



## Course Instructors and Descriptions

March 20, 2024 – April 24, 2024

Location:

Alberta Abbey

126 NE Alberta Ave

Portland, Oregon 97211

### NEW EARTH SCHOOL PDX CALENDAR

**WEDNESDAYS 3/20-4/24**

	BALLROOM	GREEN ROOM	CAFE	PARLOR	THEATER
<b>4PM</b>	<b>QUALITY OF MOVEMENT</b> -KYLE VINCENT VALENTINE	<b>MASTERING YOUR MONEY</b> -FERN ALLEN	<b>INTRODUCTORY BIKE REPAIR</b> -JOHN CARTER		<b>AUTHENTIC RELATING - THE NOTICING GAME</b> -RACHEL BENNETT
<b>5PM</b>	<b>MINDFULNESS FUNDAMENTALS COURSE</b> -ADRIENNE LOPEZ	<b>TAROT UNVEILED</b> -FERN ALLEN	<b>NATURAL HEALTH</b> -SOFIA RAYE EPIFENI	<b>BEGINNER GUITAR FOR FUN</b> -ALEX MILAYCHEV	<b>PLAYFUL MINDFULNESS</b> -TAJ BAKER
<b>6PM</b>	<b>TWERK SHOP!</b> -KATELYN MORIN	<b>ENLIGHTENED LEADERSHIP</b> -KEITH POWELL	<b>FERMENTATION CLASS</b> -SUZANNE JABALEY	<b>STRONGER U</b> -CARL DAVISON	<b>EXPLORING THEATRE OF THE OPPRESSED</b> -FERN ALLEN
<b>7PM</b>	<b>HEALING MEDITATION CLASS</b> -LUCIOUS LYRAN	<b>EROTIC POETRY WRITING</b> -JESSICA DELTAC	<b>WAKEN YOUR INNER POWER</b> -KERLYN ORELLANA		<b>INTRODUCTION TO ACTING</b> -BRITTANY STIPE

**TEACHERS:**  
 ALL CLASSES ARE FREE!  
 PLEASE EMAIL TO SIGN UP FOR THE CLASSES YOU WANT TO TAKE!

**EMAIL:**  
[NEWEARTHSCHOOLPDX@GMAIL.COM](mailto:NEWEARTHSCHOOLPDX@GMAIL.COM)  
**VENMO:**  
 @NEWEARTHSCHOOL

**LOCATED AT ALBERTA ABBEY**  
 126 NE ALBERTA ST, PDX 97211

**STUDENTS:**  
 ALL CLASSES ARE \$5/CLASS OR \$30/SEMESTER!  
 PLEASE EMAIL & VENMO TO SIGN UP FOR THE CLASSES YOU WANT TO TAKE!



**Twerk Shop!**  
**Instructor: Katelyn Morin**

Meow my kittens! Welcome to my beginners twerk shop. I am a firm believer that you don't need cheeks to be able to throw your tush around! Any type of booty can twerk, and I'm gonna show you. All levels are welcome, so if you're a professional, please come and show off;) I'm excited to create a very safe space for us to loosen up our pelvic floor, giggle with each other and have some fun twerking together. Wearing loose fitting clothing is always going to help you feel your booty movement more when you're learning to twerk. Wearing exercise pants might seem like the move but the tighter the pant, the more difficult it is to find that movement.

I'm so excited to dance and shake our booties together!  
Sending so much love to you all:)

This class is at 6pm from 3/20/-4/24 in the Ballroom :)

**Quality of Movement:**  
**An introduction to Primal Movement and Bodyweight Conditioning.**  
**Instructor: Kyle Vincent Valentine**



Nearly a decade as a Licensed Massage Therapist who also struggled with chronic pain for most of his life, one thing has become very clear to me; most persistent pain comes down to muscle imbalances and a lack of conditioning in the supportive structural muscles of the body's core and joints.

We could restructure a shoulder, the hips, neck, or back, time and time again, but until they are taught to move better, pain and dysfunction always return.

Are you ready to take your pain into your own hands and build a body that moves great and feels even better to live in?

Join me for a six week course where we'll explore the background and theories of Primal Movement. We will practice basic actions that humans have performed throughout history — such as moving fluidly between standing and squatting, resting in several crouched and ground-seated positions, moving gracefully while grounded, and crawling around on all fours. Transitions between the ground and standing can become as easeful and intuitive as walking across a room or sitting and standing back up from a chair.

