

# WEDNESDAYS AT WESTERN

## Wednesdays, Winter 2012 January 4 - April 25

All courses meet on the campus of  
Western State College of Colorado

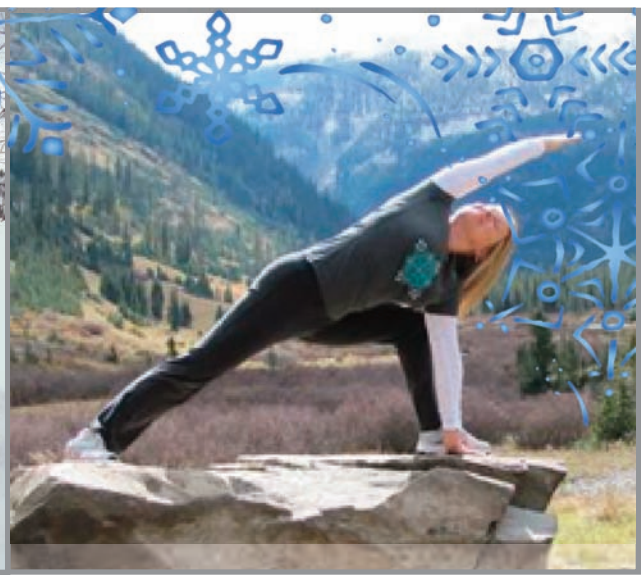
Gunnison, Colorado

**WESTERN** STATE COLLEGE OF **COLORADO**



Wednesdays at Western provide opportunities for Gunnison visitors and residents to spend a Wednesday enjoying and learning. The single-day courses are as diverse, engaging, and entertaining as the instructors who lead them. Learn, grow and be inspired by our creative workshops and field trips. From beginning cross country ski outings and guided tours of Mount Crested Butte to workshops on sustainable gardening, bike maintenance classes, and numerous art, craft, yoga and jewelry workshops, there is something for everyone. Extended Studies would love for you to experience a great Wednesday at Western this winter. Sign up today!

Western State College of Colorado is a four-year liberal arts and sciences college dedicated to providing exemplary undergraduate education. Located in an alpine valley at an altitude of 7,700 feet, Gunnison Valley has been called Colorado's most "beautiful" area.



## WINTER WONDERLANDS, Part 1

**Day/Date/Time:** Wednesday, January 4, 8:00AM-1:00PM

**Meeting Location:** College Center Parking Lot

**Registration Deadline:** Monday, January 2 **Cost:** \$30

**Transportation, breakfast, and a sack lunch are provided.**

Take a historical journey through the winter wonderlands of Gunnison Valley with renowned historian, Duane Vandebusch. The journey begins over a hearty breakfast at the Almont Lodge. Next, participants travel to the town of Crested Butte – a small community of winter enthusiasts. Guided by Duane's narratives, participants visit the Crested Butte Heritage museum as well as the JC Leacock gallery. Participants head up to Mountaineer Square for a sack lunch and a discussion where they catch a rare glimpse into the history of the ski area. After the discussion, participants can join Duane for Part 2 or elect to explore the ski area and the town of Mount Crested Butte before returning home on the van at 4:00PM.

## WINTER WONDERLANDS, Part 2

**Time:** 1:30PM-4:00PM

**Meeting Location:** Crested Butte Ski Resort: Base Area

**Registration Deadline:** Monday, January 2 **Cost:** \$10

**Hot chocolate or coffee at Uley's is included. Participants must provide their own downhill ski equipment including skis, boots, and poles.**

**Discount 1/2 day lift tickets are available for purchase for \$46.**

**Contact Extended Studies for more information.**

Participants strap on their ski boots and join renowned historian Duane Vandebusch for a guided ski tour across the mountain. Skiing alongside Duane, participants explore the history of the mountain and the runs that decorate its faces. And what winter adventure would be complete without hot chocolate at Uley's cabin? Come and experience an invigorating journey into the winter wonderlands of our mountain community.

## CROSS COUNTRY SKI OUTING FOR BEGINNERS

**Day/Date/Time:** Wednesday, January 11, 8:00AM-3:00PM

**Meeting Location:** College Center Parking Lot

**Registration Deadline:** Monday, January 9 **Cost:** \$30

**Transportation, a day pass to the Crested Butte Nordic Center, and a sack lunch are provided. Cross country skis, boots, and poles are required for participation in this program. These supplies can be rented at the Crested Butte Nordic Center, the WSC Wilderness Pursuits office, or Gene Taylors.**

Karen Immerso leads a cross country ski outing for those who are interested in a gentle, learn-as-we go, classical style cross country skiing with others who enjoy being out and about in winter. First timers are encouraged to participate as beginner tips will be offered and "patience while having fun" is the theme for the day. Participants must have skis, boots and poles. Participants should wear warm, layered clothing including hats, gloves, sunglasses, or goggles. Participants should also bring a day pack carrying 1-2 liters of water, additional snacks, and sun protection. In new snow, gaiters are recommended.

