Winter Term Workshops 2015

Register: Online – go/boxoffice
Sunday, December 1st – Tuesday, December 7th
Registration starts at midnight online or in person during normal box office hours

Winter Term Workshops: 2015

Here’s your chance to broaden your horizons and/or develop a new interest! This January is your big opportunity to participate in Winter Term Workshops offered by Student Activities. Be sure to take advantage of this year’s series of non-credit workshops - open to the entire College community - and make the most of Winter Term.

Workshop Registration Information:

Register for the workshop(s) of your choice starting Sunday, December 1st at midnight through Sunday, December 7th at midnight (or until the courses fill up) online through the Box Office and avoid the lines! OR sign up in person at the McCullough Student Center Box Office. First come, first serve.
Workshop fees must be paid at the time of registration. Courses begin January 5 and end on January 30, 2015.

Make sure to reference the Workshop’s Box Office Number, located in the upper right of each description.

There is no wait list for workshops.

In order to pay facilitators and allow for the advance purchase of materials, refunds are granted for academic scheduling conflicts only. Proof of class registration is required. You may not attend the first workshop and still receive a refund. **Deadline: January 9, 2015**

Asterisked workshops are offered for P.E. credit; you must attend at least 7 hours to receive the PE Credit.

See the Student Activities staff if you have any questions.

*Please note that the below information is all subject to change, check back for updates*

**Intermediate Ice Climbing: Multi-Pitch Ascents** *

Get off the ground and experience the exhilaration of climbing longer routes. This course provides a transition for climbers looking for the next step beyond climbing in top rope or single pitch settings. Skills addressed may include an overview of the multipitch climbing sequence, belay station and rope management, ice protection and anchors, and rappel descents. There are abundant opportunities for longer ice climbs in both the Green Mountains and the Adirondacks, and we’ll select an appropriate one for you. The ability to top rope moderate routes (WI3) and experience belaying and rappelling required. All equipment provided.

**MEETING:** Saturday; 8:00am-5:00pm  
1/17/15  
**LOCATION:** FIC Gear Room  
**INSTRUCTOR:** Derek Doucet  
$75

Intermediate Ice Climbing: Multi-Pitch Ascents *

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**MEETING:** Saturday; 8:00am-5:00pm  
1/25/15  
**LOCATION:** FIC Gear Room  
**INSTRUCTOR:** Derek Doucet  
$75
Introduction to Dog Sledding *
This weekend trip provides a fun and exciting introduction to the world of dog sledding. Participants learn the art, skill and magic of this wonderful winter sport. Explore the winter landscapes of Maine and/or New Hampshire, while trying your hand at driving actual sleds and dog teams! The nights will be spent in a heated and well equipped hostel. No experience is necessary.

MEETING: Friday-Sunday; 4:00pm-8:30pm  
1/9/15 – 1/11/15  
LOCATION: Western Maine  
INSTRUCTOR: Caroline Blair-Smith  
INSTRUCTOR Cost: $350

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MEETING: Friday-Sunday; 4:00pm-8:30pm  
1/23/15 – 1/25/15  
LOCATION: Western Maine  
INSTRUCTOR: Caroline Blair-Smith  
INSTRUCTOR Cost: $350

Introduction to Ice Climbing *
Armed with crampons, ice tools and a helmet, you will learn the slippery skills needed to climb frozen waterfalls. Our first class session, held at the Nelson Climbing Wall, will cover basic rope work, as well as equipment and clothing selection. We’ll then venture out to a climbing site in the Adirondacks or Green Mountains for a full day of real ice climbing. No experience is required, and all technical equipment is provided.

MEETING: Wednesday 1/7/15 @ Climbing Wall; 4:30-6:30pm  
Saturday 1/10/15 @ FIC Gear Room; 8:00am-5:30pm  
LOCATION: TBD  
INSTRUCTOR: Derrek Anderson  
INSTRUCTOR Cost: $50

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Armed with crampons, ice tools and a helmet, you will learn the slippery skills needed to climb frozen waterfalls. Our first class session, held at the Nelson Climbing Wall, will cover basic rope work, as well as equipment and clothing selection. We’ll then venture out to a climbing site in the Adirondacks or Green Mountains for a full day of real ice climbing. No experience is required, and all technical equipment is provided.

MEETING: Wednesday 1/14/15 @ Climbing Wall; 4:30-6:30pm  
Saturday 1/17/15 @ FIC Gear Room; 8:00am-5:30pm  
LOCATION: TBD  
INSTRUCTOR: Derrek Anderson  
INSTRUCTOR Cost: $50
Introduction to Ice Climbing *
Armed with crampons, ice tools and a helmet, you will learn the slippery skills needed to climb frozen waterfalls. Our first class session, held at the Nelson Climbing Wall, will cover basic rope work, as well as equipment and clothing selection. We’ll then venture out to a climbing site in the Adirondacks or Green Mountains for a full day of real ice climbing. No experience is required, and all technical equipment is provided.

MEETING: Wednesday 1/21/15 @ Climbing Wall; 4:30-6:30pm
Saturday 1/24/15 @ FIC Gear Room; 8:00am-5:30pm
LOCATION: TBD
INSTRUCTOR: Derek Anderson and Colin Loher $50

Map Making on the Web
Web based map making has become easy in recent years thanks to a variety of open source tools. In this workshop, we will introduce open source web mapping using programs called Tilemill and the Mapbox Studio. In a couple of easy sessions, you’ll learn how to create interactive maps that can accompany websites about classes, student orgs and blogs. Come in with ideas and we’ll teach you how to map it!

MEETING: Tuesdays & Wednesdays; 7:00-9:00pm
1/6, 1/7, 1/13, 1/14
LOCATION: MBH 317
INSTRUCTOR: Daniel Barnes $16
William Hegman

Hunter Education Certification
Emphasis on hunter safety, responsibility, outdoor safety, and wildlife conservation are topics that will be covered in a day long field day of hands on activities including orienteering and live-fire. Field Day participants are required to complete an online course pre-requisite prior to attending. (The link will be provided by email after sign-up, please provide an email account that you will be checking, if you sign a friend up, please be sure to also provide their email address.) A written test will be administered as the final step toward earning a certification card that will enable successful participants to purchase a hunting license. The field day will take place on Saturday, January 10th at Vermont Conservation Camp Kehoe shooting range. Transportation will be provided, leaving campus at 8:00 a.m. and returning by 6:00 p.m. Much of the day will be spent outdoors – please dress accordingly and bring your lunch!

MEETING: Saturday; 8:00am-6:00pm
1/10/2015
LOCATION: Kehoe Conservation Camp
INSTRUCTOR: Wendy Butler $0
Steve Oster
Basic Blacksmithing
This introductory workshop will acquaint you with the basic metallurgy of ferrous metals, the management of a coal forge and the manipulation of iron and steel into useful and/or decorative objects using traditional blacksmithing tools and techniques. Expect to finish with several examples of your newly acquired skills.

MEETING: Saturday; 8:30am-6:00pm
1/10/2015
LOCATION: Lake Champlain Maritime Museum
INSTRUCTOR: Warren Rinehart $91

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LOCATION: Lake Champlain Maritime Museum
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MEETING: Saturday; 8:30am-6:00pm
1/24/2015
LOCATION: Lake Champlain Maritime Museum
INSTRUCTOR: Warren Rinehart $91

Zumba® *
Zumba® Fitness fuses fitness, entertainment, and culture into an exhilarating dance fitness class. We'll sweat to a wide variety of musical genres using easy-to-follow-choreography. The hour will fly by and leave a smile on your face.

