

INSTRUCTOR BIOS

Kathleen Aguero's latest book is *After That* (Tiger Bark Books). She has co-edited three volumes of multicultural literature for the University of Georgia Press and is consulting poetry editor of *Solstice Literary Magazine*. She teaches the low-residency M.F.A. program at Pine Manor College and in Changing Lives through Literature, an alternative sentencing program.

Ana Ayvazian has been teaching dance and movement for wellness for over 20 years. The Nia Technique is a vital part of her physical well-being. She is passionate to share Nia's healing potential with others.

Ben Barkan has worked at more than 30 organic farms around the world. He has installed more than 140 organically and sustainably managed custom edible gardens in Greater Boston. Visit www.homeharvest.biz.

Roberta Blake is a former head Chef Instructor, Baking, at the New England Culinary Institute with extensive experience creating breads, pastries and high end cakes. She has worked all over New England including some local favorites like Flour, Vicki Lee's Cafe and Quebrada Bakery.

Joe Burns is an avid fisherman who took up fly fishing and fly-tying while attending the University of Montana. He has fly fished across the country and tied flies with legends such as Jack Gartside, Chris Helm and Lefty Kreh.

Beth Canuel has been dancing since the age of eight. She is a professional dancer, instructor and co-owner of Avalon Dance and Fitness in Belmont.

Laurie Crane is an agent at Coldwell Banker, Arlington, a member of the American Real Estate Academy and an accredited buyers representative. **Debbie Lewis** is an agent at Coldwell Banker, Cambridge with a background in counseling and education.

Linda Del Monte is a 30-year yoga practitioner, with 14 years of teaching experience. She brings joy and spirituality into her classes. Visit her at www.lindadelmonte.com

Lauren Duddy discovered pilates and barre in 2013 and immediately fell in love with this style of workout. She is a trained dancer with more than 20 years' experience, was captain and is now assistant coach of the nationally ranked Endicott College Dance Team.

Kendall Dudley has been teaching autobiography, journal writing and career design for more than 20 years. He leads journal and lifework-direction trips to Morocco and works with individuals and organizations through the Grafton Street Writing Center in Arlington on writing and worklife. Visit www.kendalldudley.com

Judy Eisenberg, the Clutter Clearer Coach, helps people let go of the clutter in their homes or offices that weighs them down, and keeps them feeling discouraged and stuck. She is a member of the National Association of Professional Organizers and the Institute of Challenging Disorganization.

Misty Florez took her first floral design course at Rutgers University and upon graduation moved immediately to Boston to pursue her passion with flowers. More than 11 years later, she is an avid gardener and owner of Nectar Floral Design in Woburn. Visit <http://bynectar.com>

Justin Haber is head bike mechanic at Quad Cycles, Arlington.

Liz Hill grew up in the auction world, accompanying her mom, a prominent antique doll dealer, on jaunts from the Hudson River Valley to Montreal. She started her wind-up tin toy collection in her teens, and has worked for Sotheby's in NYC, Skinner Boston, and Brodney's on Newbury Street. She currently handles consignments for clients and is now the New England Relationship Manager for *Everything But the House*, EBTH.com She can be reached at liz-hill@comcast.net.

JoAnn Ignelzi is a graduate of the Cambridge School of Culinary Arts (CSCA). Since 2004 she was a chef instructor teaching in both the Recreational and Professional Programs. She was also assistant education director at CSCA in charge of curriculum development for both the Diploma and Certificate Programs. Now retired from the industry, she has owned a small private chef business and has also worked for a number of local caterers in the Boston area.

Charlotte Kaplan has been creating works on paper and sculpture for many years, following a career in architecture. She teaches drawing classes at the Boston Architectural College and adult education programs in the Boston area and has completed commissions for the Boston Children's Museum, Logan Airport, and the Massachusetts Division of Conservation and Recreation.

Pam Kanavos is a pastry chef, chef instructor and food blogger. Her Greek heritage has not only shaped her cooking, but also vastly contributed to her culinary personality. Being a lover of all things sweet and savory, Pam cooks, bakes, tastes and luckily shares her recipes with her students and on her blog *Sucrée*.

Kate Kavanagh has an extensive professional background coaching and training adults. Divorced for nine years, actively dated both online and off, fixed up friends and proud host of singles house parties and events, Kate looks forward to sharing her wisdom with those about to venture onto the scene.