## YIN YOGA WORKSHOP

**Day/Date/Time:** Wednesday, January 18th, 5:30PM-7:00PM

**Meeting Location:** The Sanctuary, 405 W. Tomichi, (behind House of China)

**Registration Deadline:** Friday, January 13th **Cost:** \$15

This meditative style of yoga targets deep into the connective tissues, such as the ligaments, bones, and even joints of the body that are not normally exercised in a more active yoga practice. Participants will relax into seated postures for longer periods of time. No prior yoga experience needed.

## PASSION FOR PRINTMAKING

**Day/Date/Time:** Wednesday, January 18, 5:00PM-8:00PM

**Meeting Location:** Quigley 234

**Registration Deadline:** Friday, January 13 **Cost:** \$25

**Art materials are provided. Participants should bring their own**

**mediums to print on.**

Explore self expression and the art of printmaking by creating a personal logo for a printed edition. All are welcome, from those with no previous artistic experience to practicing artists. Emphasis is based on self expression, creativity, and fun. Participants choose their medium to print on: hats, tshirts, towel, paper, fabric – whatever your heart desires! Using woodblocks and rubber stamps, participants then design and create a limited edition symbol that truly represents them.

## SNOWSHOEING: AN OUTING IN THE WOODS

**Day/Date/Time:** Wednesday, January 25, 8:00AM-3:00PM

**Meeting Location:** College Center Parking Lot

**Registration Deadline:** Monday, January 23 **Cost:** \$25

**Transportation and a sack lunch are provided. Snowshoes are required for your participation in this program. These supplies can be rented from the WSC Wilderness Pursuits Office, the Alpineer, or Gene Taylors.**

This outing is for those who are interested in a walk through the woods with snowshoes as the mode of transportation. First timers are encouraged to participate as beginner tips will be offered and a gentle pace will be set for the group. Participants must bring snowshoes (poles are recommended for balance) and wear warm, layered clothing. Waterproofed hiking boots or comfortable snow boots are required. Participants should also bring 1-2 liters of water, additional snacks, and sun protection. In new snow, gaiters are recommended but not required.

## MASSAGE TRICKS AND TIPS

**Day/Date/Time:** Wednesday, February 1, 6:30PM -8:00PM

**Meeting Location:** Gym 17

**Registration Deadline:** Monday, January 30 **Cost:** \$10

Michelle Zanga teaches participants multiple massage techniques to work on the most commonly presented sore spots so that they can feel their best this season. Participants learn simple, relaxing, and powerful massage techniques to ensure that their friends and families feel good this winter. All are welcome. Participants remain clothed.

## BEGINNING PHOTOGRAPHY

**Day/Date/Time:** Wednesday, February 8, 12:30PM-4:30PM

**Meeting Location:** Kelley 120

**Registration Deadline:** Monday, February 6 **Cost:** \$20

**A digital camera is required.**

Celebrated sports and landscape photographer, Trent Bona, leads participants in an engaging and hands-on workshop designed for both beginners and those wishing to refresh their technical understanding of their Digital SLR cameras. Students learn the technical fundamentals of how their camera captures images, enabling them to understand the full impact and logic behind the adjustments they make. The course covers the elements of image composition as well as the metering and usage of light so that students understand how to properly frame and expose for a multitude of different scenarios. The class includes an outdoor session in which students can practice what they have learned and get real time feedback from the instructor as they compose and capture images. When asked what he wants this course to encompass, Trent responded, "I want everyone to realize the full potential of their camera so that photography can become more of an adventure than just a challenge."

## JEWELRY IN A DAY

**Day/Date/Time:** Wednesday, February 15, 5:00PM -8:30PM

**Meeting Location:** Kelley 118

**Registration Deadline:** Monday, February 13 **Cost:** \$20

Art materials are provided. Students are encouraged to bring small hand tools including round nose and flat nose pliers as well as beads, old or broken jewelry pieces, or strange items that they

would like to use in their project.

Students learn the basics of metal work and beading while exploring ways to shape, mold, and create pieces of jewelry using materials found in their own homes. Students engage their creativity while building handcrafted earrings, bracelets, and necklaces for themselves and friends. All levels are welcome.

