

ISB PTA **ADULT EDUCATION PROGRAM**

Fall 2016



Online Registration

Sept 19th - 26th

Class Period

Oct 3rd - Dec 2nd

About the Adult Education Program

This program is offered to the entire ISB-Nichada Community by the Parent Teacher Auxiliary for the International School of Bangkok in Nichada Thani Thailand.

Payments for the classes will need to be made **at the ISB Admission Office** at the front of the school (just below the main Library). A yellow wooden box will be available to make the payments there.

The payment box will be available during the **Online Registration and Payment** period from **September 19th to 26th** (office hours are **Monday to Friday 7:00AM to 3:00PM**).

All payments **must include a printout of your receipt** to be properly allocated.

Payments will need to be made for the exact amount (no change available) in either cash or by cheque payable to Kevin Sypolt (Parent Teacher Auxiliary).

Any **additional charges for materials** are listed within the course and **are to be paid directly to the teacher**.

Online Registration begins September 19th. Registration for all the courses in this Program are based on a "first come, first serve basis". The confirmation email will confirm if you are accepted into a chosen course. If you don't receive the confirmation email, please contact me as soon as possible.

Classes begin October 3rd and are subject to a minimum of 4 or 5 students depending on the course. If we are unable to meet this requirement you will be notified and your money refunded.

Refunds will only be given in the event a course is cancelled due to lack of participants.

Please remember that **this is a volunteer run fundraiser** for the International School of Bangkok. All of the continued support from teachers, students, and the ISB community is greatly appreciated. Funds raised from this program go to support the activities of your PTA, including grants supporting our students at ISB.

Please contact the Adult Education Coordinator, **Gabriela Alvarez Fourcade** (ISBAdultEd@gmail.com) with any questions about the program and classes you may have.

Thank you.



CLASS LIST

LANGUAGE COURSES:

Basic Spanish for Adults
Pre-Intermediate Spanish for Adults
Spoken Thai Course Beginner
Spoken Thai Course Intermediate
Spoken Thai Course Advance (Level 1)
Spoken Thai Course Advance (Level 2)

INTERNATIONAL CUISINE: & HEALTHY LIFE

Empanadas Workshop
Sushi Workshop
Israeli-Mediterranean Cooking
Indian Cooking
Argentinian Desserts
A Vintage Tea Time: host a tea party with a twist
Fondant Christmas Cookies
Naturally Healthy: take care of your body so it takes care of you!

DANCE & PHYSICAL FITNESS:

Beginner Tennis Clinic
Intermediate Tennis Clinic
Muay Thai Workout
Brazilian Jiu Jitsu Grappling for Self Defense
Bollywood for Beginners
Bachata for Beginners
Yoga for Baking the Core
Yoga for Sports
Yoga, Be the Master of your Mind

ARTS & CREATIVITY:

Silver Jewelry Workshop
All About Singing!
Woodworking Workshop
Watercolor Painting
Candle Workshop: shabby-chic tea cup candles
Learning Calligraphy
Decoupage for Beginners
Digital Photography

INFORMATION TECHNOLOGY:

Mac Basics
iPhone and I Pad Basics

LANGUAGE CLASSES

Basic Spanish for Adults

This is a beginning course in Spanish which emphasizes in developing elementary Spanish grammar, syntax, and communication skills. In addition to new vocabulary, greetings, numbers, the indefinite article, the definite article, months, days of the week, the Spanish alphabet, telling the time, ordinal numbers, and other useful grammatical points will be covered in lessons. The course is intended for students with no previous knowledge of the Spanish language. Classroom instruction is supplemented with exercise sheets, as well as online activities

Instructor: Giuliana Garay – she’s a native Spanish speaker from Peru and licensed in Education from Universidad Mayor de San Marcos (Peru). She has been working in schools and universities since 1996. At present, I’m a K-12 Spanish tutor for students at International School Bangkok since 2010.

Dates: Tuesdays and Thursdays beginning Oct 4, ending Dec 1 (No classes during October break)

Time: 10:30am - 11:30am

Location: Teacher's house: 39/75 Garden Condo

Cost for 16 classes: 5,400 baht

Pre-Intermediate Spanish for Adults

This course is for students who have some basic experience in Spanish. It further develops grammar, syntax, and communication skills. In addition to new vocabulary, present indicative, present tense, use of infinitive verbs, irregular verbs, interrogatives, radical-changing verbs, reflexive verbs and other useful grammatical points will be covered in lessons. Classroom instruction is supplemented with exercise sheets, as well as online activities.

Instructor: Giuliana Garay – she’s a native Spanish speaker from Peru and licensed in Education from Universidad Mayor de San Marcos (Peru). She has been working in schools and universities since 1996. At present, I’m a K-12 Spanish tutor for students at International School Bangkok since 2010.