MEETING: Tuesdays & Thursdays; 6:00-7:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Adirondack Coltrane Lounge
INSTRUCTOR: Lindsey Hescock $16
The Man Box: Unpacking Cultural Messages About What It Means To Be A Man
This highly successful workshop, first offered in January 2014, will be offered again with new and updated content. Emergent research in the fields of men's studies, psychology, sociology, and higher education illuminate the many troublesome aspects of men's socialization. This four part workshop seeks to assist male students to begin the process of seeing themselves as gendered beings whose thoughts, emotions, and behaviors are informed by cultural expectations of what it means to be a man. Through group dialogue, literature review, media exploring, and journaling, we will explore myths and stereotypes about men in order to broaden our understanding of hegemonic masculinity, and to provide a foundation on which this initial exploration of gender identity can continue.

MEETING: Wednesdays; 4:30-6:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Axinn Abernathy Room
INSTRUCTOR: Keith Smith $0

Salad Love
Are you craving the perfect salad? Learn techniques for creating exquisite salad dressings and well-balanced salads with crunchy and savory ingredients. Gain skills that will up your salad-making game and then enjoy eating your salads at the end of the workshop. Get inspired by the experience of NECI-trained Chef Matt Laux, who has cooked with numerous James Beard-award winning chefs in New York City and the Midwest.

MEETING: Monday; 4:15-6:15pm
1/26
LOCATION: 51 Main
INSTRUCTOR: Matthew Laux $27

Brewing Beer
Want to learn how to brew beer? In this workshop you will learn about the brewing process as well as common equipment and adaptations for homebrew systems. We will cover the four ingredients (malt, hops, yeast, water), how they differ for different beer styles and learn about the different stages of the process (mashing, brewing, fermenting, bottling, kegging and sanitizing). At the end of the workshop you will have the knowledge and support from the brewing community on campus to make your own batch. No experience necessary.

MEETING: Tuesdays; 5:00-6:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: MBH 219
INSTRUCTOR: Rahul Rakshit $19
Rita Croce

Art of Tea:: Tasting and Sustainably Sourced Loose Leaf Tea (and Chocolate)
Join us in our Teahouse for 2 evenings of tasting the finest teas available in the US. We travel yearly to source the best teas from China, Taiwan, Nepal, India, and Japan...and offer over 100 teas right here in the Marble Works in Middlebury. Be prepared to drink a lot of really good tea..but don't worry, we'll
specially pair tea snacks to go with it...oh, and definitely including chocolates from Middlebury Chocolates and Daily Chocolates of Vergennes. Delight in the alchemy of high quality teas and fine Vermont chocolates.

**MEETING:** Wednesdays; 7:00-9:00pm  
1/14/15 & 1/21/15  
**LOCATION:** Stone Leaf Teahouse  
**INSTRUCTOR:** John Wetzel  
Julie Pacholik  
$42

**RIDDIM Winter Workshop**  
Come dance with RIDDIM at the RIDDIM Winter Workshop! Come jam out with RIDDIM, learn some new dance moves, break a sweat, and have a good time. No experience necessary. The classes taught will primarily be hiphop; they are open to all levels and skills learned are perfectly transferable to other realms of your life!

**MEETING:** Tuesdays (MCC) & Thursdays (FIC HAMLIN BUNKER); 6:00-7:30pm  
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29  
**LOCATION:** MCC - Wilson Hall & FIC Hamlin-Bunker  
**INSTRUCTOR:** Rafael Manyari Velazco, Danielle Weindling,  
Nitika Arora, Krystal Egbuchulam  
$23

**Bicycle Repair for Touring and Mountain Biking**  
In this workshop you will learn how to maintain your bike and perform both common and heroic roadside and trailside repairs. These are good skills for any rider, but absolutely necessary for those looking to mountain bike or tour where getting home takes more than just a phone call. Hands on practice will help you feel ready to ride anywhere.

**MEETING:** Sundays; 4:00-6:00pm  
1/11, 1/18, 1/25  
**LOCATION:** Brooker Basement  
**INSTRUCTOR:** Parker Peltzer  
$68

**Case in Point**  
This interactive workshop focuses on practicing and preparing for management/strategy consulting cases. We will go through different types of cases that appear frequently in the field of management consulting, and brainstorm how to best approach various scenarios. We will introduce some useful frameworks to solve the problems in an effective way. All years welcome if you are excited about being a consultant for others and intellectually challenged!

**MEETING:** Wednesdays; 6:00-7:00pm  
1/7, 1/14, 1/21, 1/28  
**LOCATION:** Laforce 121  
**INSTRUCTOR:** Roy Wang  
$9
4 Simple, Cheap and Crowd Pleasing Breads
We'll learn to make basic sandwich and hearth breads that you can count on to work. A plainly worded but thorough introduction to how breads work will help make you a confident and adaptable baker, able to make bread in any kitchen. Count on a small class and plenty of practice time.

MEETING: Wednesdays; 4:30-7:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Brooker House
INSTRUCTOR: Parker Peltzer $69

Intro to a World of Finance
In this workshop we will cover a variety of concepts and basic knowledge of the world of Finance, including Financial Reporting and Spreadsheet Analysis, Corporate Finance and Discounted Cash Flow Analysis, Interest Rate and Bond Market, Portfolio Management, Equity and Fixed Income, and Derivatives & Alternative Investments. Whether you are completely new to the above subjects and just want to learn more, or have already started a job search in the Finance industry, this workshop will be a good overview of what the real world of Finance is dealing with on a daily basis. All years welcome if you are interested in developing financial knowledge and want to meet students who are also passionate about this topic.

MEETING: Tuesdays & Thursdays; 7:00-8:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Hillcrest 103
INSTRUCTOR: Roy Wang $11

Acoustic Guitar 101/102
There’s more to learning to play the guitar than you’ll get from a YouTube wunderkind. Come engage and interact with friends old and new as you learn to play (or play better) with a “hands-on” approach. Through an emphasis on songs and accompaniment techniques, teachers Rick Klein and Michael Corn share their expertise and experience to help you bring your playing to the next level. We’ll set the goal of learning to sing and play the song of your choosing - all you need is a playable guitar (rental instruments are also available) and a desire to play it!

MEETING: Tuesdays & Thursdays; 7:00-8:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Johnson 304
INSTRUCTOR: Rick Klein $90
Michael Corn

Cantonese Workshop
Curious about Hong Kong, the half child of colonialism and chinese heritage? Come join us in learning Cantonese, a variant of chinese that Hongkongers speak. Challenge your linguistic capabilities in mastering a language with 9 tones!

MEETING: Tuesdays & Thursdays; 4:30-5:45pm
Basic women dress/top cutting and sewing (not female only)
Learning basic sewing is important and can come handy anytime in life (sewing a button is better than having no button on your shirt). This workshop is intended to make you learn basics of making measurements, cutting a dress/a simple top and sewing by machine. The workshop will first start on cutting simple patterns on paper and learning how to make measurements (i.e. for shoulders, waist,...) Then, we will start our hands on a real piece of fabric and cut one for ourselves or someone else. Once done with cutting the fabrics, we start on using sewing machines. At the end of the workshop, you should be able to make a simple dress/top for yourself (hopefully good enough to wear). The learning will be more practical and will depend on each participants pace.