### YOGA NIDRA WORKSHOP

**Day/Date/Time:** Wednesday, February 15, 5:30PM -7:00PM

**Meeting Location:** The Sanctuary, 405 W. Tomichi, (behind House of China)

**Registration Deadline:** Monday, February 13 **Cost:** \$15

Come and allow all traces of the day to fade away. Come surrender into stillness and quiet. Often referred to as “sleep yoga,” Yoga Nidra is the ultimate yoga meditation practice. Studies have found that Yoga Nidra can reduce tension and anxiety and even help people who suffer from sleeping difficulties. This practice begins with a few gentle stretches and then allows ample time for participants to sink deeply into relaxation. Instructor uses guided imagery to aid in meditation. No prior yoga experience needed.

### MAKING EXTRAORDINARY PUPPETS FROM ORDINARY THINGS

**Day/Date/Time:** Wednesday, February 22, 4:00PM-7:00PM

**Meeting Location:** Quigley 234

**Registration Deadline:** Monday, February 20 **Cost:** \$15

**Art materials are provided. Ages 12 and up are welcome.**

Dragons, trolls, animals, and people are all marvelous puppet subjects. Discover the excitement of creating an original puppet character using ordinary materials. No previous art experience is necessary, only a sense of fun and innovation. Samples of hand puppets, stick puppets, shadow puppets and simple marionettes are provided as working models. The possibilities are endless as participants glue, paint, stitch, and mold a puppet from cloth, wood, sticks, wire, foam, clay and paper. This is an excellent course for educators, preschool employees, parents, and grandparents who wish to utilize their creativity in a fun and engaging workshop.

### EDIBLE GARDENING AND LANDSCAPING

**Day/Date/Time:** Wednesday, February 29, 6:00PM -8:00PM

**Meeting Location:** Taylor 100

**Registration Deadline:** Monday, February 27 **Cost:** \$15

Learn the concepts and tools needed to design an ecological and edible garden. Participants learn how to create a landscape that provides food and solace for people while creating habitat for beneficial birds and insects. Over time, the ecological garden requires less maintenance than the traditional garden. Learn how your garden can be both beautiful and self-maintaining. Participants learn a design methodology, planning tools, and introductory techniques to design and build a residential, edible landscape.

### DAZZLING DESIGNS

**Day/Date/Time:** Wednesday, March 7, 5:30PM-8:30PM

**Meeting Location:** Kelley 118

**Registration Deadline:** Monday, March 5 **Cost:** \$20

**Art materials are provided.**

From ceramics to printmaking and every medium in between, all works of art begin as an idea designed, sketched, and perfected on paper. In this class, Donna Rozman illustrates how to begin this process by teaching participants how translate their idea into an abstract design. These small motifs are then used to draw a larger, collaborative design that can be used in sewing, printmaking, ceramics and/or other personal projects. Colored pencils or markers are used to finish selected designs. Students are encouraged to bring in line drawings and to be ready for a fun filled afternoon.

### BEGINNER BICYCLE MAINTENANCE

**Day/Date/Time:** Wednesday, March 14

**Time:** 5:00PM-8:00PM

**Meeting Location:** TBD

**Registration Deadline:** Monday, March 12 **Cost:** \$15

Students should bring a road or mountain bike, a tire lever, a small pump, and a multi tool. All materials (except bike) can be purchased from the instructor in class.

Dreaming of spring? Of winding singletrack or the open road?

Before the season begins, join professional mechanic Jordan Carr for an introductory course on bicycle repair and maintenance.

Perfect for beginners or those who just need a refresher, this class is designed to provide students with the knowledge to maintain and repair both road and mountain bikes. Students gain a deeper understanding of how their bike works, from the derailleur and cable system, to the brakes, chain, and tires. Students learn how to change a flat tire, replace a chain, adjust both mountain and road brakes and adjust a bike for proper fit. Keep your bike running smoothly this spring and summer and for years to come. Students are encouraged to bring their questions and ideas.

### YOGA TO BALANCE THE CHAKRAS

**Day/Date/Time:** Wednesday, March 14, 5:30PM-7:00PM

**Meeting Location:** The Sanctuary, 405 W. Tomichi, (behind House of China)

**Registration Deadline:** Monday, March 12 **Cost:** \$15

Chakras are wheels of energy aligned with your spine. This workshop begins with a flow of poses to open the body and stabilize each Chakra working from Muladhara up to the Crown. After we have opened the body making it easier to find a meditative seat, you are lead through a Chakra balancing meditation using grounding techniques to help bring the energy and benefits from the class into your everyday living.

### ADVANCED BICYCLE MAINTENANCE

**Day/Date/Time:** Wednesday, March 28, 5:00-8:00PM

**Meeting Location:** TBD

**Registration Deadline:** Monday, March 26 **Cost:** \$15

Students should bring a road or mountain bike, a tire lever, a small pump, and a multi tool. All materials (except bike) can be purchased from the instructor in class.

