

FL  
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## Class Descriptions + Instructor Bios

# EMBODIED LEARNING

DRBU Office of Academic Affairs + Arts Initiative

FL  
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SUN

**Iyengar Yoga: All Levels**

Sandy Lamerson  
Sundays, 9:00-10:15 AM, starting 8/25  
Sudhana Center, Classroom Building, Room 3

MON

**Guang Ping Yang Taiji**

Martin Verhoeven and Loc Huynh  
Mondays, 7:40-8:40 AM, starting 8/19  
CTTB, Surangama Bell Courtyard

**Open Studio: Mixed Media**

Jackie Farley  
Mondays, 4:40-5:40 PM, starting 8/26  
CTTB, Art Studio

**Piano: All Levels**

Elizabeth MacDougall  
Mondays, 4:45-5:45 PM, starting 8/19  
Sudhana Center, Classroom Building, Room 4

TUE

**Basics of Watercolor**

Sarah Scott Falk  
Tuesdays, 4:40-5:40 PM, starting 8/20  
CTTB, Art Studio

WED

**The Arts Workshops**

Artist Instructors  
Stay tuned for upcoming announcements  
CTTB, Art Studio

THU

**Basics of Pottery**

Michael Owen and Sarah Kennedy Owen  
Thursdays, 4:40-5:40 PM, starting 8/22  
CTTB, Art Studio

FRI

**Open Studio: Clay**

Michael Owen and Sarah Kennedy Owen  
Fridays, 4:40-5:40 PM, starting 8/23  
CTTB, Art Studio

**Gentle and Restorative Yoga: All Levels**

Sandy Lamerson  
Fridays, 5:00-6:15 PM, starting 8/30  
Sudhana Center, Classroom Building, Room 3

SAT

**Plant-based Culinary Arts**

Squire Davidson  
Saturdays, 12:45-3:00 PM, starting 8/24  
Sudhana Center, Kitchen

EMBODIED LEARNING

DRBU Office of Academic Affairs + Arts Initiative

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SUN

## Iyengar Yoga: All Levels

Sundays, 9:00-10:15 AM, starting 8/25  
Sudhana Center, Classroom Building, Room 3

Students of any level of experience are welcome! Students are introduced to all categories of *asana* (postures), *pranayama* (breath work), yoga principles, and relaxation techniques.

### SANDY LAMERSON

Sandy Lamerson is a Certified Iyengar Yoga Teacher since 2018 and teaches yoga classes in the tradition of B.K.S. Iyengar in Ukiah and online. She has been a student of Yoga, Ayurveda and Buddhism since 2005. She is drawn to these practices because they offer a complete map of physical, mental, and spiritual health.

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MON

## Guang Ping Yang Taiji

Mondays, 7:40-8:40 AM, starting 8/19  
CTTB, Surangama Bell Courtyard

This class provides an in-depth exploration of Taiji, focusing on the 64 movements of the Guang Ping Yang style. The class aims to enhance health and longevity through a practice that integrates physical movement with contemplative stillness. Students will engage in stretching exercises and learn the traditional Taiji form.

A central aspect of the class is the integration of stillness and movement. The practice will be divided into two main components: active movement and quiet observation. The active portion focuses on physical training, strengthening, and attuning the body through specific exercises. The quieting aspect involves periods of standing meditation, a practice from Chinese internal arts that helps calm the mind and foster a state of responsive, liberating awareness.

The class emphasizes the dynamic coordination of breathing, intention, mind, and energy. This integration not only relieves stress, but also promotes a more grounded and mindful way of living. Students will come to understand Taiji as "moving meditation," an approach that explores the subtle yet powerful link between body and mind. The practice fosters self-awareness, which is essential to awakening. By the end of the class, students will have developed a holistic understanding of Taiji, incorporating both its physical and philosophical dimensions into their daily lives.

### MARTIN VERHOEVEN

Dr. Martin Verhoeven has dedicated over 50 years to practicing Taiji, studying under esteemed instructors such as Master Kuo Lien-ying in San Francisco, Master Y.C. Chiang in Berkeley, and Shaolin Buddhist Monk Hai Deng. His practice focuses on the integration of stillness and movement, as well as the relationship between the individual and nature. Dr. Verhoeven emphasizes the dynamic coordination of breathing, intention, thought, and energy, promoting a more grounded and mindful approach to life.