Dates: Tuesdays and Thursdays beginning Oct 4, ending Dec 1 (No classes during October break)

Time: 12:00pm - 1:00pm

Location: Teacher's house: 39/75 Garden Condo

Cost for 16 classes: 5,400 baht

Spoken Thai Course Beginner

Beginners (**Book 1**): Participants learn vocabularies, to say simple daily conversation, like greetings, telling time, calling a taxi, counting numbers, shopping and bargaining, ordering food, shopping, bargaining, common daily conversation and more.

Instructor: Narisa Suksai – she was a teacher in Thai School. She’s been teaching Thai language classes for the Adult Ed program for over 10 years.

Option 1: Monday and Wednesday beginning Oct 3rd, ending Nov 28th (No classes during October break)

Time: 10:00AM to 11:00AM

Location: ISB CC Building room 8-409 (4th floor)

Cost for 15 classes: 5,100 baht

Option 2: Monday and Wednesday beginning Oct 3rd, ending Nov 28th (No classes during October break)

Time: 12:30PM to 1:30PM

Location: ISB CC Building room 8-409 (4th floor)

Cost for 15 classes: 5,100 baht

Option 3: Monday and Wednesday beginning Oct 3rd, ending Nov 28th (No classes during October break)

Time: 2:30PM to 3:30PM

Location: ISB CC Building room 8-409 (4th floor)

Cost for 15 classes: 5,100 baht

Option 4: Monday and Wednesday beginning Oct 3rd, ending Nov 28th (No classes during October break)

Time: 6:00PM to 7:00PM

Location: ISB MS room 4-205 (2nd floor)

Cost for 15 classes: 5,100 baht

Spoken Thai Course Intermediate

Intermediate (**Book 2**): Participants learn more vocabularies, more talking, what is left out in book 1. asking and answering questions in picture stories and much more

Instructor: Narisa Suksai – she was a teacher in Thai School. She’s been teaching Thai language classes for the Adult Ed program for over 10 years.

Date: Tuesday and Thursday beginning Oct 4th, ending Nov 29th (No classes during October break)

Time: 10:00AM to 11:00AM

Location: ISB CC Building room 8-409 (4th floor)

Cost for 15 classes: 5,100 baht

Spoken Thai Course Advance (Level 1)

Advanced Level 1 (**Book 3**): Participants learn more conversation, more vocabularies, conversation including how to ask questions and answering questions from short stories, comparison and much more.

Instructor: Narisa Suksai – she was a teacher in Thai School. She's been teaching Thai language classes for the Adult Ed program for over 10 years.

Dates: Tuesday and Thursday beginning Oct 4th, ending Nov 29th (No classes during October break)

Time: 11:15AM to 12:15PM

Location: ISB CC Building room 8-409 (4th floor)

Cost for 15 classes: 5,100 baht

Spoken Thai Course Advance (Level 2)

Advanced Level 2 (Book 4): Participants learn much more vocabulary, more conversations, more idioms, making questions from story pictures and a lot more.

Instructor: Narisa Suksai – she was a teacher in Thai School. She's been teaching Thai language classes for the Adult Ed program for over 10 years.

Dates: Tuesday and Thursday beginning Oct 4th, ending Nov 29th (No classes during October break)

Time: 12:45PM to 1:45PM

Location: ISB CC Building room 8-409 (4th floor)

Cost for 15 Classes: 5,100 baht

INTERNATIONAL CUISINE & HEALTHY LIFE

Empanadas Workshop

This is the most popular dish in Argentina along with the “asado”.

Empanadas are often served during lunch, dinners, parties and festivals as a starter or main course. They are made by folding dough and stuffed with a variety of different options such as beef, ham&cheese, vegetables, corn or other kind of meat. In this workshop we will prepare different varieties of empanadas, as well as have the chance to taste them and take some home with you.

Instructor: Alejandra Fernandez – Growing up with her mother as a great cook in Argentina, she developed a taste for all delicious home made foods. Now, after more than ten years living abroad, she has learned and improved those dishes/tastes of her childhood and she is willing to share this knowledge with this community.

Date: Thursday Oct 18th

Time: 9:30AM to 12:30PM

Location: Teacher’s house: 39/532 Sunshine Place, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 350 baht

Sushi Workshop

Come and learn how to prepare delicious sushi rolls, our typical Japanese food, consisting of cooked vinegared rice combined with other ingredients such as raw seafood, vegetables and sometimes tropical fruits. Ingredients and forms of sushi presentation vary widely, but the ingredient which all sushi have in common is rice.