MEETING: Tuesdays & Thursdays; 4:00-5:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: McCullough 140 (Green Room)
INSTRUCTOR: Adela Habib $55

Night Markets and Street Food: Taiwanese Cooking Workshop
Ever wondered about the cornucopia of night market street foods in Taiwan? Always wanted to taste the Taiwanese version of beef noodle soup? In this workshop, we will be learning how to make several famous street foods in Taiwanese cuisine. Our recipes over the four weeks will include braised pork with rice, tea-flavored eggs, scallion pancakes with a variety of toppings, dumplings, and much more!

MEETING: Mondays; 5:30-7:30pm
1/5, 1/12, 1/19, 1/26
LOCATION: Forest 013
INSTRUCTOR: Joanne Wu $62

Head to Toe: A Winter Workshop on Women's Health
This workshop will cover women's health holistically including breast health, gyn exams, sexual decision making and communication, relationships, and pleasure. Participants of all genders are welcome.

MEETING: Mondays & Wednesdays; 4:15-5:30pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: Axinn 219
INSTRUCTOR: Barbara McCall $0

Zotero and Beyond: Power Research Tips for Student Researchers
Are you starting a research project or working on a senior thesis? Drowning in journal articles and books, but not sure how to keep track of it all? Let us help you on the next stage of your journey as a power researcher. Instead of getting lost in your notes, you'll see how the research process is itself a way of synthesizing your findings and mapping out next steps. By the time you leave, you'll be an expert in
Zotero, the citation management tool that can help you save, organize, and cite your sources, and you’ll encounter a variety of note-taking strategies and see the ways that developing personalized research routines can jump-start you into the writing process. Pizza will be provided.

**MEETING:** Wednesday; 4:15-6:45pm 
1/7
**LOCATION:** LIB 230  
**INSTRUCTOR:** Stacy Reardon  
$5

**Pursue your Passion through Community Service**
Seeking a community service experience that engages your passions? CREATE it. In this workshop, we will explore ways that you can get involved in the community and contribute services that you are passionate about. Perhaps you are passionate about encouraging kids to play musical instruments? Or sparking student’s interest in STEM fields? Or even helping elderly individuals stay active? Whatever your passions, participate in this workshop to learn ways to develop and implement programs and activities that not only interest you, but also contribute to the life and development of our community. We will spend the last two hours of this workshop testing our strategies while making an impact in our local community through service with a local non-profit organization.

**MEETING:** Saturday, 10:00am-3:00pm 
1/10
**LOCATION:** Axinn 100  
**INSTRUCTOR:** Quanteshia Tennyson  
$0

**Real Knowledge for the Real World**
College is over. You have a real job, you're making real money, and you're engaging in all kinds of real-world activities our Middlebury bubble does not offer. Yep, it's daunting, and if you're feeling unprepared, you're definitely not alone. The goal of this workshop is to prepare you a little more for that real-world culture shock and assuage your fears as much as a J-term workshop can. In this workshop, we will host a 3-part lecture series given by your fellow Middlebury students that will educate you in 3 subject areas, each providing you a breadth of useful knowledge to use after your Middlebury education is over. Tentative schedule of topics: personal money management, wines and what to do when your car breaks down.

**MEETING:** Mondays; 7:00-8:00pm 
1/5, 1/12, 1/19, 1/26
**LOCATION:** Hillcrest 103  
**INSTRUCTOR:** Zach Weiss  
$9

**Chakra Yoga**
Yoga philosophy believes that there are 7 different chakras in our body, each one associated with a different energy point throughout the body. Through the practice of yoga, not only are we able to work on the connection between our mind and body, but access our chakras as well. The word yoga means yoke or union. Through our practice we will be able to increase the connection and awareness between
our minds, bodies, and our energy centers through the use of postures and other yoga techniques. All levels welcome.

MEETING: Tuesdays & Thursdays; 8:00-9:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Chateau 108
INSTRUCTOR: Samantha Vila $33

Zumbalicious *
Join the fun with a cardio dance fitness party as we dance, workout and have fun together. This is a great way to get fit; burning calories while feeling invigorated and happy. No dancing skills are required - just have fun!

MEETING: Tuesdays & Thursdays; 5:30-6:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Forest Basement
INSTRUCTOR: Samantha Vila $30

FIZZ ED
Do you know the difference between sparkling wines and champagnes? What is secondary fermentation? Are you confused by Brut, Extra Brut, and Extra Dry? Which one is your favorite? Learn everything you wanted to know about sparkling wines and champagnes through informal lectures and actual tastings at Sparkling, the champagne and sparkling wine bar in Middlebury! Participants must be 21 or older and able to provide the required identification.

MEETING: Tuesdays; 4:15-5:15pm
1/6, 1/13, 1/20, 1/27
LOCATION: Sparkling Champagne & Wine Bar
INSTRUCTOR: Nancy Weber-Curth $56

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MEETING: Tuesdays; 7:15-8:15pm
1/6, 1/13, 1/20, 1/27
LOCATION: Sparkling Champagne & Wine Bar
INSTRUCTOR: Nancy Weber-Curth $56
Writing Effective Essays and Personal Statements
Learn about effective essay writing for graduate school applications, fellowships and research experiences. You will also have an opportunity to workshop a draft of your own writing.

MEETING: Tuesdays; 4:30-6:00pm
1/13, 1/20
LOCATION: LIB 230
INSTRUCTOR: Lisa Gates $0

Student Support Network
Student Support Network is a workshop series offering information, resources, and opportunities to practice supporting our friends and community on important topics that affect us all including alcohol, relationships, depression and anxiety, and more. Participants will leave with a better understanding of these challenges, how to recognize and talk to someone in distress, and important tools every caring campus leader should know. Participants will be awarded a certificate of completion at the end of the workshop (great resume builder!) as well as Student Support Network swag.

MEETING: Tuesdays & Thursdays; 4:15-5:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Axinn 220
INSTRUCTOR: Barbara McCall $0

The Korean Language and Culture
"The Next Big Thing is Here." During this J-term, learn the basics of the language that United States' Defense Language Institute and the Foreign Service Institute classify as one of the most difficult languages! In addition to hangeul (the Korean alphabet), grammar, and linguistics (from phonetics to sociolinguistics), we will learn about the Korean culture, make Korean food, and watch (subtitled) Korean films. (Supplemented by Middlebury's Korean American Student Association's cultural events on Fridays)

MEETING: Mondays & Wednesdays; 6:00-7:00pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: Gifford LCT
INSTRUCTOR: Jamie Lee $32
Lydia Kim

Pottery Basics
Join Mara and Will as we explore the wonderful world of ceramics! We will get familiar working with clay and learn all about this wonderful medium. We will begin by learning the basics of handbuilding, coiling and sculpting. We will build our ceramic skills and eventually graduate to throwing on the wheel. This is a great opportunity to get down and dirty with your creative side, or if you would prefer we can provide a bit more direction with a neat project. By the end of January you will have a bunch of cool pottery pieces, and skills that you can continue to build on. This workshop is designed for beginner potters and ceramic artists, no experience is encouraged!
Midd Masti does J Term!
Midd Masti - Middlebury's only South Asian dance group on campus will teach students a basic Indian classical/folk and Bollywood fusion choreography which the students will present as part of Midd Masti's annual show in the Spring.

