

Lake Eustis Institute | 2012 Spring Schedule

- The 2012 spring schedule is divided into four sections
 - Sessions 4 and 6 are two-week sessions. Session 5 and 7 are four-week sessions.
 - Sessions meet weekly on the Eustis campus (127 – 135 N. Grove St.) Directions are on the maps and directions page of this website.
 - There is a class quota which determines whether or not the class will be held.
 - It is always a good idea to check this website frequently or to call the office at 352.357.3995 for up-dates.
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Session 6, March 5 – 17, 2012

Two Weeks Worth of Workshops

Every Monday

8-9 AM --- Moral Dilemmas and Current Events discussion group

Facilitator: Virginia Barker, Institute Executive Director

Free to Institute members

March 5th 10 – 11:30 AM --- Dreams: What do they mean? Freud said our minds are like icebergs, most of it is below the surface unknown to us in “the unconscious”. He said dreams are “the royal road to the unconscious” and routinely interpreted them. This workshop will explore the various methods of dream interpretation and the meaning of dream symbols and themes.

Fee: \$15

March 6th 10 – 11:30 AM --- The Poetry & Times of T.S. Eliot. T. S. Eliot’s long poem “The Waste Land” has been called “one of the most important poems of the 20th century”. The poem is dense with classical allusions and quotations from other texts. One of its most quoted lines is, “April is the cruelest month, Breeding Lilacs out of the dead land mixing memory and desire”.

Fee: \$15

March 6th 1 – 2:30 PM --- Freud: the Oedipus and Electra Complexes. Are Freud’s theories about sons’ attachments to their mothers and daughters’ attachments to their fathers still relevant? How are these complexes shaped in childhood?

Fee: \$15

March 7, 10 AM – Noon --- Colored Pencil Drawing. Sharpen your pencils and sharpen your drawing skills. Award winning graphic artists Lew Clayton will conduct this workshop.

Fee: \$20

March 8, 11 AM – Noon --- Senior Yoga. Yoga has been shown to help alleviate or reduce many of the health challenges of aging making it an increasingly popular exercise choice for the older adult population. The many benefits of Yoga have long been said to slow – or even slowly *reverse* – the aging process. This is undoubtedly a good part of the reason that this 4000+ year old practice has survived and flourishes today. Become more supple and gain better balance by practicing the gentle postures (asanas) of Yoga.

Fee: \$10

March 9, 10 – 11:30 AM --- Light from the East: the wisdom of Asia --- Explore the ancient Eastern philosophies from Hinduism to Buddhism, Taoism and Zen, their major teachings and how they remain timely and helpful today.

Fee: \$15

March 10, 9 – 11 AM --- Tibetan Buddhist Meditation. The focus of this meditative workshop will be well-being or the fertile mind.

Fee: \$20

March 10, 1 – 4 PM --- Express Yourself with Collage. Collage is about discovering your creative self via colors, textures, words, symbols and visual images. Come discover yourself through artistic expression. Call 352.357.3995 for a supply list.

Fee: \$30

March 12, 10 – 11:30 AM --- Cults and Terrorism. Cults and terrorists have existed for centuries. Learn the psychology behind these disturbing groups and the reasons why they continue fester.

Fee; \$15

March 14, 10 AM – Noon --- Colored Pencil Drawing. More pointers on creating professional pencil drawings.

Fee: \$20

March 15, 11 AM – Noon --- Senior Yoga. Continued practice of yoga postures to gain agility, suppleness and balance.

Fee: \$10

March 16, 10 – 11:30 AM --- Humor and You: What's funny? Why? A sense of humor is a sign of good mental health. This workshop is a light-hearted tour of humor. Looking at what people think is funny, why they think so, the historical roots of humor and theories of humor. Participants will learn how to "lighten-up" and laugh more.

Fee: \$15

March 17, 9 – 11 AM--- Tibetan Buddhist Meditation. Instructive methods will be presented on how to focus on one's own well-being.

Fee: \$20

March 17, 1- 4 PM --- Collage Self-Portraits. Create a self-portrait using paper materials, objects, pictures, paint and other media. Call 352.357.3995 for a supply list.

Fee: \$30