Instructors: Yukiko Inomata and three more Japanese moms with a lot of experience in making and teaching how to prepare the “real” sushi. You will be learning various kinds of sushi. Don’t miss it.

Date: Wednesday Oct 19th

Time: 9:30AM to 12:30PM

Location: Teacher’s house: 39/401 Maison, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 300 baht

Israeli / Mediterranean Cooking

In this short culinary adventure, you will experience the exotic tastes and smells of rich Israeli cuisine which incorporates many foods traditionally eaten in Middle Eastern and Mediterranean cuisines and foods such as falafel, hummus, shakshouka, couscous and za'atar are synonymous with Israeli cuisine. You will learn how to create wonderful dishes using available local ingredients.

Students may enroll in both courses, because each class will have different menu

Workshop #1 Menu: (**Option 1**): Falafel Pita Sandwich: Pita bread, falafel, hummus, tahini, babaganush, Israeli salad, labane cheese, and for dessert Malabi.

Workshop #2 Menu (**Option 2**): Shnizel and cuscus luch: Shnizel, cuscus, beetroot salad, Matbucha, Majadraand Israeli salad, and for dessert Baklawha

Instructor: Tali Benzvi – Bachelor of Science Hospitality Management. Life abroad has made her long for childhood smells and tastes of my home country. She has finally perfected those dishes she loves and would love to share this knowledge with others.

Option 1: Thursday Nov 3rd

Time: 9:30AM to 12:30PM

Location: Teacher's house: 39/782 Raintree, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 400 baht

Option 2: Thursday Nov 24th

Time: 9:30AM to 12:30PM

Location: Teacher's house: 39/782 Raintree, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 400 baht

Indian Cooking

This cooking class will include some of the most beloved and known dishes from the Indian subcontinent. In each lesson a complete meal consisting of a vegetarian starter, non vegetarian dish and breads will be taught. Some desserts will be covered. Participants will practice making bread in each class.

Examples of dishes that will be taught are: Starters: Pakoras OR samosas etc. Non Veg dishes: one of the following will be taught in each class: Tandoori chicken or Butter Chicken or Tandoori Fish/ Fish Amritsari or Mutton Rogan Josh. Vegetarian dishes will include one of the following Dal Makhni (Butter Lentils), Rajmah(Kidney Bean Curry), Potato and cashew curry, Baingan Bharta (Roast Aubergine Mash), to name a few. Dessert will be included.

Students may enroll in both courses, because each class will have different menu

Instructor: Inderbir Broca – Graduated from Institute of Hotel Management Catering and Nutrition, New Delhi, India. Worked in various capacities in some of the leading Hotel Chains of India. Have conducted Cooking classes as well as Decoupage classes for the ISB Adult Education program in the past.

Option 1: Monday Oct 3rd

Time: 10:30AM to 1:30PM

Location: Teacher's house: 39/850 1 D The Terrace, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 450 baht

Option 2: Friday Oct 14th

Time: 10:30AM to 1:30PM

Location: Teacher's house: 39/850 1 D The Terrace, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 450 baht

Argentinian Desserts

In this course we will be learning how to create four delicious Argentina style sweets/ desserts. First of all I will share with you how to cook one of the traditional "alfajores" with the famous "dulce de leche" from condensed milk. Second the fresh and tasty "lemon pie tart" and a "three-milks cake", a dessert specially loved by kids for its sweet and soft taste. It is a very popular dessert not only in Argentina, but also throughout all Latin America.

Instructor: Alejandra Fernandez – Growing up with her mother as a great cook in Argentina, she developed a taste for all delicious home made foods. Now, after more than ten years living abroad, she has learned and improved those dishes/tastes of her childhood and she is willing to share this knowledge with this community.

Date: Tuesday Nov 8th

Time: 9:30AM to 12:30PM

Location: Teacher's house: 39/532 Sunshine Place, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 300 baht

A Vintage Tea Time: host a tea party with a twist!

The Tea party is a wonderful tradition since the mid-19th century. A space to celebrate being together and enjoying little savory and sweet wonders. The tradition dictates that tea time is between 2 and 5pm, however this delicious tradition can be enjoyed at almost any time of the day without losing its charm.

My proposal this time: A Brunch Tea Party, which includes:

1. Protocol: Brief explanation about tea tradition

* Decoration of the food: explanation of how to make simple paper "cake toppers".

* Table set up: Tips about how to easily create a lovely atmosphere.

2. Recipes: Brunch recipes are quick, easy and delicious, nevertheless elegant and amazing!

A complete menu of 3 sweet delights 3 savory delights, refreshing herbal infused waters and 2 types of black tea (tea bag and grounded)

At the end of the class we are going to enjoy our little Tea Party together. The participants are going to take home a printed version of the recipes.