MEETING: Wednesdays; 5:00-6:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Proctor Basement
INSTRUCTOR: Akhila Khanna $11
Zeest Hassan

English + Mandarin + dialects + Malay = Singlish??
"Eh you want go makan in Ross annot?" "Hah cannot lah later got exam paiseh." That's Singlish for "Would you like to go eat in Ross with me?" and "I can't; I have an exam later sorry." In my home country, Singapore, we speak an English-based creole called Singlish. It's a hodgepodge of English with Mandarin grammar, littered with vocabulary borrowed from Mandarin, Malay, Teochew, Hokkien, Cantonese and many other languages. It sounds like this: http://www.youtube.com/watch?v=Mf38S97qg4A. It's English... but not really. Join me for twice weekly lessons to learn how to speak Singlish, and we will also cook a Singaporean meal one Saturday night!

MEETING: Tuesdays & Thursdays; 8:00-9:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Laforce 121
INSTRUCTOR: Mei Jia Tan $32

Acupressure for Self-Care
Chinese medicine is a powerful system for preventing illness and promoting health. Understanding the basics of this system can be helpful in relieving stress. We will discuss the general theories of Chinese medicine and will learn some simple practices for self-care as well as how to give an acupressure massage to others.

MEETING: Tuesdays; 4:30-6:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: MCC Mitchell Green Lounge
INSTRUCTOR: Wendy Goodwin $21
**Origami Workshop**

This is a workshop for those who would like to learn the Japanese art of paper folding! If you've ever wanted to fold anything from a paper cup to a paper crane to a paper rose, this is the class for you. No experience required.

**MEETING:** Mondays & Wednesdays; 8:00-9:00pm  
1/5, 17, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28  
**LOCATION:** MCC Grille Conference Room  
**INSTRUCTOR:** Shannia Fu $15

**Kundalini Yoga**

Kundalini Yoga Workshop  
Explore the magic and mystery of Kundalini Yoga as taught by Yogi Bhajan. This series of six 1 ½ hour classes (four Monday afternoons, two Saturday mornings) will heal, energize and relax you. We will practice pranayama (breathing techniques), mantra (chanting), mudra (hand positions) and asana (yoga postures). For example, among the powerful mantras and kriyas (exercise sets) we will practice are those that help us release the blocks in our life, clear out the traumas, the ‘junk’ we all carry, such as childhood anger, fear, insecurity, the past and karma. "The process of self-healing is the privilege of every human being. Self-healing is not a miracle, nor is it a question of being able to do something that most people can’t. Self-healing is a process that occurs through the relationship between the physical and the infinite power of the soul. It is a contract, a union - that is the science of Kundalini Yoga." - Yogi Bhajan  
Five Sutras for the Aquarian Age by Yogi Bhajan.  
1. Recognize that the other person is you.  
2. There is a way through every block.  
3. When the time is on you, start, and the pressure will be off.  
4. Understand through compassion or you will misunderstand the times.  
5. Vibrate the Cosmos. The Cosmos shall clear the path.  
Kate Schmitt (on staff at Davis Family Library) has been teaching yoga since 1995. She was introduced to Kundalini yoga in 2009 and has recently completed a one month teacher training/immersion at Espanola,NM.

**MEETING:** Mondays & Saturdays; Mondays 4:30-6:00pm, Saturdays 10:15-11:45am  
1/5, 1/12, 1/17, 1/19, 1/24, 1/26  
**LOCATION:** Forest Basement  
**INSTRUCTOR:** Kate Schmitt $23

**Fun with Fiber!**

In this workshop we will walk you through the whole process of working with a raw wool fleece to produce a finished skein of wool. This includes cleaning, skirting, dyeing with natural and chemical dyes, and we'll spend most of our time learning how to spin on a drop spindle. You'll get to keep your own skein of spun wool and drop spindle.

**MEETING:** Tuesdays; 8:00-9:00pm  
1/13, 1/20, 1/27  
**LOCATION:** Adirondack Coltrane Lounge  
**INSTRUCTOR:** Jake Faber Linnea Burnham $61
Beginning Taekwondo Martial Arts
Taekwondo is a Korean martial art. It is known for its high, spinning and flying kicks, but as a traditional martial art, Taekwon-do, is so much more than that! In this workshop we will learn "martial" techniques (the kicking and punching). We will also explore the "art" through meditation and other traditional centering activities. It is the perfect mix of a fun, kick-butt workout and a relaxing break. Students with all levels of experience are welcome!

MEETING: Mondays & Wednesdays; 7:30-8:30pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: FIC HAMLIN BUNKER
INSTRUCTOR: Yasmine Gilbert $58

Word Builders' Guild
Memorize your two-letter words? Ever double-bingo against grandma in Scrabble? Whether you are a novice word builder or a well-versed word freak, the "Word Builders' Guild" this Winter Term has something for you. Join us for five sessions of exciting, interactive curriculum and gameplay. Learn trade secrets to high scores and expert word craft in Scrabble, Bananagrams, Boggle, Snatch, and more! The workshop will culminate in a Middlebury community-wide Scrabble tournament.

MEETING: Tuesdays; 7:00-8:30pm
1/6, 1/13, 1/20, 1/27
LOCATION: Axinn 104
INSTRUCTOR: Zane Anthony $16

Int/Adv Throwing on the Wheel
The class is designed for students who already know how to center and throw and want to learn something more. Students will focus on one form like: bowls, cups, and plates and make variations of that form. Several altering techniques will be demonstrated. Appendages such as handles, feet, and spouts will be considered in relation to form and function. Classes will be held at 1 Mill St. lower level. Tuition includes 12.5 lbs. of clay and open studio hours.

MEETING: Wednesdays; 6:30-9:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: Middlebury Studio School
INSTRUCTOR: Middlebury Studio School $113

Potter’s Wheel for Beginners
This class will focus on learning to center clay and throw on the potter’s wheel. Students will learn to make plates, bowls, and mugs. Students will learn about trimming their pieces and glazing. Classes will be held at 1 Mill St. lower level. Tuition includes 12.5 lbs. of clay and open studio hours.

MEETING: Tuesdays; 6:30-9:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Middlebury Studio School
INSTRUCTOR: Middlebury Studio School $113
**Digital Photography**
This class is for photographers at all levels. Basic techniques will be painlessly demystified. More advanced photographers will learn the use of digital photography for the creation of personally expressive works of art. The individual needs of the students are the focus of this course. Besides providing whatever technical instruction each student requires, student's photographs will be given constructive feedback to better understand photography and how they can use it to create works of art. Beginners will be helped to understand and master their digital cameras to become extensions of their eyes and to produce digital photographs which they will learn to easily improve and creatively modify on their own personal computers. Students who already own a digital camera should bring their cameras to class.

**MEETING:** Saturdays; 10:00am-12:00pm  
1/10, 1/17, 1/24  
**LOCATION:** Axinn 105  
**INSTRUCTOR:** Middlebury Studio School  
$23

**Silver Jewelry**  
This course provides the fundamental techniques for the design and creation of hand crafted silver jewelry. Students will learn to cut, forge, form, texture, and polish metal. Through weekly demonstrations students will learn the principles of piercing, filing, soldering, and buffing. Students should come with several simple ideas for pieces they would like to make. Silver will be purchased from the instructor. All other tools and materials provided. Classes will be held at 1 Mill St. lower level below Edgewater Gallery.

