

Academy for Lifelong Learning

Fall 1999

Courses and Workshops

University of Hawai'i at Mānoa
Colleges of Arts and Sciences



Academy for Lifelong Learning
Colleges of Arts & Sciences
2500 Campus Road, Hawaii Hall 23
University of Hawai'i at Mānoa
Honolulu, HI 96822

Join us at the Academy!

The Academy for Lifelong Learning (*ALL*) at the University of Hawai'i at Manoa is an educational program that offers courses and special multidisciplinary projects to encourage individuals from all walks of life to engage their minds, enrich their lives, and serve the community. The only requirements for participation in *ALL* are life experience and a desire to learn. Founded by community individuals and a group of emeriti faculty from the University, the academy sustains its program activities through volunteerism, individual contributions, and membership fees. Membership entitles participants to enroll in courses and workshops, participate in special events, and receive a quarterly newsletter. If you'd like to join, please complete the pull-out enrollment form in the center section of this brochure, include check for membership, and mail the membership forms to the Academy for Lifelong Learning.

For more information about programs, opportunities and membership benefits in the Academy for Lifelong Learning, call 956-2707 or 956-8224. Volunteers are always welcome! Visit the Academy for Lifelong Learning offices in Hawai'i Hall 5 on the University of Hawaii at Manoa campus.

Our mailing address is:

The Academy for Lifelong Learning, UH-Manoa, 2500 Campus Road, Hawai'i Hall 23, Honolulu, HI 96822

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Academy for Lifelong Learning

Buddy Pass

With this coupon, you are welcome to bring a
friend to any single session of a selected
course.

◆ **Introductory Yoga**

Instructor: Grace Lee, M.A.

Dates: Tuesdays and Thursdays, Aug. 31 through Sept. 30 (10 Sessions)

Time: 5:00—6:15 p.m.

Location: Hawaii Hall 5

Description: Yoga is a dynamic way of enhancing self-awareness and inner peace by learning to be centered in action. Tuning into the body and breath, students will develop strength, balance and flexibility through a variety of vigorous and relaxing poses. Poses will be modified as needed to meet the different physical conditions of students. A consistent yoga practice has numerous benefits. Physical gains range from decreased pain to enhanced athletic ability. Other advantages can include reduced stress, increased energy and mood, and a calm enthusiasm for life.

This course is designed to introduce students to beginning yoga poses. If you already have some experience with yoga, you may find this course too basic for you. We will be working bare-foot and you would be most comfortable in shorts and a T-shirt or tights and a leotard. Please do not eat 2 hours before class, avoid wearing perfume or body lotion, and bring a large towel to class. The first class will run 15 minutes longer than usual. Medical release forms will be given at first class session.

◆ **Armchair Tour of Spain and Latin America**

Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty

Dates: Mondays, Sept. 20, 27, Oct. 4, 11, 18, 25

Time: 9:00-11:00 am

Location: Hawaii Hall 5

Description: This course will employ all the senses to explore the rich history, geography, languages, and arts of the Spanish world. We'll take an armchair tour of Spain's many cultures and proceed to the Americas. Participants will learn about the cultures of Mexico, the Caribbean, Central America, and South America (with emphasis on the Andean and Rio de la Plata regions).

◆ **Faulkner and Hemingway: Some Short Stories**

Instructor: James Caron, Ph.D, Director of the Honors Program at the University of Hawaii

Dates: Wednesdays, Oct. 6, 13, 20, 27

Time: 1:00—3:00 p.m.

Location: Hawaii Hall 5

Description: This course will look at a few short stories by these two well-known American fiction writers. Discussion will focus on literary categories such as theme, style, metaphor, and symbol. Biographical and historical contexts will be of secondary concern.

◆ **Classical Music and Its Composers in Historical and Cultural Context**

Instructor: Sandy Davis

Dates: Wednesdays, Nov. 3, 10, 17

Time: 5:00—7:00 p.m.

Location: Hawaii Hall 5

Description: This course will help participants become familiar with the basic elements and styles of Western classical music through the study of selected composers and compositions in their historical and cultural contexts. We will discuss the piano, the solo voice, symphony, chamber music, and opera. We will also explore the various ways we relate to classical music. Why is it that some people prefer certain pieces or styles of classical music over others? What is the social function of classical music? For example, why is an appreciation of classical music a source of social status for Westerners? In this course we will explore these questions and more in an attempt to demystify classical music. We will refer to Jeremy Yudkin's text, Understanding Music (which comes with a set of accompanying compact disks.) Several copies can be put on reserve in the library for those who don't wish to buy the text and CDs.

◆ **Reconciliation: A Way of Life**

Instructor: Alice Scheuer, WHO. UHM, Psychology Dept.

Dates: Tuesdays, Oct. 19, 26, Nov. 2, 9, 16

Time: 10:00—11:45 a.m.

Location: Hawaii Hall 5

Description: This course is based on a method developed by the Reconciliation Institute in Santa Barbara, CA, by the Rev. Brian Cox and co-workers, to foster reconciliation on levels ranging from individuals to socio-political and religious groups. Teams from the Institute have practiced this method in places ranging from Santa Barbara to East Central Europe and India, and a team will go to Pakistan later this year. The method includes analyzing personal and group core values, building bridges, breaking down prejudices, working for social justice, and becoming a reconciler in daily personal life. The approach is non-sectarian. The instructor of this course attended the Institute in Santa Barbara, and has permission from Fr. Cox to use materials that have not yet been published.