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Registration begins in early February.

INSTRUCTOR BIOS

David Adams is a founder and partner of Pathway Law LLC. For the past twelve years, David has worked with individuals and couples to craft estate plans that address family needs, provide for loved ones, protect family assets, and accomplish charitable wishes. As a trustee and fiduciary, David enjoys working with clients' children, grandchildren, and charitable beneficiaries. David is a graduate of Harvard College and Northeastern University School of Law. He has been practicing law since 2002.

Lisa Adelman and Kathleen Agüero are certified Reiki Masters who practice in a variety of private settings. Both currently volunteer in the Reiki program at Brigham and Women's Hospital.

Paul Angiolillo is an artist who is also a tea aficionado. He exhibits his sculptures in galleries, gift shops, outdoor shows, and other sites throughout New England (paulangiolillo.com). Paul has taught tea-tasting classes for many years and has also lectured on the history of tea at the Peabody-Essex Museum in Salem, Goddard House in Brookline, and other venues.

Artbeat Creativity Store and Studio has been making it easy for people of all ages to have hands-on art experiences since it first opened twenty years ago. Located in East Arlington's Capitol Square, Artbeat is a source for Zentangle materials and classes and many other creative pastimes.

Carol Bajen-Bahm has lived in Torbay, Newfoundland for the last 12 years, where she taught pigment stick and encaustic workshops for the R&F Paint Company of Kingston, NY before recently returning to Cambridge. She holds degrees from Boston University and the University of Massachusetts/Amherst. Her work is exhibited internationally. Visit www.bajengahm.com.

Roland "Boot" Boutwell is a freelance itinerant teacher/naturalist who leads regular nature hikes focused on particular topics related to the diverse flora and fauna of our region. Among other groups, he works with New England Wildflower Society, Mass Audubon, Winchester Public Schools, and Friends of the Middlesex Fells.

Amber Breimeir is an Indiana University and New England School of Law alum. She believes it is important to focus on fitness and one's physical well being no matter how busy life gets! She has completed three marathons and loves helping others relieve the stresses of life through teaching barre and spin.

Jeff Bruno teaches physical education, health education and adventure education classes at Arlington High School. He is a certified Wilderness First Responder and trained Wilderness EMT.

Madeleine Buehler is a native of France and an experienced language teacher.

Meagan Burke is a lifelong athlete who has run several half and full marathons. She introduced yoga into her life as a balance to her high impact exercise routine. She completed a 200-hour Vinyasa training and is almost through her 500-hour Yoga of Energy Flow training. Meagan has been a yoga instructor in Arlington, Cambridge and the Back Bay.

Alissa Butterworth is a novelist, writer and educator. She received her MFA in Fiction from Lesley University. Her work, both prose and poetry, has appeared online and in print in such publications as “Voices” and “Prolog.” She has interned with both the *Reading Eagle* and *Consequence* magazine. Alissa is currently putting the final touches on her first novel, *The Prodigal*, and has also begun her second: *Hallowed Be*. She has taught creative writing to young people through seniors, and is particularly interested in helping students discover (or rediscover) their own voices and gifts. Find her online at www.alissabutterworth.com

AC Calcaterra is a second generation belly dancer with over 20 years of teaching and performing experience. She is a founding member of The Goddess Dancing School of Dance and was a master teacher for the Boston University Dance Department for over five years. She has a master's in education and can be seen teaching on the DVD *Belly Dancing the Sacred Shapes™*. Her welcoming approach is infused with knowledge of the dance and the joy of movement!

Beth Canuel began dancing at the age of eight studying ballet, tap, jazz, lyrical and pointe. Beth shares her love of dance as an instructor teaching adults, as well as children. Her expertise of technique and execution covers all areas of ballroom dance. She is a strong foundation-oriented instructor who strives to teach solid dancing principles, while allowing for the discovery of personal expression. Beth Canuel is the owner and founder of UNITE Dance & Fitness.

Patricia Carney became a Certified Zentangle Teacher (CZT) in February 2012. Since then she has attended numerous continuing education programs for CZTs, for inspiration and new lesson ideas. She enjoys sharing the mindful, meditative aspect of Zentangle with all ages. Visit her website at tangleAway.com.

Raymond Chow currently works as a Staff Pianist for Longy School of Music and the Boston Conservatory. As a music educator, Mr. Chow offers various courses at Lexington Community Education, Boston Center for Adult Education and the Osher Lifelong Learning Institute at Tufts University

Leah Cirker-Stark has an undergraduate degree in Photography from the Art Institute of Boston. She runs Leah C-S Photography, a freelance business in event and portrait photography and specializes in using natural light.