**MEETING:** Wednesdays; 6:00-8:00pm  
1/7, 1/14, 1/21, 1/28  
**LOCATION:** Middlebury Studio School  
**INSTRUCTOR:** Middlebury Studio School  
$126

**Hula and Tahitian Dance**  
E Komo Mai! In this workshop, you will learn the dance basics of Hawaiian hula and Tahitian ‘Ote’a. You’ll learn the motions and meanings of these cultural dances. At least 1 hula and 1 tahitian piece will be taught and possibly performed at the end of J-term. We’ll dance, have fun, and burn calories while we escape from cold, snowy Midd to explore the tropical paradise of Polynesia! This is for both men and women!

**MEETING:** Tuesdays & Thursdays; 4:30-5:30pm  
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29  
**LOCATION:** FIC HAMLIN BUNKER  
**INSTRUCTOR:** Hanna Nowicki  
$15

**Qigong: A Regular Practice of Life Force Cultivation**  
Sometimes called Chinese Yoga, Qigong (also rendered "Chi Kung") is the foundation of the martial arts and Chinese medicine. Akin to active meditation or light yoga, Qigong aims to facilitate the free flow of life force (Qi) through the body, releasing energy blockages caused by physical, mental and emotional
stress and promoting health and peace of mind. In four one-hour sessions, you will learn the basics of two or three fifteen-minute Qigong routines, perfect for relieving stress, cleansing the body, or simply getting your day off to a positive, energized start. Wear clothing that is comfortable to move in; shoes are optional. A yoga mat is recommended but not required.

**MEETING:** Mondays; 4:30-5:30pm  
1/5, 1/12, 1/19, 1/26  
**LOCATION:** Adirondack Coltrane  
**INSTRUCTOR:** Jack DesBois $25

**Making Cartoons**
Want to combine your passions for storytelling and drawing? Do you doodle in the margins of your textbooks? We will read comics, make mini-comics, and talk about techniques and conventions of comic-making. Most of all, we will be drawing! No experience necessary.

**MEETING:** Wednesdays; 7:00-9:00pm  
1/7, 1/14, 1/21, 1/28  
**LOCATION:** RCD B11  
**INSTRUCTOR:** Nolan Ellsworth $27

**Swing Dance Crash Course!**
Have you always wanted to swing dance? Haven't been able to make it to lessons? Here's your chance!! Everyone is welcome regardless of skill level. You don't need to bring a partner; all you need are comfortable clothes, shoes that will stay on, and enthusiasm! We'll work at a comfortable pace learning steps from vintage American social dances. We'll get to do East Coast Swing, some Charleston, and the basics of the Lindy Hop. You'll enjoy jazzy music, dance with awesome people, and get a taste of what it was like to "go out" in the twenties, thirties, and forties.

**MEETING:** Thursdays & Sundays; 7:30-8:30pm  
1/8, 1/11, 1/15, 1/18, 1/22, 1/25, 1/29  
**LOCATION:** Adirondack Coltrane Lounge & MCC - Wilson Hall  
**INSTRUCTOR:** Alexandra Muck $25

**Creative Woodblock Prints**
Woodblock prints have a long and varied history. After designing and carving wood blocks, students will print on Chinese and Japanese paper using watercolors instead of inks. This technique allows the print maker to express a wide range of colors and shadings along with the sharp lines and solidity that are characteristic of woodcuts. This class is for beginning or seasoned print makers. Classes will be held at 1 Mill St. lower level.

**MEETING:** Tuesdays; 6:00-8:00pm  
1/6, 1/13, 1/20, 1/27  
**LOCATION:** Middlebury Studio School  
**INSTRUCTOR:** Middlebury Studio School Hudson $107
**Drawing**
This course is designed to build drawing skills sequentially using different approaches to seeing and a variety of drawing media. Drawing from observation will be emphasized along with encouraging personal expression. Understanding how to render convincing line, mass, volume, and perspective will lead to more complex drawing compositions that consider the dynamics of figure/ground relationships. Drawing media will include charcoal, pencil, pastel, brush, pen and ink.

**MEETING:** Thursdays; 6:00-8:00pm  
1/8, 1/15, 1/22, 1/29  
**LOCATION:** Middlebury Studio School  
**INSTRUCTOR:** Middlebury Studio School  
$108

**Hoopla**
*HOOPLA is a fitness experience in which you learn hooping basics and tricks that you’ll use to dance and tone your body. Think you can't hoop? Try it and prove yourself wrong! Hula hooping on your hips is a beginning. Hoops of all sizes provided. (This workshop has been approved for PE credit.)*

**MEETING:** Tuesdays & Sunday; 9:00-10:30pm  
1/6, 1/11, 1/13, 1/20, 1/27  
**LOCATION:** MCC Wilson Hall  
**INSTRUCTOR:** Lindsey Hescock  
$45

**Oil Painting**
This class is for both the beginner and the more experienced oil painter. Working from observation, students will begin by blocking in the composition focusing on placement, proportion, space, and the dynamics of design. Value, intensity, and temperature of color will be emphasized. Instruction will include demonstrations, examples from art history and individual critiques. Oil painting supplies will be provided. Classes will be held at 1 Mill St. lower level.

**MEETING:** Mondays; 6:00-8:00pm  
1/5, 1/12, 1/19, 1/26  
**LOCATION:** Middlebury Studio School  
**INSTRUCTOR:** Middlebury Studio School  
$108

**Kun Khmer (Cambodian Kickboxing)**
Kun Khmer is an unarmed martial art developed and practiced in Cambodia for thousand years. This martial art shares almost 100% similarity with Muay Thai (Thai Kickboxing). The core techniques of Kun Khmer include: punches, kicks, elbows and knee strikes. Kun Khmer is considered the most popular cultural sport in Cambodia. This workshop will guide participants to see the humble and rich Khmer arts expressed in Kun Khmer. Kun Khmer is not all about violence. It is also about admiring the beauty and cultural creativity in martial art like the practices of other martial arts such as: Wing Chun and T'ai Chi of the Chinese culture. The participants will learn and practice not only the basic techniques of Kun Khmer, but also the history and cultural aspects incorporated in it.

**MEETING:** Mondays & Wednesdays; 5:00-6:00pm
**Mugs Not Drugs**

Let's face it. Proctor's mugs just aren't big enough for the amount of tea needed to survive a Middlebury winter. So step away from the J-Term hustle and bustle and buzz, and come make your own warm drink device! Learn the basics of wheelthrown ceramics while solving one of Midd's biggest problems. All levels of experience welcome!

MEETING: Mondays; 7:00-9:00pm  
1/5, 1/12, 1/19, 1/26  
LOCATION: Ceramic Studio (75 Adirondack View)  
INSTRUCTOR: Sofia Silverglass $52

**Skating for Beginners and Novices** *

Having trouble walking to class? Need a PE credit? TRY SKATING!!! From learning how to tie your skates to gliding across to ice and basic jumps, we can help you learn or improve your skating abilities in just four weeks! We accommodate all levels of skating in small group lessons.

MEETING: Tuesdays & Thursdays; 12:00-1:00pm  
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29  
LOCATION: Kenyon Arena  
INSTRUCTOR: Kendall Wyckoff $16  
Alan Sutton

**Whiskey Mixology**

Join local bartender and student Tess Sneeringer and Steve Boyce, owner of American Flatbread Middlebury Hearth, for a mixology training specializing in whiskey cocktails. Held at the newly renovated Flatbread bar, students will get hands on experience building and tasting classic whiskey cocktails. **Participants must be 21 or older and able to provide the required identification.**

MEETING: Monday; 5:00-8:00pm  
1/26  
LOCATION: American Flatbread  
INSTRUCTOR: Tess Sneeringer $22

**Latin Dance** *

This is the place for you to learn to dance some amazing Latin Dances, such as Salsa, Bachata, and Merengue. You can brush up on your moves, or learn your first basic steps.

