SPRING 2020 - CURRENT ONLINE COURSES

MAPS, NAVIGATION, AND DISCOVERIES IN THE MIDDLE AGE
4 week online course taught by Jean-Claude Fouéré.
Fridays, April 3, 10, 17, and 24 from 1 pm - 2 pm
By Zoom
21-registered

GUIDED SPIRITUAL MEDITATION AND RELAXATION.
4 week online course taught by Anna Mayta
Fridays: April 3, 10, 17, and 24, 3 pm - 4:15 pm
By Zoom
15 - registered

FAVORITE CHAMBER MUSIC.
4 week online course taught by Paul Stoddard.
Fridays, April 3, 10, 17, and 24 from 10 am - 11:15 am
By Zoom
43 - registered

RESTORATIVE/GENTLE HATHA YOGA.
4 week online course, taught by Anna Mayta
Tuesdays: April 7, 14, 21, 28 from 10 am - 11:15 am,
By Zoom
15 - registered

ETHICAL VISION WITH MATHEMATICS AT ITS CENTER –
6-8 week course taught by Christopher Parks - Started-March 30
by Email. Limited registration, Beta testing.

FILM CLASS-on going
Taught by Sybil DelGaudio
YouTube based-Search Sybil DelGaudio on YouTube and subscribe

GUNS AND GODS-on going
Taught by Bob Ulrich-
Email-share notes, can ask questions via email and Bob will answer copying the class.

TAI CHI AND QI GONG-on going
Kele Baker
If you email her at Kelebaker@email.com you can get onto a special VCLLI list.