Ted Coates is a retired Navy and Coast Guard Commander who has headed three non-profits as executive director. He has also served on numerous boards and committees not only for non-profits, but for homeowners associations, government agencies and schools, as well as private clubs.

Mary Courville is an interior designer/kitchen designer and principal of Mary Courville Designs in Winchester. She is a member of the National Kitchen & Bath Association and has worked as a designer at Weston Kitchens in Wellesley.

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

Mariann Donovan loves teaching beginners all they need to know to start knitting successfully. She knits to relax, socialize, have fun, and make gifts.

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 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 bynectar.com

Ellie Foster studied music therapy at Berklee College of Music and is completing a nine-month music therapy internship at Boston Children's Hospital. A trained vocalist, Ellie has served as music director for several a capella groups, conducted choirs, and taught music to students ranging in age and ability. She creates singing experiences that are both accessible and fun.

Sue Funk is an exhibiting artist and a Massachusetts certified teacher. She has taught art classes in community education programs in Newton, Acton, Sudbury, and Littleton.

Severina Gates is a former dancer and the first certified Essentrics instructor in Massachusetts, training under creator Miranda Esmonde-White.

Brad Goff studied music at the University of Massachusetts Dartmouth with a focus on classical singing and jazz composition. With equal comfort on the guitar or piano, Brad has spent the past three years teaching music and performing with various musical groups in and around Boston. It is through his comprehensive knowledge and excitement for music that Brad is able to help so many find their voice. Find out more at playoutloudmusiclessons.com.

Louise Grasmere, vocalist and recording artist, has more than 20 years of experience teaching voice to students from beginner to professional. Students gain confidence and strength using fun and practical techniques making singing a joyful and transforming experience.

Kimber Green has been a speech-language pathologist for more than 20 years, working primarily in the area of cognition: attention/concentration, processing of information, and memory. She is also a license and board certified massage therapist and has a private practice in Lexington. Find out more at kimbergreentherapies.com

Suzi Grossman received her BFA from the School of the Museum of Fine Arts, Boston and her BA in English Literature from Tufts University. Her photographs explore family and group dynamics as well as living environments, often through the use of the multi-paneled image. Her work has been shown at throughout New England, including the Vermont Center for Photography's "30 Under 30" in 2015 and the Arsenal Center for the Arts' "30 Under 30: Spotlight Six" in 2015. She is currently living and working in Medford, MA and is active in Boston's emerging artist scene. Find out more at SuziGrossman.com

Amanda Hsiao is an elder law and estate planning attorney who specializes in disability law and health-related benefits. She also handles probate and estate administration, easing the challenge of settling a loved one's estate. Amanda studied at Oxford University and is a graduate of Haverford College (B.A. English), The Ohio State University (M.A. English), and the University of Cincinnati College of Law (J.D.).

Sharon Heermance is a psychologist in Arlington. Her practice emphasizes developing a compassionate, mindful stance toward the many parts of ourselves.

Mary Hurley is a beloved leader of walking adventures.

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.

Jess Jaeger writes the lifestyle blog styledbyjess.com where she writes about her passions: her family, crafting, cooking, style, and life! She lives in Arlington with her husband and two young children.

Marisabel Jaramillo is from Ecuador. She has been working as a Spanish instructor for eight years. Some of her clients have been Tenacity, Boston College, Nizhoni Health Systems.

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.

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.

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 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.

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 native of China, professional Tai Chi teacher, sixth-generation disciple of Yang Style Tai Chi, and president of the Yang Style Tai Chi Association.

Nancy Linde has been quilting for more than twenty years. She's a member of the Quilter's Connection, one of the oldest and largest quilting guilds in the country, and lives in Belmont.

Howard Loewinger has been working with computers since the days of the Commodore PET. He has worked as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years. Since retiring from that position in 2010, he has taught IT courses at a community college on the West Coast and classes for adults and kids.

Tim Mann has been teaching ukulele to children and adults since 2005. He has played tenor ukulele as part of a ukulele trio fronted by Greg Hawkes, keyboardist for The Cars and ukulele virtuoso. Tim recently opened for ukulele wizard Jake Shimabukuro.

Tracy Marks, has an M.A. in Education in the teaching of secondary school English from Tufts University, and has been teaching adults in continuing education for 39 years. Author of four books translated into nine languages, two-time winner of the Greater Miami Poetry Festival, and licensed counselor, she is an enthusiastic, supportive, and inspirational creative writing instructor.