MEETING: Tuesdays & Thursdays; 8:00-9:00pm  
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29  
LOCATION: Proctor Basement
Artisanal Cheese Tasting
Do you love cheese? Do you want to learn how to talk about cheese? In this workshop, we will focus on the different families of cheese (from the soft bloomy rinds to the blues) with the goal of learning how to describe the sensory and textural qualities that distinguish one cheese from another. As an instructor, I will introduce each cheese and explain its unique make-process, facilitate group discussion, and together we will build a vocabulary for talking about taste.

MEETING: Wednesdays; 5:00-6:00pm
1/7, 1/14, 1/21
LOCATION: Axinn 220
INSTRUCTOR: Linnea Burnham $43

EDM Production
Want to be the next Calvin Harris? Kygo? Zedd? Flume? Avicii? In this intensive course, taught exclusively in Ableton Live 9, students will gain the tools and experience necessary to produce their very own polished electronic dance record. Students will select songs they admire, and learn how to create original music in a style of their choice. In class, we will focus on electronic sound design, arrangement and emulation theory within software synthesizers. We will also examine the nuances of sample warping, digital effects, mixing and mastering. Dedicated participants will leave this course having crafted an impressive audio file for their final project. (MUSC 0212 or MUSC 0160 or by approval)

MEETING: Mondays & Thursdays; 7:45-9:15pm
1/5, 1/8, 1/12, 1/15, 1/19, 1/22, 1/26, 1/29
LOCATION: MCA 209
INSTRUCTOR: Jack Tipper $74

Yoga and Mindfulness
In this workshop we will engage with alignment principals and movement inquiry to facilitate an exploration of yogic philosophy and mindfulness practice. This nurturing and fluid practice will incorporate postures that nourish the body with energy, strength and flexibility, while also offering greater surrender and acceptance of wherever your limits lie. This workshop has been approved for PE credit. Please bring your own mat.

MEETING: Mondays & Wednesdays; 7:00-8:30pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: Mitchell Green
INSTRUCTOR: Emily Cavanagh $38

Netball at Midd *
Netball is a fast-paced, action-packed commonwealth sport! Think of it as a combination of ultimate frisbee, basketball and handball. By the end of J-term, you will have learned the basics rules, tactics and
be able to play full-length games. Confused? Check out this video - https://www.youtube.com/watch?v=IBz3RuLRORg  Traditionally a women's sport, we encourage men to come along as well and see what mixed netball has to offer. Come learn to play or relive your high school netball days this winter!

**MEETING:** Mondays & Wednesdays; 8:30-10:00pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28

**LOCATION:** MCC - Wilson Floor

**INSTRUCTOR:** Emily Sun
Lucy Reading
$20

**5 Animal Frolics Qigong**
Learn to pounce like a tiger, flit like a monkey, lumber like a bear, spread your wings like a crane and leap like a deer! The grace, balance and natural movement of animals are accessible to us through the practice of the Five Animal Frolics. Each animal exercise involves gentle stretching, breathing and visualization, invigorating the entire body and harmonizing the mind and spirit.

**MEETING:** Mondays; 4:30-5:30pm
1/5, 1/12, 1/19, 1/26

**LOCATION:** Proctor Basement

**INSTRUCTOR:** Sue Driscoll
$29

**Acupuncture for Addiction**
Experience and learn about addiction as seen through the lens of Chinese Medicine. We will discuss the theory, history and current application of acupuncture for addiction. Discussion will be followed by group acupuncture treatments that focus on ear points for detoxification, release of stress, mood regulation, and reduction of cravings. Discover how the needles tap into our body's innate resources, facilitate our own ability to restore balance, and reignite the deepest knowing that we are enough and complete just as we are.

**MEETING:** Tuesdays; 4:15-5:30pm
1/6, 1/13, 1/20, 1/27

**LOCATION:** MCC Crest Room

**INSTRUCTOR:** Rachel Edwards
$25

**Ode to Tartine: The Search for the Perfect Loaf**
Get floured up and ready to dough as we pursue perfection using the Tartine Bread Book as our guide. During each session we will highlight a specific step in the bread making process so that at the end of the workshop students will understand the straightforward yet intricate process of producing the perfect loaf.

**MEETING:** Mondays & Wednesdays; 4:15-6:30pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28

**LOCATION:** Coffrin Annex Lounge

**INSTRUCTOR:** Jeremy Alben
$163
Patrick Schmidt

Fire Up that Wok!
Learn how to cook basic stir fry and other Chinese/Asian dishes using accessible ingredients (that can actually be found in the US)! Elizabeth will also bring some more authentic Chinese ingredients for people to try. Most recipes are from my grandma, who is a great chef and amazing person!

MEETING: Wednesdays; 8:00-9:30pm
1/7, 1/14, 1/21, 1/28
LOCATION: Forest East 013
INSTRUCTOR: Elizabeth Lee $48

Hoopdancing *
Hula Hoop Dancing, also known as Hooping, is a combination of dancing and hula hooping, where the dancer rotates the hoop on all parts of their body, not just the waist like with traditional hula hooping. It is a relaxing and meditative activity that learners of all levels can enjoy! Hoop dance artists will make their own hoops and incorporate many difference dance styles into their routines, including rhythmic gymnastics, freestyle dance, and more.

MEETING: Wednesdays & Fridays; 4:30-5:30pm
1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30
LOCATION: MCC Wilson Hall
INSTRUCTOR: Spencer Watson $20

Climbing is Fun! (For Beginners) *
This workshop is geared towards beginners with little to no climbing experience. Participants will learn the four tenants of rock climbing: Look Good. Climb Good. Look Good. Be Safe. But in all seriousness, this course will teach not only the hard skills to be a safe and competent climber, but also the style points that will rocket you into the flashy and hip world of climbing. This workshop teaches basic skills such as belaying, tying knots, bouldering, and training in an environment that builds trust and good friendships.

MEETING: Tuesdays; 6:30-8:30pm
1/6, 1/13, 1/20, 1/27
LOCATION: Climbing Wall
INSTRUCTOR: Mara Gans $68
Alexandra Strott

Log Rolling *
The sport of log rolling grew out of the logging industry from the early 1800’s. Using rivers like highways, loggers moved 100,000’s of logs during the spring melt when river water was high and fast. Log jams were common, and loggers were forced to run out over floating logs to release the jams – a dangerous job requiring bravery, strength, agility and balance. When the drives ended, loggers celebrated in friendly competitions, pitting their consummate rolling skills in fun, safe log rolling contests. Today, log
rolling students and competitors roll on milled logs in pools and lakes, and the sport still challenges and improves strength, balance, agility and mental toughness. Earn PE credit rolling in a safe atmosphere that encourages fun and friendly competition.

**MEETING:** Wednesdays, Thursdays, Sundays; Wednesdays & Thursdays 7:00-8:15pm, Sundays 3:00-5:00pm
1/7, 1/8, 1/11, 1/14, 1/15, 1/18, 1/21, 1/22, 1/25, 1/28, 1/29

**LOCATION:** Kenyon Natatorium

**INSTRUCTOR:** Danielle Rougeau    $34

**Contra Dance- From basics to advanced** *
I will teach Contra and Square dances from easy to hard with live music provided by myself and my family.