Instructor: Sara Roberts - Tea time, ever since she can remember, has been a special part of her life. At her previous post she had a tea party catering service for adults and little girls too. She is eager to share with our community this lovely tradition, special moments, and good tea!

Date: Thursday Nov 10th

Time: 9:30AM to 12:30PM

Location: Teacher's house: 39/1230 Prestige (soi 5), Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 360 baht

Fondant Christmas Cookies

As the Christmas season is approaching, let's decorate our cookies with some Christmas themes. These cookies are great as gifts for teachers & friends and will surely make your dessert table an attraction during parties. We will use the fondant to turn simple butter cookies into five beautifully decorated cookies with designs ranging from the Christmas tree to a cute snowman. We will have fun unleashing our artistic side in these edible treats.

Instructor: Elinna Bahrin - she has taken the Wilton Cake Decorating courses. She was hooked on cake decorating, and have taken many on hand classes on sugar flowers, royal icing & gumpaste decorating courses. She's also taken courses at chocolate making, choux pastries, macarons and so on. She's a home based business called Pink Ellies Novelty Cakes and have been selling her novelty cakes/cookies from home in Jakarta (when she was based there), Kuala Lumpur, her hometown and here in Bangkok. For further information please visit her Facebook page: *Pink Ellies Novelty Cakes*.

Date: Tuesday Nov 29th

Time: 9:30AM to 12:30PM

Location: Teacher's house: 4/34 Baan Samarnmitr, Nichada

Cost for class: 1,400 baht

Additional Materials Fee Paid to Instructor: 500 baht

Naturally Healthy: take care of your body so it takes care of you!

Sick and tired of being sick and tired? Do you have health issues that you would like to see if you can resolve without drugs? Want to learn to boost your immune system? Do you just want to learn about how to be healthy? Need more energy?

In this class we will cover the basics of how the body works, how we get sick, and how we can recover. We will DEBUNK commonly held beliefs about the body, disease, and food. You will come away with easy ways you can get on track to better health and avoid disease and sickness. This class will be fun and interactive. Come prepared to make small changes for big results.

Week 1 - Intro, Origin of disease, what our body need, sifting through the information, general health, water, in the kitchen for easy food prep

Week 2 - Gut health, elimination/detoxification, common health issues, making fermented foods

Week 3 - Food and nutrition, in the kitchen to make some yummy, healthy desserts

Week 4 - pH balancing, skin, sleep, exercise

Instructor: Marci Gude - She's a Certified Natural Health Professional (CNHP). She has been a natural health enthusiast since using food to heal her body 14 years ago. She spent 6 years researching, at every available moment, the effects of food on the body, how the body works, how disease happens, and so much more. Marci has been teaching natural health for 10 years.

Dates: Tuesdays Oct 4 th, 11th, 18th & Nov 1st

Time: 9:30AM to 11:30AM

Location: Teacher's house: 39/1213 Prestige, Nichada

Cost for 4 classes: 3,600 baht

Additional Materials Fee Paid to Instructor: 700 baht

DANCE & PHYSICAL FITNESS

Beginner's Tennis Clinic

This course focuses on fundamentals of tennis including grip, forward and serve, backhand serve, level of the ball, and footwork. Previous playing experience is NOT required for participants of this course.

Instructor: Coach Nueng – he has been a coach of the Panther Tennis Academy for a few years. He has also coached ISB varsity and BISAC teams over the past 3 years. A top level coach who is able to break it down for all levels of players.

Dates: Tuesdays beginning Oct 4th, ending Nov 29th (No class during October break)

Time: 7:30AM to 9:00AM

Location: Miracle's House (from Nichada front gate, then turn left, in about 100m you will see Miracle big gate on the left side)

Cost for 8 classes (1 1/2 hs each): 5,600 baht

Intermediate Tennis Clinic

This clinic builds and reinforces on the basic fundamentals. Students will work on footwork, position, speed of the ball, top-spin, slice, and control. Previous play experience is REQUIRED for this clinic.

Instructor: Coach Nueng - he has been a coach of the Panther Tennis Academy for a few years. He has also coached ISB varsity and BISAC teams over the past 3 years. A top level coach who is able to break it down for all levels of players.

Dates: Wednesdays beginning Oct 5th, ending Nov 30th (No class during October break)

Time: 7:30AM to 9:00AM

Location: Miracle's House (from Nichada front gate, then turn left, in about 100m you will see Miracle big gate on the left side)

Cost for 8 classes (1 1/2 hs each): 5,600 baht

Muay Thai Workout

This course offers training for people at all levels. Muay Thai training is one of the most physically and mentally demanding sports and requires patience and discipline. Muay Thai is known as the science of 8 limbs, fists, elbows, knees and legs. Students will learn the principles and fundamentals of Muaythai techniques and application while getting fitter, faster, stronger and tougher!