As we learn and progress through a handful of core skills, you'll find they translate into improvement across all of your other activities of daily living and play. You might even find that you begin to start end your days with more energy because your economy of motion has improved and you are simply spending less energy doing all the routine things that life requires of you.

These skills have healed most of my past injuries, reflexively protected me from further injury on countless occasions, and even saved my life and limbs in a vicious dog attack this past year. Believe me when I say, there's nothing I'm more excited to teach you than how move like an animal. 🐾

Bring a Yoga Mat or two, or an exercise pad, to protect the knees/ankles when doing ground movements.

This class is Wednesdays 3/20-4/24 at 4pm in the Ballroom 🍷







Meet your mindfulness guide!  
**Adrienne Lopez, MA, CHT, RYT**  
**Integrative Healing Coach**

Hi, my name is Adrienne, the founder and creator of MindHeart Space, an online academy where I support people to discover the magic of their own nervous system! Mindfulness is just one of the many practices to cultivate individual self-awareness, so you can expand the range of your emotional and soul intelligence; all key to enriching creating relationships, families, work life, and communities!

Mindfulness can help you transform emotions that may have been sabotaging or restricting you, to emotions that empower you. The practices offered in this class help you learn how to intentionally rewire your "hard drive," so you can cultivate a greater sense of love, empathy, and compassion.

As an educator, a certified, Trauma Informed, Mindfulness instructor, and a trained Nonviolent Communication (NVC) practitioner, Adrienne has become experienced in coaching others in getting their needs met at school, work, and at home. Serving as a classroom teacher and educational consultant for over 17 years, she is also a certified hypnotherapist, Hatha yoga teacher, and energy healer. Some of the schools of thought currently informing her work include: Non-Violent Communication, Systems Constellation, Inner Family Systems or Parts Work, Transpersonal Hypnotherapy, AlchemE Energetics, Reiki, Intuitive and Somatic Healing, the Creative Field, and Field Facilitation group work. Find out more: [www.mindheart-space.com](http://www.mindheart-space.com)

### Mindfulness Fundamentals Course

#### Instructor: Adrienne Lopez

Welcome to the Mindfulness Fundamentals Course, meeting over the course of 5 consecutive Wednesdays (March 20-April 17th), where you'll learn about research-based practices that support your level of happiness and well-being. We will explore the internal and external resources you possess to face life's challenges and tame the monkey mind and more!

This introductory mindfulness series includes skills and practices that will support you as well as, your family, friends, and co-workers in living a balanced lifestyle that integrates self-empathy and stress management skills, through discovering the power of emotions and the nervous system!

Much of the recent research done on mindfulness practices shows that mindful awareness practices (MAP's) improve mental and physical health, cultivate compassion, deepen relationships, and reduce negative emotions. By applying MAPs, you can train the brain into healthy patterns to improve the quality and experience of life. You'll learn about mindful theory, how to apply mindfulness practices, and transform your relationship with yourself and others.

March 20th--Week One: Mindful Breathing and Labeling--in this module you'll be given tools to begin your own mindfulness meditation practice. You'll find out exactly what mindfulness is and what you're actually doing when you meditate.

March 27th--Week Two: Mindful Bodies--You'll increase your capacity to identify bodily sensations and discover how they shape and affect your everyday experience of life. You will learn about "The 5 Building Blocks" of present time awareness and how these can help you defuse triggers and or negative relational patterns with self and others.

April 3rd--Week Three: Distinguish Thoughts from Emotions-- You'll learn all about your emotions and how to deal with them more effectively. You'll discover how thoughts and emotions are related, how to respond instead of react, and how to cultivate positive emotional states.

April 10th--Week Four: Cultivate Gratitude and Kindness--You will learn powerful practices for Heartfulness which allow you to develop your capacity for empathy, compassion, and resourcefulness for self and others.

April 17th--Week Five: Relating to Others--This week you'll learn how to take your practice into everyday "real life!" You'll discover techniques for connecting to self, and others, to communicate more effectively and compassionately through a lens of curiosity.

This class will be at 5pm in The Ballroom from 3/20-4/17. **There will be no class on 4/24.**



### **Mastering Your Money:**

#### **Budgeting and Cash Flow Essentials**

Instructor: Fern Allen

This course is your ticket to transforming your relationship with finances. Get ready for an adventure where we'll make budgeting and cash flow management not only understandable but enjoyable.