**MEETING:** Mondays & Wednesdays; 7:00-8:30pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28

**LOCATION:** Forest Basement

**INSTRUCTOR:** Mike Quinn    $51
Linda Quinn
Leif Quinn

**Philippines’ Bamboo Dance: “Singkil”** *
Bamboo dances are just some of the unique features of South Asia. One of its dance forms originated in the Southern part of the Philippines called “Singkil”, which means “to entangle the feet with disturbing objects such as vines or anything in your path.” This dance is commonly performed in Filipino festivals and courting ceremonies. Singkil performers are divided into two roles: clappers and dancers. The clappers hold the bamboo poles and clap it with certain rhythm. The dancers on the other hand graciously step in and out of the clashing bamboos arranged in either a parallel, rectangular, or criss-cross fashion. The dancers wear solemn faces and maintain a dignified pose while dancing at a slow pace which soon progresses to a faster tempo. This dance is really fun and exciting and if you want to explore South Asian culture or different types of folk dances, this workshop is just right for you!

**MEETING:** Saturdays; 3:00-5:00pm
1/10, 1/17, 1/24

**LOCATION:** Proctor Basement

**INSTRUCTOR:** Maria Celes Abragan    $29

**From Jakarta to Kuala Lumpur: Language, Culture, Politics and Food in Indonesia and Malaysia**

Selamat datang! Come join us in exploring the diverse cultures and peoples of Malaysia and Indonesia. Bahasa Indonesia/Malaysia has 23 million native speakers and 140 million speakers worldwide. Malaysia is a multi-ethnic country that prides itself as a peaceful and stable political model. Meanwhile, Indonesia has a striving democracy which has seen the recent presidential election of Jokowi. It is also one of the fastest developing countries in the global political economy. Both countries are geopolitically crucial as
large Muslim nations with healthy democracies, significant economic clouts and diverse cultures. In this workshop, we will learn about the language, culture, politics and food of Malaysia and Indonesia. We hope to increase exposure to these Southeast Asian identities, especially given that Middlebury College prides itself as a center for multiculturalism and global education.

**MEETING:** Wednesdays; 4:30-6:30pm  
1/7, 1/14, 1/21, 1/28  
**LOCATION:** Axinn 103  
**INSTRUCTOR:** Jia Jun Lee  
$19

**Potterylicious Definitious**  
Come decompress and stick your hands in clay with James and Kiana, two seasoned potters. We will learn the basics of wheel throwing and hand building/sculpture if desired. We will take you through the start to finish process of creating an original masterpiece.

**MEETING:** Mondays; 7:00-9:00pm  
1/5, 1/12, 1/19, 1/26  
**LOCATION:** Ceramic Studio (74 Adirondack View)  
**INSTRUCTOR:** James Waters, Kiana Cateriano  
$74

**Pottery workshop for advanced and beginner's**  
This course will cover all of the fundamental skills needed to use the potter's wheel as well as various glazing techniques. Students will learn how the clay is prepared, centered on the wheel, and then formed into a vessel. This workshop is for both beginner's and advanced students. Advanced throwing includes; the making of larger pieces by the method of coil and throw and of smaller pieces, the Japanese method of “throwing off the hump”. We will be experimenting with different types of brushes to make beautiful designs on your finished pots.

**MEETING:** Mondays & Wednesdays; 4:30-6:00pm  
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28  
**LOCATION:** Middlebury College Ceramic Studio(75 Adirondack View)  
**INSTRUCTOR:** Shelly Doyle  
$149

**Midd Poker**  
Want to win big at the next Viva Ross Vegas? Designed for all levels of players, Midd Poker will start with the basics, then quickly progress to more advanced topics to turn all participants into expert players. You'll learn about various poker playing strategies and practice them against each other every week, and at the end of the month, you'll put your new skills to the ultimate test in a No Limit Texas Hold'Em-style tournament. No previous poker-playing experience required!

**MEETING:** Mondays; 7:00-9:00pm  
1/5, 1/12, 1/19, 1/26  
**LOCATION:** RCD B11  
**INSTRUCTOR:** Bekah Moon  
$18
Introduction to Brazilian Jiu-Jitsu *
This class will cover the basic techniques, training theory, and history of the martial art of Brazilian Jiu-Jitsu.

MEETING: Mondays & Saturdays; Mondays 3:00-4:00pm/Saturdays 2:00-3:00pm
1/5, 1/10, 1/12, 1/17, 1/19, 1/24, 1/26
LOCATION: Town of Middlebury Gym
INSTRUCTOR: Craig MacDonald $38

Yarn Crafting
Make your own winter accessories with this class! We'll go through the basics of knitting (purling, lacing, cabling) and crocheting by following patterns for items such as scarves and hats. Materials provided.

MEETING: Tuesdays & Thursdays; 7:00-8:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: MCC Mitchell Green Lounge
INSTRUCTOR: Shannia Fu $19

Meet the Press: An Introduction to Journalism
Ever wonder what happens in the newsroom? What makes a story fit to print? This workshop, taught by three senior Campus editors, will teach the basics of journalism, from conducting interviews and writing a story to laying out a piece using Adobe InDesign. Participants will write at least one investigative piece during the workshop and will be published in the Campus. If you've ever been too afraid to write a story, now's your chance!

MEETING: Wednesdays; 7:00-8:00pm
1/7, 1/14, 1/21, 1/28
LOCATION: The Campus (Hepburn)
INSTRUCTOR: Hannah Bristol $21
Joe Flaherty
Jessica Cheung

Tap Dance Workshop *
Did you tap dance that one year in 3rd grade, and never again? Want to give it a shot again? Have you always wanted to be like Gene Kelly in "Singing in the Rain?" Maybe you've never even seen tap shoes in your life, but want to try something new? Trying to get that second PE credit? Come join us for the tap dance workshop taught by members of "On Tap," the tap-only dance troupe. No experience necessary whatsoever. No tap shoes needed either (we've got a huge box of them!). Join us two nights a week to get one step closer to being like Gene Kelly and to have some fun.

MEETING: Mondays & Wednesdays; 7:00-8:00pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/29
LOCATION: Proctor Basement
INSTRUCTOR: Alessandria Schumacher $15
Reiki I Class
Reiki is a form of energy healing that promotes stress reduction and relaxation. Learn how to practice Reiki on yourself and others, as well as the basics of energy healing practices. This class is taught by a Certified Reiki Master/Teacher. Reiki I certification is included as a part of the class.

MEETING: Sunday; 10:00am-4:00pm
1/11
LOCATION: MCC Mitchell Green Lounge
INSTRUCTOR: Firas Nasr $68

Introduction to Darkroom Photography
A beginner's introduction to black and white film photography and darkroom techniques. This workshop will begin with a lesson on the manual camera: how a basic 35mm camera works and how to use the functions to take photographs. Then we will learn to develop our film in the darkroom, as well as use the enlargers to print photographs from the film negatives. Other techniques, such as burning and dodging, will be discussed as well. Participants will need a working 35mm manual film camera. (If you don't have one, don't let that stop you; there are some to borrow.) This workshop will be most fun and useful to those who have no experience with darkroom photography.