Muay Thai has been shown as 1 of the best ways to burn fat, get into shape and even greatly improve fitness levels of already active people. Training includes: jump, rope, calisthenics, shadowboxing, heavy bag work, pad work with the coach, weights, stretching. Time spent in the gym will vary on individual fitness levels but for most 1 - 1 1/2 hours of training is usually enough.

Everyone is welcome!

Instructor: Coach Adem Phoenix - he has trained, fought and coached expats in Thailand for more than 8 years. No fancy schemes, if you're not sure its for you ask around, contact Adem or pop in and have a look.

The coach has extensive knowledge of the sport and many years of experience working with beginners, intermediate and advance students of Muay Thai.

This course will run for 8 weeks. You can attend any week day from 8am to 9:15 am, but once a week.

Date: Any week day (once a week) beginning Oct 3rd, ending Dec 2nd (No class during October break)

Time: 8:00AM to 9:15AM

Location: Phoenix Gym Muay Thai (just outside the main entrance to Nichada, between Nana Saloon and the Motorbike Taxi stand)

Cost for 8 classes: 3,200 baht

Additional equipment fee (gloves & hand wraps) paid to the Instructor: starting 2,000 baht -depending on sizes and brands. Gloves can be borrowed if you wish.

BJJ Grappling for Self Defense

Brazilian Jiu Jitsu is a martial art, a combat sport system that focuses on grappling and especially ground fighting. BJJ promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger, heavier assailant by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint-locks and chokeholds to defeat the opponent.

BJJ is also a sport; a method for promoting physical fitness and building character in young people; and, ultimately, a way of life. It can be used for sport grappling tournaments and mixed martial arts competition or self-defense.

Our classes include all aspects of the art and are taught in a fun, safe and respectful manner. BJJ does not discriminate and is practiced by women, men, and children alike.

Instructor: Coach Lali Jochmann – He hold a M.Ed in Physical Education and have been coaching for nearly 20 years. He's started with BJJ in 2009 and he's currently a purple belt. He has been training in China and Singapore with an association to Trifecta/GFTeam Singapore. He also hold a black belt in Shukokai Karate and have been training kickboxing, Muay Thai and MMA in Switzerland, Spain, China and Singapore. In addition He's a fully trained Strength and Conditioning Coach and have coached world champion athletes in BJJ and other sports.

Option 1: Tuesdays beginning Oct 4th, ending Nov 29th (No class during October break)

Time: 9:30AM to 10:30AM

Location: Phoenix Gym Muay Thai (just outside the main entrance to Nichada, between Nana Saloon and the Motorbike Taxi stand)

Cost for 8 classes: 3,200 baht

Option 2: Thursdays beginning Oct 6th, ending Dec 1st (No class during October break)

Time: 5PM to 6PM

Location: Phoenix Gym Muay Thai (just outside the main entrance to Nichada, between Nana Saloon and the Motorbike Taxi stand)

Cost for 8 classes: 3,200 baht

Bollywood for Beginners

Bollywood dance is a fusion of Indian classical dance and Western dance styles. It's fun, it's funky, it's sexy, and... it's a workout! In 5 easy lessons we will learn choreography to a Bollywood song.

Instructor: Irit Namatinia – Our resident Bollywood expert who has been teaching and performing Bollywood for over 9 years.

Date: Thursday Nov 3rd, 10th, 17th, 24th / Dec 1st

Time: 9:30AM to 10:30AM

Location: Nichada Studio, above Starbucks

Cost for 5 classes: 2,000 baht th

Bachata for Beginners

Kids are at school, so let's dance! How about Bachata dancing! I invite you to learn one of the most popular dance of Latin America music that call "Bachata" in sensual style. It's a dance with 4/4 beats (like Salsa) with simple steps for beginners but spectacular movements of the torso and hips. It's not obligatory to come with a couple though and it's not obligatory to have dancing experience. I'll help you to begin with the basic steps and turns, and then we'll move on to body waves and go to our dance routine. I love to share my passion of Bachata Dance with you. Come and join this fun and great exercise with me!

Instructor: Birdy Gandossi - Dancing is her passion! Over past 10 years, she's been practicing many kind of dances, but Bachata is the most outstanding movement that she's falling in love with, also its music. She will be performing at the 16th Anniversary of La Rueda Club which will be held on September 17, 2016 at Four Points by Sheraton, Sukhumvit 15.