Under Fern's guidance, you'll unravel the mysteries of budgeting, from setting goals to tracking expenses, all in a supportive and judgment-free environment. We'll also dive into optimizing cash flow, ensuring you have enough for needs, wants, and savings.

Join us on this journey towards financial empowerment--by the end, you'll be a budgeting and cash flow ninja ready to tackle any financial challenge life throws your way.

Let's embark on this journey together!



#### **Week 1: Getting Started with Money Management -**

Introduction to cash flow: Explaining the concept of money coming in (income) and going out (expenses).

Budgeting basics: Understanding the importance of budgeting to manage money effectively.

Practical activity: Creating a simple budget using pen and paper or a budgeting app.

#### **Week 2: Understanding Your Income and Expenses**

Identifying income sources: Recognizing different sources of income such as salaries, wages, and side hustles.

Tracking expenses: Learning how to record and categorize expenses to understand where money is being spent.

Hands-on exercise: Using a sample budget template to categorize income and expenses.

#### **Week 3: Managing Debt and Saving Money**

Understanding debt: Explaining common types of debt like credit card debt, loans, and mortgages.

Debt repayment strategies: Introducing simple methods for paying off debt, such as the snowball or avalanche method.

Saving for the future: Discussing the importance of saving money for emergencies and future goals.

#### **Week 4: Making Smart Spending Decisions**

Differentiating needs vs. wants: Understanding the difference between essential expenses and discretionary spending.

Tips for smart shopping: Learning strategies to save money when shopping for groceries, clothes, and other essentials.

Budget-friendly meal planning: Demonstrating how meal planning can help save money on food expenses.

#### **Week 5: Building a Strong Financial Foundation**

Introduction to banking: Explaining basic banking concepts like checking accounts, savings accounts, and ATM usage.

Importance of credit: Understanding the role of credit scores and how to establish good credit habits.

Practical exercise: Checking credit reports and understanding credit scores using free online tools.

#### **Week 6: Planning for the Future**

Setting financial goals: Identifying short-term and long-term financial goals, such as paying off debt, saving for a vacation, or retirement planning.

Creating a simple financial plan: Developing a basic roadmap to achieve financial goals using budgeting and saving strategies.

Celebrating progress: Reflecting on achievements made during the course and setting intentions for continued financial success.

This class will be at 4pm in the Green Room from 3/20-4/24.





**Enlightened Leadership –  
Leading from the Heart**  
**Instructor: Keith Powell**

This course will take the participant onto a beginning path of understanding what leadership is, how leadership functions, and more importantly, who effective leaders are. This course is based on over 30 years of practical experience leading organizations in both the non-profit and for-profit sector as well as providing services to small businesses as a leadership and organizational consultant.

Session 1: Introduction to Enlightened Leadership

Session 2: Five Levels of Leadership and Their Importance to a Successful Career

Session 3: Key Laws of Leadership – They Function Like the Laws of Physics

Session 4: Enlightened Leadership and the Recruiting/Hiring Process

Session 5: Enlightened Leadership and Team Effectiveness

Session 6: Developing as an Enlightened Leader – Crafting Your Plan

**THE PRESENTER:** Keith E. Powell

Keith was senior minister for 23 years leading small and large teams and has served as senior minister in a church speaking to 800 people weekly.

Keith's own leadership journey began in 1997 when he was introduced to John C. Maxwell's book, *Developing the Leader Within You*. Applying proven principles of personal development and leadership, Keith has served on denomination boards of directors, influential committees, and has directed one business consulting client in his journey from product concept to a current \$2.5m valuation of his single-product company. Keith has also won, as general manager of a hospitality company, the Trip Advisor Traveler's Choice Award-given to the top 10% of properties worldwide. Keith also received the Church Health Award from Dr. Rick Warren of Saddleback Community Church in 2005. Keith was selected with 100 others, from 10,000 nominees.

This class is at 6pm in the Green Room 3/20-4/24.



**Erotic Poetry Writing**  
**Instructor: Jessica Deltac**

This class is for anyone wishing to explore the peaks, valleys and edges of what EROTICA means. Through in-class exercises, writing prompts, you will lean into your five senses, innate curiosity, and re-imagined ideas of intimacy. This is as much as a Sexual Positivity class, as it is a writing class.