MEETING: Thursdays; 7:00-9:30pm
1/8, 1/15, 1/22, 1/29
LOCATION: Forest Darkroom
INSTRUCTOR: Caroline Fernandes $56

Calligraphy with Celia
Calligraphy, or "the art of beautiful writing," has adorned the covers and pages of manuscripts for centuries. This workshop will introduce students to the European practice of ornate lettering. We will begin by mastering the basic, modern Italic script and then introduce other styles such as Uncial (Celtic) and Gothic (Medieval). By the end of the sessions students will be able to write with a unique, decorative style and flourish. Writing materials will be included. No prior visual art experience necessary!

MEETING: Mondays & Wednesdays; 5:00-6:00pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: RCD B11
INSTRUCTOR: Celia Watson $24

Learn to Play Water Polo *
Want to learn a new sport and get a great workout? Ever thought that polo in the water must be difficult for horses? Come play water polo and learn the REAL game. The women's water polo team will teach you the basics of this awesome sport. Everyone is welcome.

MEETING: Tuesdays & Thursdays; 7:00-8:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Kenyon Natatorium
INSTRUCTOR: Emily Caffry $19
Stomp the (barn) yard
Do you find yourself blasting country music on your headphones, trying to suppress the urge to kick your heels and sing your heart out? Suppress your excitement no more! Those days of being embarrassed by your country-loving music taste are over with this line dancing workshop! You will be introduced to multiple introductory and intermediate line dancing steps, with the goal of getting one choreographed dance per week. At the end of J-Term, we hope to have an Americana style gathering to perform our songs. Come share the country love!

MEETING: Tuesdays & Thursdays; 7:30-8:30pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Forest Basement
INSTRUCTOR: Fabiana Benedini Galli Zambardino $16

Limits of the Imagination: Alternative and Experimental Storytelling
With just a little imagination, fiction allows anyone to experience something that they can’t in reality, from the everyday to the impossible! As new and unusual outlets have appeared, people have begun telling stories in myriad innovative ways, through social media, games, interactive systems, and more. In this workshop, we’ll explore these different methods of storytelling, then each will hone in on a particular technique to produce a totally unique experience.

MEETING: Tuesdays; 8:00-9:00pm
1/6, 1/13, 1/20, 1/27
LOCATION: Axinn 219
INSTRUCTOR: Ben Mansky $21

Get Shreddy to Rip
Do you shred Gnar? Is SPEED your drug? As rad as you might be, you can only go so far as your skis/board/snowlerblades will take you. Come learn to make them purr in this ski/board tuning and waxing workshop and never throw your money away at ski shops again. All experience levels welcome. Stoke guaranteed.

MEETING: Mondays; 5:00-6:00pm
1/5, 1/12, 1/19, 1/26
LOCATION: Adirondack Bike Shop
INSTRUCTOR: Pete Kerby-Miller $37

Hands on Henna
This workshop aims to provide participants with the tools and information necessary to learn about the art of applying henna tattoos. Henna has been used by many cultures as a form of artistic expression for centuries. Through pictures, video tutorials, and practice, we will learn different techniques and regional specific henna designs (African, South Asian, Arab). We will learn how to make casual henna designs and also more intricate "bridal" patterns. We will also integrate learning more about the ethnic and religious traditions associated with henna around the world. As the second year this workshop will be offered, lessons will be expanded and the workshop will meet weekly and build on participants progression every
week. In an effort to insure full cultural immersion, an array of multicultural snacks and refreshments, anklets, scarves and music will be provided weekly.

MEETING: Fridays; 5:00-6:30pm
1/9, 1/16, 1/23, 1/30
LOCATION: Hillcrest 103
INSTRUCTOR: Mariam Khan $25

Learn to Fence *
Do you want to learn how to fight like Zorro? The Fencing Club offers beginning fencing classes in foil and sabre. Participants will learn basic fencing form, footwork, and blade work and have opportunities for bouts using electric equipment. All gear will be provided. Those who wish to continue fencing after the workshop will be welcome to join the Fencing Club.

MEETING: Tuesdays & Thursdays; 6:00-7:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Proctor Basement
INSTRUCTOR: Allison Forrest $31

Songwriting Workshop
Whether you are interested, practiced, or proficient at songwriting, this workshop will be an informal but rigorous setting in which to develop your craft. Weekly meetings will include workshops of participants' songs, as well as brief lessons on structural aspects of songwriting. Meetings will build towards a performance at the Mill, at which each willing participant will perform one or more original songs. Participants will be expected to provide their own instruments.

MEETING: Mondays; 8:00-10:00pm
1/5, 1/12, 1/19, 1/26
LOCATION: The Mill
INSTRUCTOR: Will Cuneo $38
Dustin Lowman

Aquajogging *
Aquajogging has become a mainstay in the fitness routines of elite athletes and arthritic octogenarians alike. It’s a low-impact, full-body endurance workout that’ll keep you active even on the harshest winter days. In this workshop, we’ll go over the basics of form and build our own interval workouts. All experience levels welcome, aquajogging belts provided. Expect blood-pumping fun and sweet tunes!

MEETING: Mondays & Wednesdays; 7:00-8:00pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: Kenyon Natatorium
INSTRUCTOR: Eric Machado $10
Trucker Movies
This workshop aims to generate appreciation for an oft-overlooked genre of film: "the trucker movie." During its heyday in the late 1970's, the culture of the American trucker was recorded in an expansive catalog of movies and TV shows. These films are not only entertaining, but they contain a sizable portion of American culture rarely mentioned in academic settings. In this workshop, we will watch a thoughtful sampling of the "trucker film" genre, getting to recognize its unique place in Hollywood's archives.

MEETING: Tuesdays; 7:30-8:30pm
1/6, 1/13, 1/20, 1/27
LOCATION: Sunderland 110
INSTRUCTOR: Melissa MacDonald    $4

Intermediate Birding
Interested in birds? Want to become better at identifying many of the local species? This workshop will provided an opportunity to observe and identify a variety of birds in habitats ranging from Lake Champlain to the local corn fields.

MEETING: Saturdays; 9:00am-2:00pm
1/10, 1/17
LOCATION: Meet @ Adirondack Circle
INSTRUCTOR: Spencer Hardy    $45

The Game of Bridge
In this workshop, you will learn the basic skills and strategies of the wonderful card game Bridge. Every class will be divided into two sections: a lesson on a particular facet of the game (bidding strategy, play of the hand, conventions for contracts), and then a chance to use what you have learned in an actual game against other students. No prior knowledge of Bridge is required, and both beginner and intermediate players are welcome. The workshop will culminate in a duplicate Bridge tournament among the students. Snacks will be provided.

MEETING: Tuesdays & Thursdays; 7:00-9:00pm
1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27, 1/29
LOCATION: Axinn 220
INSTRUCTOR: Tom Dobrow    $20

Buffet Style Partner Dancing *
Come sample a little bit of everything in this crash course on basic partner dance! The goal of the workshop will be to provide you with "conversational" dance skills for a wide variety of social venues. Dances will include basic foxtrot, waltz, tango, salsa, cha cha, bachata, lindy and west coast swing and variations, depending on input from the class. We'll even throw in our own stylistic tricks and help you preempt disastrous outcomes on the dance-floor. Whether you're looking to eliminate the awkwardness of waltzing at weddings or just searching for stellar salsa moves to show off the next time you're out, come sample ballroom, Latin, and swing-style dancing in a low-pressure setting. Absolutely no experience required!
MEETING: Mondays & Wednesdays; 6:30-8:00pm
1/5, 1/7, 1/12, 1/14, 1/19, 1/21, 1/26, 1/28
LOCATION: MCC - Wilson Hall & Proctor Basement
INSTRUCTOR: Brennan Delattre $19