Date: Wednesdays starting Oct 5th, ending Nov 30th (No class during October break)

Time: 9:30AM to 10:30AM

Location: Teacher's place (close by Nichada). Teacher will pick you up at ISB, in front of Chevron at 9:15am

Cost for 8 classes: 3,200 baht

Yoga for Baking the Core

This class is designed to help you to enjoy the ingredients of a core from front, back and sides. You will know how to bake your own core from the adductor, hip flexor and the pelvic floor. Special yoga practice recipe comes with different kinds of yoga props to support every level of your cooking. The class will leave you stronger front and back, plus with contentment. Beginner to Michelin chef are welcomed to bake your own yoga core!

Instructor: Napisa Pant - she is a certified Yoga Teacher. Her yoga study in past 25 years covered many styles of yoga. Her passion also includes teaching yoga Therapy, pre-post natal yoga, and restorative yoga. She was trained by many well respected teachers Their guidance continues to bless her teaching. She values 16 years of teaching experience from the students who had different body conditions and needs. This knowledge helps her to define her teaching skill. In November 2015, she just graduated from 3 years Advanced Yoga Teacher Training which lead her to 500 hours RYT registered with Yoga Alliances. With the dedication to help her students, her study in yoga never ends.

Dates: Mondays Oct 3rd, 10th, 17th, 31st

Time: 5:30PM to 6:30PM

Location: Nichada Studio, above Starbucks

Cost for 4 classes: 1,600 baht

Please bring your yoga mat

Yoga for Sports

It is a common fact that athletes are prone to injuries. Sport person faces with the repetitive movement. Their overused muscles become tight, underused muscles get weaker. Yoga for sport is created to help the sport person to gain flexibility and focus to support their strength. We will work on different aspects that will boost up your performance and prevent your sport injuries. Aim from lung expansion, hip opening, hamstring, psoas, IT band stretch all the way to plantar fascia of the runners. I hope this class will bring you golden trophy of joy and ease.

Instructor: Napisa Pant – she is a certified Yoga Teacher. Her yoga study in past 25 years covered many styles of yoga. Her passion also includes teaching yoga Therapy, pre-post natal yoga, and restorative yoga. She was trained by many well respected teachers Their guidance continues to bless her teaching. She values 16 years of teaching experience from the students who had different body conditions and needs. These knowledge helps her to define her teaching skill. In November 2015, she just graduated from 3 years Advanced Yoga Teacher Training which lead her to 500 hours RYT registered with Yoga Alliances. With the dedication to help her students, her study in yoga never ends.

Dates: Mondays Nov 7th, 14th, 21st, 28th

Time: 5:30PM to 6:30PM

Location: Nichada Studio, above Starbucks

Cost for 4 classes: 1,600 baht

Please bring your yoga mat

Yoga, Be the Master of your Mind

Yoga to become the Master of your Mind by: increasing your awareness, doing exercises/asanas, improving your energy flow, using your breath with consciousness, meditating.

This is a 5-times Kundalini Yoga class to raise the awareness and show you tools to master your mind.

Instructor: Kerstin Wild - Instructor for Kundalini Yoga, Level 1 (international teaching certificate in Germany 2009). Level 2 (international teaching certificate in Germany 2013). Children Yoga - The radiant Child (certificate 2009 in Germany)

"Kundalini Yoga is my passion and it is, for me the key to understand body and mind!"

Dates: Fridays Oct 14th, 21st / Nov 4th, 11th, 18th

Time: 9:45AM to 11:15AM

Location: Oasis Yoga Studio, 39/289 Danicha Gardens, Nichada

Cost for 5 classes: 2,000 baht

Please bring your yoga mat

ARTS & CREATIVITY

Silver Jewelry Workshop

The studio course will furnish everything from professional workbenches, fully equipped with the finest and the most expensive jewelry hand tools and machinery. Each class is project based two hours session that will likely get you close to completing a project, in each work period. Classes are structured to teach you the basics of design and technique in the whole series of step-by-step projects to take the student through a broad range of silver smiting and metal working processes with 99.9 pure silver. You will learn to saw, form, forge and solder safely with a gas torch, original designs appropriate to a limited edition studio. The class will be centered on the creation of one-of-a-kind Art Jewelry in pure silver and a combination of metals.

Instructor: Jerry Hochberg – he is an artist, designer, teacher, who has taught Jewelry and industrial design electives at ISB for more than 25 years. He has taught Art on the university level and all levels of public education. He has been teaching in the Arts for fifty three years. Twenty seven, chairing the art department in New Jersey, Elizabeth Public schools. In 1974 won a national honor in his city, and was named Outstanding Secondary Educator Of America. He received four Art grants from the New Jersey State.

Dates: Mondays beginning Oct 3rd, ending Nov 28th (No class during October break)

Time: 6:00PM to 8:00PM

Location: ISB Invention Center (behind the Chevron theatre)

Cost for 8 classes (2 hs. each): 6,000 baht

Additional Material Fee Paid to Instructor: about 2,000 baht per 99.9 silver

All About Singing!

