

DanzUrbano Class • Redwood Raks Jade Studio; 9:30-10:30 am; \$5

Mimi Law is a fabulous local fitness and dance teacher who started out in Zumba before finding her home in a dance of her own creation - DANZURBANO. It's a fun Latin/dancefloor inspired class that gets people active, strong, and happy! This is a recurring class every Mon/Wed/Fri at 9:30am at Redwood Raks.

Young Children & Sexuality Education with Therese FitzMaurice • Arcata Playhouse; 1-2pm; free

As caring adults in the lives of young children, we have tremendous responsibility and opportunity to foster healthy attitudes around sexuality. We will discuss how, when, and why to teach 3-7 year olds about genital anatomy, healthy touch & consent, gender roles and orientation, and how babies begin. Learn about resources available to further educate yourself and your children including Our Whole Lives Sexuality Education Curriculum, American Sexual Health Association, and age-appropriate reading materials.

Humboldt's Om: A Yoga-Cannabis Infusion • Arcata Playhouse; 3-5pm; free

Inspiring healing through connecting the ancient practice of yoga with the ancient wisdom of the cannabis plant. Humboldt's Om is a cannabis-infused yoga workshop designed to educate practitioners on the symbiotic relationship between cannabis and yoga. By combining cannabis with this centuries-old practice, our teachers safely lead students through an asana practice integrated with cannabis medicine. Humboldt's Om values the importance of building community through creating intentional space for non-linear thinking and healing to occur. All those in search of personal growth and healing the body, mind and spirit through the integration of these practices are welcome. Sponsored by Humboldt Green, Hummingbird Wellness, and Terp.

Conversations Matter • Tower; 3:30-5:30pm; free/donations accepted

This two-hour workshop introduces healthy communication techniques and offers hands-on practice sessions for the participants. We will cover the gift of being a good listener, how validations can break the reactive cycle, "I" statements (owning your feelings and needs), and give you tools so you can assess your role in a conflict and discern what you want to do about it. Presented by Humboldt Mediation Services.

NAACP: The Power of Song • Arcata Playhouse; 5:30-7:30pm; \$5 suggested donation

The Power of Song is a vocal history of the Negro Spiritual, developed by HSU Professor Emeritus, Nathan Smith. It highlights the importance of the Negro Spiritual from slavery to today in providing a vehicle for safety, solace and spiritual fellowship through song.

Introductory Belly Dancing Class • Redwood Raks Bella Studio; 6:30-7:45pm; free/donations accepted

Special FREE introductory Belly Dance class with Shoshanna. Shoshanna has been welcoming dancers to explore this style for 20 years and would love to invite new people to learn basic party moves, steps, isolations, and musical expression - and to have fun! Donations accepted to assist Girl Scout Troop 90020 raise funds to send girls to school internationally.

Motivational Movie Monday: Peace Pilgrim presented by TRU Entertainment • Arcata Playhouse; 8-9:30pm; \$5

"One little person, giving all of her time to peace, makes news. Many people, giving some of their time, can make history."

From 1953 to 1981, the self-titled "Peace Pilgrim" walked more than 25,000 miles on a personal pilgrimage for peace. She vowed to "remain a wanderer until mankind has learned the way of peace, walking until given shelter and fasting until given food." In the course of her 28 year pilgrimage she touched the hearts, minds, and lives of thousands of individuals all across North America. Her message was both simple and profound. It continues to inspire people all over the world. Join us for this documentary on her life!

