

Castro Valley Adult and Career Education

Active Adults 55+

Wild Goose Qigong

A Relaxing Path Towards Health and Fitness

Effective for people of all
ages and abilities



- Relieves Stress
- Improves Concentration
- Increases Flexibility
- Strengthens the Immune System
- Helps Counteract the Effects of Aging
- Stretching and Meditation
- Acupressure Self-Massage

Learn the complete 64-movement 1st set Wild Goose Qigong form — Enjoy a “sweat-free workout” — Get in shape and maintain good health and fitness the easy way with this 10-minute slow-movement healthcare practice anyone can do.

Mondays and Thursdays ~ 12:30 - 2:30 pm

September 12 - November 3

\$48.00 (16 classes) Non-seniors can enroll for \$60.00

Instructor: Cynthia Eaton, WWS Certified Dayan Qigong teacher

What is Wild Goose (Dayan) Qigong?

It is a 1,700 year old slow-movement, low-impact Chinese healthcare practice using gentle, flowing exercises good for people of all ages and abilities. **Qigong** is pronounced “Chi Gung”. “**Qi**” refers to energy - life force present in all living things. “**Gong**” means exercise or practice.

REGISTRATION:

Online: www.cvadult.org

By phone: 510-886-1000

In Person: Castro Valley Adult and Career Education
4430 Alma Avenue, Castro Valley



Great Students - Great Staff - Great Expectations!

CASTRO VALLEY ADULT AND CAREER EDUCATION

Fall 2011 Programs and Classes

CAREER AND TECHNICAL

- Certified Nursing Assistant / Home Health Aide Program
- Pharmacology Series
- Clinical Medical Assistant
- Test Prep For Clinical Medical Assistant
- Medical Billing, Insurance & Office Procedures I, II
- Coding Beginning, Advanced
- Coding Boot Camp
- Test Prep For Medical Billing
- Administrative Medical Assistant
- Test Prep For Administrative Medical Assistant
- Anatomy & Physiology-Hybrid
- Medical Terminology Advanced-Hybrid
- Becoming a Notary Public
- Woodworking: Beginning, Intermediate, Advanced
- Medicare Understanding
- Healing Touch For Health
- Accounting Principles
- Behavioral Management In The Classroom

COMMUNITY INTEREST

- Bonsai Basic, Intermediate, Advanced
- Cake Decorating 101
- Indian Cooking
- Fruit & Vegetable Carving
- Whole Foods Cooking Class
- Packing A Healthy Whole Food Lunch
- Healing Touch For Health
- Food Nutrition Improving Immune Health
- Beginning Road Cycling
- Intermediate Road Cycling
- Introduction To Interior Design
- Putting Your Interior Design Plan Into Action
- Photography Tips And Techniques 101

ACTIVE ADULTS 55+

- Computers For Adults 55+ 1, 2
- Microsoft Word 55+
- Senior Nutrition Activity Program
- Arthritis Aquatics Program
- Basic Techniques In Piano & Organ
- Birds Of The Bay Area
- Classic Movie Highlights
- Genealogy
- Is The Food I Eat Safe?
- Fitness For Active Adults 55+
- Fitness And Relaxation
- The Memory Academy II, Advanced
- Magic, Murder, And Medicine
- Mature Drivers Class
- Meet The Gadget Lady
- Nice & Easy Movement
- Staying Healthy With The Seasons Fall
- The Art Of Drawing & Painting
- Wild Goose Qigong
- Wild Goose Qigong Review
- Wisdom Of The Enneagram

ESL-ENGLISH AS A SECOND LANGUAGE

- ESL Literacy, Beginning, Intermediate, Advanced
- Learn English at Home
- Learn Citizenship at Home
- CBET
- Speaking And Listening

COMPUTER CLASSES

- Keyboarding Beginning - Advanced
- Computer Skills Basic
- Word 2010 Basic Skills
- Word 2010 Intermediate Skills
- MS Excel 2010 - Essential Skills I, II
- Quickbooks Pro 2009
- Website Design Beginning
- Learn Microsoft Office At Home
- An Evening With iTunes
- An Evening With iPhoto
- iPad 101
- Mac For Very Beginners
- Digital Workshop For Photoshop & Elements
- Computers For Adults 55+ 1, 2
- Microsoft Word 55+

HEALTH, FITNESS, NUTRITION

- Arthritis Aquatics Program
- Basketball Skills for Adults
- Beginning Road Cycling
- Intermediate Road Cycling
- CPR Class, First Aid Class
- Healing Touch For Health
- Table Tennis
- The Primal Posture Solution
- Intro: The Gokhale Method
- Zen ~ 7 Fitness: Pilates And More
- Happy Neck & Shoulders
- Happy Hips
- Hatha Yoga-All Levels
- Zumba®

DOG TRAINING CLASSES

- Small Dog Beginning Obedience/Manners
- Intermediate Obedience
- Beginning Obedience/Manners
- Puppy Preschool

HIGH SCHOOL DIPLOMA / GED

- High School Diploma/GED Prep
- GED Testing

DISTANCE LEARNING

- Microsoft Office
- GED Test Prep
- ESL - All levels/Citizenship
- Adult Basic Education

FOREIGN LANGUAGE

- Chinese Conversation Basic
- Spanish For Work & Travel I, II
- Spanish For Work & Travel IV, Advanced

DANCE AND MUSIC

- Adult Hip Hop And Tap
- Chamber Orchestra
- Community Band
- Swing Band - Big Band Era
- Guitar Beginning
- Children's Russian Chorus
- Music For Minors II

DRIVER IMPROVEMENT

- Driver Improvement Classes
- Mature Driver classes

PARENTING

- Parenting The Preschooler
- Keeping Kids Safe
- Music For Minors II
- Children's Russian Chorus

ADULTS WITH DISABILITIES CLASSES

Register: On-Line ~ www.cvadult.org - By Phone ~ (510) 886-1000 - In Person ~ 4430 Alma Avenue