Ready to take your bicycle knowledge to the next level? Join professional mechanic Jordan Carr for an in-depth look into how your bike works. Students gather knowledge about the deeper mechanical workings of their bike in a hands-on workshop covering basics like cable replacement and adjustment, brake pads replacement (disc and cantilever style), to more advanced maintenance of crank and bottom bracket removal, proper headset removal and installation, as well as other important techniques. Explore advanced bicycle maintenance and gain a greater understanding of bicycle mechanics and techniques. Students are encouraged to bring their own questions, ideas, and experiences.

### SPRING DETOXYOGA FLOW

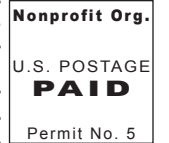
**Day/Date/Time:** Wednesday, April 25, 5:30PM-7:00PM

**Location:** The Sanctuary, 405 W. Tomichi, (behind House of China)

**Registration Deadline:** Monday, April 23 **Cost:** \$15

This yoga workshop that celebrates the coming of spring in the valley. Yoga is the perfect way to not only shape-up for warmer weather, it also helps detoxify your internal organs and boost your metabolism after a long Gunnison winter. During this practice, we explore how deep twisting postures affect your vital organs. Think of wringing out a dirty sponge while cleaning your house. The body twists, wringing out the kidneys and liver and helping the body to eliminate toxins. Be prepared to sweat – another way to detox! Participants should have some prior yoga experience before attending.

*Pre-payment and pre-registration are required for all programs. Space is limited for most courses. Sorry, no discounts are available for Wednesdays at Western programs. No refunds after registration deadline. All programs run rain or shine. Campus parking is free; no permit required.*



## WEDNESDAYS AT WESTERN REGISTRATION FORM

**Wednesdays, January 4 - April 25**

Feel free to copy this form for additional registrations or go to [www.western.edu/extendedstudies](http://www.western.edu/extendedstudies) to print out additional registration forms.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Birth date \_\_\_\_\_

If your program includes a sack lunch, check your sandwich choice.

One per participant.

Turkey \_\_\_\_\_ Roast Beef \_\_\_\_\_ Vegetarian \_\_\_\_\_

I am registering for (the)

- △ **Winter Wonderlands: Part 1**, 36786, January 4 at 8 a.m., \$30
- △ **Winter Wonderlands: Part 2**, 36799, January 4 at 1:30 p.m., \$10
- △ **Cross Country Ski Outing for Beginners**, 36787, January 11 at 8 a.m., \$30
- △ **Passion for Printmaking**, 36788, January 18 at 5 p.m., \$25
- △ **Yin Yoga Workshop**, 36855, January 18 at 5 p.m., \$15
- △ **Snow Shoeing: An Outing in the Woods**, 36789, January 25 at 8 a.m., \$25
- △ **Massage Tricks and Tips**, 36790, February 1 at 6:30 p.m., \$10
- △ **Beginning Photography**, 36791, February 8 at 12:30 p.m., \$20
- △ **Jewelry in a Day**, 36792, February 15 at 5 p.m., \$20
- △ **Yoga Nidra Workshop**, 36856, February 15 at 5:30 p.m., \$15
- △ **Making Extraordinary Puppets**, 36793, February 22 at 4p.m., \$15
- △ **Edible Gardening and Landscaping**, 36794, February 29 at 6 p.m., \$15
- △ **Dazzling Designs**, 36795, March 7 at 5:30 p.m., \$20
- △ **Beginning Bicycle Maintenance**, 36796, March 14 at 5 p.m., \$15
- △ **Yoga to Balance the Chakras**, 36858, March 14 at 5:30 p.m., \$15
- △ **Advanced Bicycle Maintenance**, 36797, March 28 at 5 p.m., \$15
- △ **Spring Detox Yoga Flow**, 36859, April 25 at 5:30 p.m., \$15

PAYMENT (circle one)

- \* Cash
- \* Check payable to Western State College of Colorado
- \* Credit Card      \* Visa      \* Mastercard
- \* Discover

Name on charge card \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

**For questions or to register contact:**  
**(970) 943-2885 or (800) 876-5309 ext. 7**  
**[www.western.edu/extendedstudies](http://www.western.edu/extendedstudies)**  
**Email: [kyorks@western.edu](mailto:kyorks@western.edu)**

**Return registration form to:**  
**Western State College of Colorado**  
**Office of Extended Studies**  
**600 N. Adams**  
**Gunnison, CO 81231**  
**Fax: (970) 943-7068**