Jessica is gifted in creating emotionally-safe spaces where shame, guilt and blame are neutralized. We will discuss and decipher the nuances between the sensual, erotic and ecstatic from personal experiences as well as work by T. Mateer, P. Naruda, Sappho, S. DeMulder, A. Sexton, and Rumi. Since we only have one in-person hour, drafts will be shared on a private, online chat. After course completion, writers will have an opportunity to publicly perform poetry at a PDX venue TBD.

This class will be at 7pm in the Green Room from 3/20-4/24.





**Natural Health**  
**Instructor: Sofia Raye Epifeni**

Please join me for an enriching journey towards holistic well-being in my upcoming 6-week course on natural health and wellness. Delve into the intricate workings of the digestive, nervous, and immune systems as we explore their interconnectedness and how to optimize their functioning. Gain valuable techniques for conducting thorough cleanses and detoxes, rejuvenating your body from within. Discover the powerful realm of entheogenic plant medicines, learning how to ethically and responsibly integrate them into your personal journey for psychological and spiritual growth and healing. Embark on this transformative experience and empower yourself with the knowledge and tools to nurture your path towards vibrant living.

Week 1 ~ The basics of Natural Health

Week 2 ~ Supporting the Digestive system

Week 3 ~ Supporting the Nervous system

Week 4 ~ Supporting the Immune system

Week 5 ~ How to do a cleanse / detox

Week 6 ~ Working with Spirit medicines

This class will be at 5pm in the Cafe from 3/20-4/24.



**Tarot Unveiled:**  
**Mastering Intuitive Magic**  
**Instructor: Fern Allen**

Embark on a whimsical journey through the mystical realm of Tarot every Wednesday night, where learning is laced with laughter and magic 🪄

Starting March 20th at 5pm, join us for six weeks of Tarot revelry that promises to be as fun as it is enlightening.

🗨️ **Week 1: Major Arcana & The Fool's Journey** - Brace yourself for an adventure through the Fool's Journey as we unravel the larger-than-life personalities and cosmic forces tucked within the Major Arcana cards.

🔍 **Week 2: Minor Arcana** - Journey through the whimsical world of the Minor Arcana and uncover the hidden treasures tucked away in their intricate imagery.

🎭 **Week 3: Listening to Spirit** - Get ready to tune in to the mystical whispers of the spirits as we learn to dance with intuition and divine the deeper meanings within the cards.

🌟 **Week 4: Synchronicities** - Prepare to be amazed by the cosmic choreography of synchronicity as we explore the uncanny connections between the Tarot and the tapestry of life.

👤 **Week 5: Tarot Responsibilities** - Dive into the ethical waters of Tarot reading and discover the sacred trust that comes with guiding others on their journey.

🎤 **Week 6: Student-led Readings** - Take center stage and let your Tarot talents shine as you lead your own readings under the guidance of our seasoned mentors.

Whether you're a seasoned Tarot aficionado or a curious seeker, this class offers a playful and modern twist on Tarot study that's sure to spark joy and ignite your intuition! Grab your deck and let's embark on a magical journey through the Fool's Journey together! See you there! 🌟🪄  
Bring your own deck if you have one, and we will have plenty to use as well.

This class is at 5pm in the Green Room 3/20-4/24.



**Waken Your Inner Power:  
Manifest Your Purpose and Desired Life**  
Instructor: Kerlyn Orellana

Week 1: Awakening Your Awareness  
-Introduction to the course, understanding your own beliefs and desires

Week 2: Exploring Your Inner World  
-Uncovering your own gifts and talents

Week 3: Harnessing Your Potential  
-Empowering your mindset

Week 4: Designing Your Dream Life  
-Vision board creation

Week 5: Cultivating Resilience  
-Overcoming limiting beliefs

Week 6: Manifesting Your Dreams  
-Visualization and manifestation techniques

This class will be at 7pm in the Cafe from 3/20-4/24.



**Introductory Bike Repair**  
Instructor: John Carter

This course will cover all of the basics of bike maintenance in a manner that is fun and accessible! I have experience doing bike mechanics as part of my job at PCC and have done free bike repair around the city for people.

Week 1: Introductions to Maintenance, Safety Checks, Bike Anatomy & Understanding Class Needs

Week 2: Wheels, Tires, Fixing Flats

Week 3: Cleaning the Bike, Brakes, Lubricating Drivetrain, Cleaning/Greasing Bearings

Week 4: Indexing Gears, Adjusting the Derailleur

Week 5: Winterizing the Bike, Adding Trailers, Etc.