### LOC HUYNH

Loc Huynh has been a long-time student of Chinese martial arts. As a licensed acupuncturist and herbalist, he combines his passion for traditional Chinese medicine with his martial arts training to promote holistic wellbeing. Loc strives to embody the interconnectedness of mind, body, and spirit central to Chinese philosophy and healing arts.

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MON

## Open Studio: Mixed Media

Mondays, 4:40-5:40 PM, starting 8/26  
CTTB, Art Studio

Start the week with a splash of creative energy. Drop in for a quick sketch or create a semester-long masterpiece. Design an independent project or let Jackie guide you on an artistic journey. Come explore and play!

### JACKIE FARLEY

Jackie Farley is an artist and alumna of the DRBU MA program. Her interest in art and artists is lifelong. Jackie is passionate about art education and art as a therapeutic medium. She has taught art at DRBU and at Instilling Goodness and Developing Virtue Schools for many years. Her solo painting exhibition, *People, Places, Things*, was shown at DRBU during the Fall 2022 semester.

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MON

## Piano: All Levels

Mondays, 4:45-5:45 PM, starting 8/19  
Sudhana Center, Classroom Building, Room 4

This piano class is designed for students of all levels, from beginners to advanced players. The course is self-paced, allowing each student to progress according to their individual needs. Students will practice on Yamaha Clavinova electric pianos and receive instruction in interpreting musical notation, reading music, performing in ensembles, and developing a diverse repertoire. The class provides a structured approach to learning and improving piano skills. Whether you are just starting or looking to refine your abilities, this class offers a supportive environment for musical growth.

### ELIZABETH MACDOUGALL

Elizabeth MacDougall is a dedicated local musician in Ukiah with a rich background in both classical and jazz piano. An active performer, she has regularly played with the Ukiah Symphony and has accompanied college musical theater productions. Elizabeth holds degrees in Piano Performance from the University of the Pacific and in Piano Pedagogy and Performance from Northwestern University. Elizabeth completed her teaching credential program at Dominican University and has since focused her career on educating the next generation of musicians. She has taught numerous students of all levels, from beginners to advanced classical musicians, both in her home studio and in the piano classes at Mendocino College.

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# TUE

## Basics of Watercolor

Tuesdays, 4:40-5:40 PM, starting 8/20  
CTTB, Art Studio

The class focuses on the elements of art: line, shape, color, value, form, texture, and space. We will begin with the color wheel and how to use it to create a composition, continue to form, and complete with texture and space.

### SARAH SCOTT FALK

Sarah Scott Falk is a resident of Mendocino County. She lived in Japan for three years, and there is a Japanese influence on her art. Known for a soft yet vibrant watercolor style, her work is best characterized as traditional. Her choice of subject, shape, and color are designed to produce a vivid emotional response to classical subjects such as flowers, fruit, or landscapes. The choice of subject is usually something found close to home, here in Mendocino County. The hope is that each painting will bring a smile to the viewer.

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# WED

## The Arts Workshops

Wednesdays, TBD  
CTTB, Art Studio

The Wednesday Arts Workshops are short-term creative workshops led by practicing artists in various media. Stay tuned for upcoming workshop announcements.

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# THU

## Basics of Pottery

Thursdays, 4:40-5:40 PM, starting 8/22  
CTTB, Art Studio

The hands-on class will comprise the following: clay hand building techniques, throwing on the pottery wheel, operating studio equipment, aesthetic decorating techniques, and glazing methods.

### MICHAEL OWEN

Michael Owen studied ceramics and Chinese brush painting with Matteo Leeds at Dharma Realm Buddhist University and ceramics with Doug Browe, Larry Henderson, and Gary Medina at Mendocino College. He was a student of Chinese calligraphy for several years with Lu T'i at Dharma Realm Buddhist University. He learned watercolor techniques from Nancy Teeling at Mendocino College and from Dave Marks in Alaska. He was a participant in the Made in Mendocino Gallery in Hopland, as well as exhibiting paintings in Fort Bragg. He has taught drawing and ceramics at the elementary and high school levels as well as directing workshops for children and adults.