People are often inhibited about singing because of something someone said about their voice earlier in life. My aunt still will not sing Happy Birthday because of an incident in first grade! Whether you only sing in the shower, or you just want to improve how you sing, this session is for you. And the cost is cheap, in fact you can have it for a song!!! Come by to conquer your fear, find your voice, or just to sing together. All are welcome.

Instructor: Anthony Giles – he has worked at International School Bangkok since 2010, first as Director of HS Choirs and the HS Fine and Performing Arts Chair, and now as K12 Director of Arts and Activities. As an arts educator for the past twenty-seven years, Anthony has championed initiatives aimed at providing better access to arts for all. In addition to his work at ISB, he is active as a guest conductor, singer, and clinician throughout the region. This is his fifth season to offer a singing class through the ISB Adult Education program.

Dates: Wednesdays beginning Oct 5th, ending Nov 30th (No class during October break)

Time: 5:00PM to 6:00PM

Location: ISB CC Building room 8-139 (HS Choir room, 1st floor)

Cost for 8 classes: 4,000 baht

Woodworking Workshop

Finally, a woodworking course for the Adults. You will find, what so many kids have been so excited about, in their woodworking elective, at ISB Middle School. No need to be Jealous any longer. This course will take place in the ISB's invention Center with all the first class, top-end wood working Tools and machinery. The class will be Project based, set by the instructor. I will teach you, all the in's and out's of standard shop equipment with emphasis on proper use and safe work procedures.

The first project will explore hand tools, and use mostly Japanese hand saws and chisels using five classic, historical wood joints, to put your project together, You will be challenged to design your project out of 2.5 X 2.5 lengths of wood. Students will have a choice to design one of three beginning, functional projects. Each student will contribute 500 Baht for the material for this first project. The project will fasten together with just wood glue and fitted joints. The first project will give tremendous insights, to even the most inexperienced participants. You will become totally hooked on wood craftsmanship and develop insight into design, by a teacher who has fifty-six years experience in wood design and construction.

Instructor: Jerry Hochberg – he is an artist, designer, teacher, who has taught woodworking, jewelry and industrial design electives at ISB for more than 26 years. He has taught Art on the university level and all levels of public education. He has been teaching in the Arts for fifty three years. Twenty seven, chairing the art department in New Jersey, Elizabeth Public schools. In 1974 won a national honor in his city, and was named Outstanding Secondary Educator Of America. He received four Art grants from the New Jersey State.

Dates: Wednesdays beginning Oct 5th, ending Nov 30th (No class during October break)

Time: 6:00PM to 8:00PM

Location: ISB Invention Center (behind the Chevron theatre)

Cost for 8 classes (2 hs each): 6,000 baht

Additional Material Fee Paid to Instructor: 500 baht

Water Colour Painting

Designed for beginners but a good refresher for those with Water Colour Painting experience. We will learn some tips and tricks of watercolor in painting of landscape, seascape, still life, etc. for the water colour basic learners. No previous artistic experience required. Come and try this creative class!

Instructor: Khun Banjong Boonchoo (Jong) – he has been painting watercolor for years as well as taught an adult class, private lessons in Nichada and his area to enjoy the learners.

Dates: Thursdays beginning Oct 6th, ending Dec 1st (No class during October break)

Time: 5:30PM to 7:30PM

Location: ISB Invention Center (behind the Chevron theatre)

Cost for 8 classes (2 hs each): 6,000 baht

Additional Material Fee Paid to Instructor: 500 baht

Candle Workshop: Shabby-chic tea cup candles

There is nothing more charming than the atmosphere of fluttery candles.. In this workshop we are going to make 3 types of beautiful little candles: 1) Tea cup: A lovely little aromatic candle that looks like a glittery tea cup decorated with paper butterflies. 2) Jam jar: A small aromatic candle that looks like a jam jar covered with fabric. 3) Tea cup with teabag: The same style as the first candle but decorated with a little potpourri fabric tea bag.

INtructor: Sara Roberts – she’s always enjoyed tea time and creating crafts related to this beautiful tradition was part of the Tea Party catering service that she had at her previous post. She participated in several gastronomic and craft fairs and created custom made candles for numerous events.

Date: Wednesday Nov 2nd

Time: 9:00PM to 12:00PM

Location: Teacher’s house: 39/1230 Prestige (soi 5), Nichada

Cost for class: 1,400 baht

Additional Material Fee Paid to Instructor: 300 baht

Learning Calligraphy

Come and learn how to write and use calligraphy with a simple and clear technique –writing both Capital letters and lower cases- when writing English Postcards, Invitations, Signs, etc.

