper and pen

Recommended Reading: *The Psychic Pathway Workbook*, by Sonia Choquette \$18.95, *Divine Guidance*, by Doreen Virtue \$14.94, and *Opening to Channel*, by Sonya Roman \$12.95 (10% discount with class registration.)

6:30 - 8:30 pm

1 Session

Ongoing Classes & Happenings

EVERY Thursday & Friday YogaKids

Description: The unique YogaKids approach combines yoga, relaxation techniques, addressing the natural interests, needs and rhythms of children. They will stretch, breathe, relax and enjoy the many benefits of yoga in fun and playful ways. Call Pam at 698-2458 if you have questions.

Instructor: Pam Kemmick, YogaKids Facilitator

Fee: \$10 per class (No Pre-Registration Required)

Preschool: Thursdays from 10:45 - 11:30 am

6 - 8 Years Old: Thursdays, 4:30 - 5:30pm

Tweens: Fridays, 4:30 - 5:45

EVERY Wednesday and EVERY Thursday

Meditation Practice

Description: Join us for a half hour of meditation practice **Wednesday evenings** and/or **Thursdays at lunchtime**. Brief instruction will be followed by 20 minutes of silent meditation. You may bring a cushion or pillow if you wish. Anyone may attend; there is no charge.

Fee: FREE Admission (No Pre-Registration Required)

Wednesdays: 5:30 - 6:00 pm

Thursdays: 12:15 - 12:45 pm

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