### SARAH KENNEDY OWEN

Sarah Kennedy Owen graduated as a Fine Arts Major from Art Center College of Design. She earned a teaching credential from Dominican College and taught art at elementary and high school levels and has conducted art workshops for children and adults. She has shown work in Scottsdale, Arizona, Los Angeles, Talmage, Willits, Mendocino, and Fort Bragg. She studied Chinese calligraphy with Lu T'i at Dharma Realm Buddhist University.

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FRI

## Open Studio: Clay

Fridays, 4:40-5:40 PM, starting 8/23  
CTTB, Art Studio

Enjoy creating with peers and friends in a supportive, guided studio environment. Drop in to throw a new pottery piece, continue a project, or simply experience the tactile joy of playing with clay.

### MICHAEL OWEN

Michael Owen studied ceramics and Chinese brush painting with Matteo Leeds at Dharma Realm Buddhist University and ceramics with Doug Browe, Larry Henderson, and Gary Medina at Mendocino College. He was a student of Chinese calligraphy for several years with Lu T'i at Dharma Realm Buddhist University. He learned watercolor techniques from Nancy Teeling at Mendocino College and from Dave Marks in Alaska. He was a participant in the Made in Mendocino Gallery in Hopland, as well as exhibiting paintings in Fort Bragg. He has taught drawing and ceramics at the elementary and high school levels as well as directing workshops for children and adults.

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FRI

## Gentle and Restorative Yoga: All Levels

Fridays, 5:00-6:15 PM, starting 8/30  
Sudhana Center, Classroom Building, Room 3

Gentle classes are for students of all levels to experience the restorative, healing, and spiritual aspects of yoga. Postures are often supported by props and held for longer duration without strain. Classes move at a slightly slower pace and support a calm body and mind.

### SANDY LAMERSON

Sandy Lamerson is a Certified Iyengar Yoga Teacher since 2018 and teaches yoga classes in the tradition of B.K.S. Iyengar in Ukiah and online. She has been a student of Yoga, Ayurveda and Buddhism since 2005. She is drawn to these practices because they offer a complete map of physical, mental, and spiritual health.

## Plant-based Culinary Arts

Saturdays, 12:45-3:00 PM, starting 8/24  
Sudhana Center, Kitchen

In this class, you will learn easy-to-make Shojin dishes. The class is designed especially for those who are new to the world of Shojin cuisine. Plant-forward with a seasonal focus (no animal products, onions or garlic), Shojin cooking is the cuisine inspired by the Buddhist monks of Japan. In this class, you will learn the techniques of vegan Shojin cooking. The recipes and techniques are a mix of traditional and contemporary and viable for an individual household. The recipes included in this course are simple, healthy, and delicious.

This is an 8-session class. Weekly sessions begin on Saturday, 8/24, from 12:45-3:00 PM. The last session is on Saturday, 10/12, from 1:45-6:00 PM.

### SQUIRE DAVIDSON

Chef Squire Davidson started his culinary journey in the late 1980s at the best schools and restaurants that San Francisco had to offer. After five years in the Bay Area, Chef wanted to expand both personally and professionally, so he took a position in the kitchen at the Esalen Institute. It was there that he learned the importance of healthy and fresh ingredients and the value of promoting more traditional and plant-forward cuisine. After gaining this life altering experience in Big Sur, Chef Squire wanted to expand his horizons, so he started traveling and working in restaurants from Vail to New Orleans to Boston, before settling down in Denver, Colorado, where he was a Culinary Instructor at the prestigious Johnson and Wales University. For over 40 years, Chef Squire has worked as a chef, baker, product developer, educator, and writer across the country and the entirety of the hospitality industry. A practicing Buddhist for over three decades, Chef Squire (Shosan Tenzo) believes that everyone has the power to change the world and that the most impactful way to do that is through the food we choose to make, eat, and share with others. Through that offering, his hope is to inspire everyone to be healthier in body and mind, learn to love the simplicity of clean, natural ingredients, and who knows, maybe learn something about themselves in the process.