Julie Kaufmann offers a wide range of dance instruction programs, including group classes, private lessons, parties and events, wedding choreography, workplace exercise, senior programs and movement class for cancer survivors. Visit www.jkdance.com.

Cheryl Keane is a certified Zumba instructor.

Mary Kenny is a sculptor and animator with an MFA from the California Institute of the Arts. She has been sewing for 20 years and has taught art at the college level and sewing at the Maud Morgan Center for the Arts in Cambridge.

Kevin Kennedy is co-owner of Upholstery on Broadway in East Arlington, where he uses his many talents as Master Upholsterer on custom projects and as a gifted upholstery teacher in the shop. **Pamela Powell** is co-owner of Upholstery on Broadway, where she uses her training as a ship's captain to run a tight ship.

Judith King originally took up Tai Chi to help alleviate the pain of a chronic illness. She has been teaching for five years.

Ruth Lieberherr has practised yoga for almost 30 years and has been teaching yoga for more than 10 years. Registered with the Yoga Alliance as an experienced yoga teacher, she brings compassion, joy and humor to her teaching.

Zhantao Lin is a professional Tai Chi teacher, a sixth-generation disciple of Yang Style Tai Chi, and president of the Yang Style Tai Chi Association.

Katina McClain is a dance instructor and Spanish teacher in the Boston Public Schools.

Monica Massironi is a native of Italy and has been living in the States for the past 17 years. She has worked at a local Italian food shop for the past eight years making the most delicious mozzarella fresh, every day.

Dan Moynihan is a graphic designer, illustrator and cartoonist. Dan has created comics for Nickelodeon Magazine; his first children's book, *Hiding Dinosaurs*, will be published in 2015.

Mike Pellegrino is an instructor in the Brazilian Jiu-Jitsu program at www.MassBJJ.com. He is a 2nd-degree black belt in Brazilian Jiu-Jitsu and also has his Doctor of Physical Therapy degree. He can also be reached at www.ReachYourPeakPT.com

Jeannette Pothier earned her professional chef and culinary arts teaching diploma from Madeleine Kamman of Modern Gourmet and has taught classes in classic French foods, including French baking.

Joe Rindone has been in the health and fitness industry for a many years. His passion for fitness has motivated him to become one of the top personal trainers in Arlington and in Boston. Visit www.tone.with.rindone.com.

Tony Rizzotto is an accomplished performer, composer and guitar educator. He works for Berklee College of Music and maintains an active teaching studio in Arlington and Belmont.

Elizabeth Rocha studied at the Rhode Island School of Design and the School of the Museum of Fine Arts before receiving her degree from Harvard's Extension School. She also teaches at the Brookline Arts Center.

Margy Rydzynski is a web marketing and communications consultant. She also conducts training sessions, webinars and seminars on social media, email marketing, writing, website design and business marketing topics.

Danielle Schertzer is a French chef, owner of Everyday Bistro, a personal chef service and is a certified Integrative health coach.

Judith Shangold has been a weaver and knitter for more than 40 years. See samples of her work at judithshangold.com.

Michelle Steele loves to teach a fun, energetic, booty-shaking Zumba class, full of many different dance styles. She also works as a special education teacher and enjoys spending time with her two dogs.

Seyyide Sultan is a belly dance instructor, performer and choreographer who also taught for MIT Health and Fitness Center and Pingree High School. Her classes were named Finalist Top Five in the Boston A-List Best Dance Classes in 2012, 2013 and 2014.

Bettina Velona has been practicing yoga since 1994 and teaching since 2009. She continues to attend workshops to deepen her practice and inform her own teaching, and is a 500-hour level certified yoga instructor.

Stephen Weil is an early adopter of all things Apple and has been teaching friends, colleagues, and clients how to make the most of their apple iDevices for the last 15 years. He's the owner of MacInGenius and makes house calls supporting iPhones, iPads, Apple TVs, and Macintosh computers.

David Whitford is host of Arlington Community Education's *Conversations* series and editor-at-large at *Inc.* magazine.

“I LOVED the Tone and Stretch class that I took. It is hard to believe that taking a one hour class once a week for 6 weeks can make so much difference in how I feel. Thank you for offering the class and I can't wait for the next session.”

Susan Lawrence, *Medford*