Week 6: Final Class, Course Review

This will be a hands on course - I will be providing basic tools and a bike stand for people to share.  
A Bike! (REQUIRED)

Allen wrench set (ranging from 2-12mm in size) (OPTIONAL)

Open end wrenches (6-17mm) (OPTIONAL)

Old toothbrush for cleaning chain (OPTIONAL)

Chain lube and cleaner (OPTIONAL)

Tire levers (OPTIONAL)

Tubes (at least a couple spares) (OPTIONAL)

Tube patch kit (OPTIONAL)

Repair stand (OPTIONAL) - I will have one I own but if people bring others to share in the class that would be great!

This class will be at 4pm in the Cafe from 3/20-4/24.



**IBeginner Guitar For Fun**  
**Instructor: Alex Milaychev**

Do you just want to learn how to play a few songs? Do scales and theory sound a bit boring? Come have fun and play. You'll get to pick your own songs, go at your own pace, and have a space to share your new skills. The goal is to give you the tools you need to be able to play any song you want... in time.

**Curriculum**

- How to tune using a tuning app.
- How to find songs and learn chords using guitar tabs.
- 2-4 new chords each week.
- Basic strumming, plus as many complex patterns and picking patterns as the group wants to learn.
- Weekly opportunity to play a song for the group and to practice performing in a safe space.
- Optional: How to get started with songwriting (for those who want to learn.)

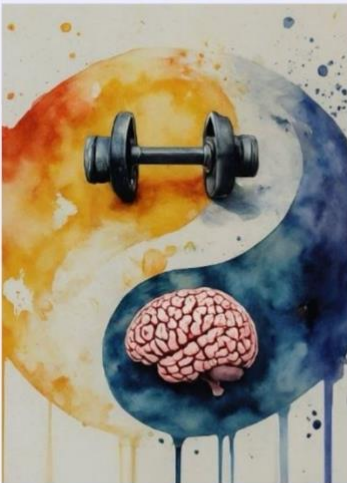
**Requirements**

- BYO guitar (and capo if you have one)
- BYO smartphone so you can
  - - Download a tuner if your guitar doesn't have one
  - - Download the free version of Guitar Tabs.

**Teacher -**

Alex Milaychev is a self taught musician with a background in dance, aerial acrobatics, and burlesque. She found guitar and songwriting during covid and has since played at wineries, farmers markets, songwriter showcases, and even hosted her own open mic. Her mantra is "if it stops being fun, stop doing it". Her hope is that other artists who want to learn guitar but often get bored with common learning methods will find her curriculum more magnetizing.

This class is at 5pm in The Parlor from 3/20-4/24.



**"STRONGER U"**  
**6-Week Empowerment Course**  
**Instructor: Carl Davison**

This transformative program is designed to empower you to become the strongest version of yourself both physically and mentally. Each week, we will focus on key aspects of your well-being using the S.T.R.O.N.G.E.R. framework. This 6-week course is not just about physical transformation but about allowing you to take control of your life. Join us on this journey to become a STRONGER, version of yourself. Get ready to unleash your full potential and celebrate the results of your hard work and dedication!  
Strength-Tenacity-Resilience-Optimal Nutrition-Nurturing Lifestyle-Goal-oriented-Empowerment-Results

This class will be at 6pm in The Parlor from 3/20-4/24.





**Introduction to Acting**  
**Instructor: Brittany Stripe**

Although this course is mostly geared towards beginners, all levels are very much encouraged to join!

Come explore techniques for using your voice and body as an instrument for play and storytelling in a safe, respectful environment. In this course we will explore breathing, relaxation and warm-up techniques, group games, and solo and partnered acting/improvisational exercises! As the course progresses, I will introduce Cold Read techniques - to improve confidence and audition outcomes - and the basics of Creative Choices as an actor, Scene Study, Character Development and more! Get out of your head and into your body - let's play!

All materials will be provided (paper, pens, copies of monologues and scenes) but I do welcome and encourage bringing your own notebooks and pens as well as any written works - original or otherwise - that you may be itching to share or bring to life!

This class will be at 7pm in The Theater from 3/20-4/24.