Instructor: Khun Banjong Boonchoo (Jong) – he’s taught calligraphy for middle and high school as well as an adult education classes. He did calligraphy for ISB certificates over 300 each year in the past.. For him, calligraphy and handwriting is a charming aspect for human being rather than technology so it’s a good opportunity to learn and gain experiences of calligraphy.

Dates: Mondays beginning Oct 3rd, 10th, 17th, 31st

Time: 5:00PM to 7:00PM

Location: ISB Invention Center (behind the Chevron theatre)

Cost for 4 classes (2 hs each): 3,000 baht

Additional Material Fee Paid to Instructor: 500 baht

[Decoupage for Beginners](#)

Decoupage is an ancient art that has made a huge comeback in recent years. You will learn how to paint and varnish on wood and later decorate with special paper. A person skilled in this art can remodel old furniture, glass and metal objects into pieces of great beauty.

We will work with either a wooden box or basket/tray over two classes.

Instructor: Inderbir Broca – she's a certificate of distinction in Decoupage from a certified studio, accredited to a leading studio in Italy. Have created several pieces of my own and have conducted Decoupage classes as well as Cooking classes for the ISB Adult Education program in the past.

Dates: Mondays Nov 7th, 14th

Time: 10:00AM to 1:30PM

Location: Teacher's house: 39/850 1 D The Terrace, Nichada

Cost for 2 classes: 3,000 baht

Additional Materials Fee Paid to Instructor: 900 baht

[Digital Photography](#)

This course will cover how to use DSLR and MILC (Mirrorless) for basic to Intermediate shots.. We will be learning how to use: - Exposure Modes (P, S, A) and focusing more in manual settings mode (M mode) for a better result, - Shutter Speed, - ISO, - White Balance Setting, - Picture Style Setting, - Depth of field, ect.

Instructor: Khun Chaiwat (Toto) Thitichaipat – he's experience with DSLR and MILC camera, digital enhancement/manipulation, and specialization in Portrait, Landscape Fine Art and Infrared Photography. He is a current ISB MS Art teacher. Graduated as Fine Art from Chiangmai University. He has been teaching in the Adult Education program for many years.

See Khun Toto's works: <http://500px.com/mrtotophotos> / <https://www.facebook.com/mrtotophotos/> / http://www.nikon-asia.com/en_Asia/learn-and-explore/insights-and-techniques/shooting-techniques/capturing-the-invisible

Dates: Monday Oct 3rd, Wednesday Oct 5th, Monday Oct10th

Time: 3:00PM to 6:00PM

Location: ISB MS Art 4-110

Cost for 3 classes (3 hs each): 4,500 baht

Bring your digital camera and lenses

INFORMATION TECHNOLOGY

Mac Basics

Learn the basics of navigating, getting organized, and keeping your software up to date. Explore the key elements of great photo editing with the Photos app for Mac. Explore Apple Music and create your own playlists, organise your music folders and much much more!

Instructor: Miguel Zambrano – he’s the ISB's Middle School Technology & Learning Coordinator. Miguel is an Apple Distinguished Educator (ADE), an Apple Certified Foundations Trainer, a Google Apps EDU Certified Trainer, a Digital Citizenship Certified Common Sense Educator, and a Certified Robotics Instructor. This is his 20th year working in the field of Educational Technology. He has a blog (<http://miguel-zambrano.blogspot.com/>) and uses Twitter (@mazambrano) to share ideas, communicate and network with other educators worldwide.

Dates: Tuesdays beginning Oct 4th, ending Nov 29th (No class on Tuesday Nov 22nd and during October break)

Time: 4:30PM to 5:30PM

Location: ISB MS Office, Meeting room (2nd Floor, in front of MS/HS Library)

Cost for 7 Classes: 3,500 baht

iPhone & iPad Basics

Learn about new features of your iPhone and iPad and pick up many helpful tips and tricks.

Instructor: Miguel Zambrano – he’s the ISB's Middle School Technology & Learning Coordinator. Miguel is an Apple Distinguished Educator (ADE), an Apple Certified Foundations Trainer, a Google Apps EDU Certified Trainer, a Digital Citizenship Certified Common Sense Educator, and a Certified Robotics Instructor. This is his 20th year working in the field of Educational Technology. He has a blog (<http://miguel-zambrano.blogspot.com/>) and uses Twitter (@mazambrano) to share ideas, communicate and network with other educators worldwide.

Dates: Thursdays beginning Oct 6th, ending Dec 1st (No class on Wednesday Nov 17th and during October break)

Time: 4:30PM to 5:30PM

Location: ISB MS Office, Meeting room (2nd Floor, in front of MS/HS Library)

Cost for 7 Classes: 3,500 baht