**Authentic Relating - The Noticing Game**  
**Instructor: Rachel Bennett**

This is a five week mindfulness practice where we will play "The Noticing Game." As individuals, we will bring our attention to what is alive and real for us in the present moment, and share whatever level of that experience we are noticing within ourselves or within our environment. This is not a social conversation; rather, it is an intentional group meditation and emergent experience. Agreements will be set at the beginning of each game, and once this container is set, we will not admit new people into the room. Participants are encouraged to arrive approximately 5 minutes prior to class start. Participants will practice a variety of skills including: mindfulness, introspection, interoception, metacommunication, intuition, listening, intentional speaking, emotional awareness, the observing self, and reality testing. No class on April 24.

Class Limit: 9 participants

Materials: None, but it is requested that participants be sober. Prescription medications are fine.

This class will be at 4pm in The Theater from 3/20-4/17.





**Playful Mindfulness**  
**Instructor: Taj Baker**

We combine theater games with meditation instruction, creating an energizing and relaxing experience. No materials needed.

This class will be at 5pm in The Theater from 3/20-4/24.



**Healing Meditation Class**  
**Instructor: Lucious Lyran**

This meditation course is designed to guide individuals through a transformative journey of healing and rejuvenation. Centered on the profound connection between the mind and body, the curriculum offers a comprehensive exploration of meditation techniques specifically tailored to foster physical healing. Participants will embark on a holistic path, learning how to harness the power of mindfulness, visualization, and breathwork to initiate and accelerate the body's natural healing processes. Each recording delves into the practical application of meditation practices aimed at reducing stress, alleviating pain, and promoting overall well-being. Through a blend of guided visual meditation, sound frequency meditation and a 5 minute affirmation meditation at the end. Attendees will cultivate a deeper understanding of their bodies' innate wisdom and unlock the potential for profound healing. This course is suitable for individuals at all levels of meditation practice, from beginners seeking to explore the healing aspects of meditation to seasoned practitioners looking to deepen their healing journey.

This class will be at 7pm in The Ballroom from 3/20-4/24.



**Exploring Theatre of the Oppressed**  
**Instructor: Fern Allen**

Hey there, fellow theatre enthusiasts and social change-makers! Get ready to dive into the dynamic world of Theatre of the Oppressed, where the stage becomes a powerful platform for challenging norms, sparking dialogue, and igniting change.

In this class, we're rolling up our sleeves and stepping onto the stage with the spirit of Augusto Boal as our guide. But fear not, my friends, for you don't need to be a seasoned actor to join us on this thrilling journey. Whether you're a seasoned performer or someone who's never set foot on a stage before, there's a place for you in our theatre troupe.

We'll be exploring Boal's innovative techniques for using theatre as a tool for social transformation, from Image Theatre to Forum Theatre and everything in between. Through interactive exercises and thought-provoking discussions, we'll discover how theatre can break down barriers, amplify marginalized voices, and inspire action.

But this isn't your typical theatre class, folks. We're not just here to memorize lines and strike dramatic poses (although there might be a bit of that too). We're here to co-create a supportive community where everyone's ideas are valued, and everyone's voices are heard.

So, whether you're passionate about social justice, intrigued by the power of performance, or simply looking for a new way to express yourself, come join us on this exhilarating journey. Together, we'll unleash the transformative potential of theatre and rewrite the script on oppression. Let's make some magic happen, one scene at a time!

This class will be at 6pm in The Theater from 3/20-4/24.



**Fermentation Class**  
**Suzanne Jabaley**

This class will be covering the basics of fermenting vegetables and other popular fermented items. In each class, students are welcome to watch a demonstration or bring their own items to prepare for fermentation along with the instructor. During the first meeting, instruction in general fermentation will be offered. The instructor will let students know what to bring for the next meeting if they would like to prepare their own fermented items. Example: During the first meeting, I will share information about fermentation and then let the class know we will be making sauerkraut during the second meeting. Students may bring a quart jar and a head of cabbage if they would like to join in and prepare their own jars. I will provide the other materials needed. . After each meeting I will provide written materials to share via email.

- Week 1: General Fermentation basics
- Week 2: Sauerkraut
- Week 3: Radishes, carrots, and other vegetables
- Week 4: Cucumber pickles
- Week 5: Kombucha, ginger ale, and water kefir
- Week 6: Milk kefir and yogurt

This class will be at 6pm in The Cafe from 3/20-4/24.