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.

Jeanne Mayell is a Boston-area psychic and psychotherapist. With masters' degrees in public health and education from Harvard University and a master's in counseling psychology, Jeanne bridges conventional and alternative fields. She has been featured on radio and television programs and regularly blogs about intuition, the Tarot, mindfulness, positive psychology, and her visions for society. Visit jeannemayell.com

Francesca Montillo is a native Italian and avid home cook and baker. She travels frequently to Italy to visit family and friends and to learn new recipes and techniques. Francesca believes in the power of a home cooked meal and enjoys teaching others how to prepare delicious, thoughtful meals for their loved ones. Francesca received her culinary training and food appreciation from her mother and hopes to one day teach Italian cooking and conduct culinary tours of Italy on a full-time basis.

Julie Morgenlender consults with individuals and couples to get their financial house in order so that they can achieve their goals. She enjoys translating personal finance into everyday language.

Dee Morris is an independent scholar and educational consultant specializing in the nineteenth-century history of Greater Boston. She presents walking tours at Forest Hills Cemetery (Jamaica Plain) and programs at libraries, schools, and historical societies. Her goal is to connect people with their civic ancestors.

Mosaic Oasis Studio & Supply co-owners Suzanne Owayda and Betsy Rodman offer mosaic classes and workshops, and sell tools, supplies, and materials. Visit mosaicoasis.com

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.

Andrea O'Leary holds a masters degree in education from Northeastern University and has taught English to students of all ages and different learning styles. She is a professional career counselor with experience in higher education and private industry.

Sally Peabody advises savvy travelers to Turkey, Paris, and elsewhere in France, and leads engaging, intimate cultural and culinary tours in France, Andalucia, the Pays Basque, and Turkey. She is an avid traveler and loves teaching about travel to her favorite places in the world. Visit yourgreatdayinparis.com and turkishjourneys.com

Cecile Penot-Dietrich was born in Paris, has always been addicted to cooking and sharing her passion with others. She considers herself a foodie who loves entertaining, cooking and teaching fresh simple meals. **Françoise Matte** is from Aix-en-Provence. She loves to cook using seasonal, local products, experiment with new recipes, and to teach. Together Cecile and Françoise own *French in the Kitchen*, teaching cooking classes in a home kitchen.

Rosemary Previte has a master's degree in reading and language and several years of experience teaching English as a Second Language. She is also a published editor with nearly 20 years of experience as a writer, an editor, and a proofreader.

Laura Quinney & Billy Flesch are professors in the English Department at Brandeis University. She teaches and studies British literature, especially poetry, of the late - 18th century and Romantic periods. His expertise is in poetry, the Renaissance, Romanticism, theory, literature, philosophy, and film.

Ashwini Ramanisankar is a clothing Entrepreneur who found a passion for cooking and teaching after moving to the U.S. She was lured by the magic of Indian spices and the unique process of cooking them and wants to share her passion with others. Ashwini recently graduated from Hult International Business School with an MBA.

Jennie Rathbun is a short story writer and book reviewer who lives in Arlington. She has published stories in ten journals and holds an MFA from the Bennington Writing Seminars.

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 tone.with.rindone.com

Frank Rizzo and Frank Tassone are veteran woodworking teachers at Arlington High.

Anthony 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.

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

Caitlyn Schrader is a self-proclaimed Francophile. She had resided in France twice (Aix en Provence, Amiens) and currently teaches French through private lessons and at the Amigos School in Cambridge. When not speaking French you can find her dancing for professional dance company, EgoArt Inc.

Amanda Sindel-Keswick holds a master's degree in vocal performance from the Longy School of Music and teaches voice lessons in Boston.

Anastasia Semash is an artist and teacher with a degree in philosophy from St. Petersburg State University, Russia. She currently teaches art at the Russian Center of Languages and Arts in Brookline. Visit artsemash.com

Janet Smith worked in the computer industry for 16 years as a technical writer, documentation architect, and trainer.

Cintha Soto, a native Spanish speaker of Peru, is an experienced instructor and trainer with an MS-MBA from Boston University. She enjoys connecting people to her Latin American roots through the exploration of language and cultural expressions. Cintha has lived and worked in Peru and traveled in Chile, Uruguay, Panama, Venezuela, Dominican Republic, and Spain.

Joy Spadafora has more than 20 years of knitting experience. She designs scarves, mittens and hats and regularly donates knitwear to local charities.

Gretchen TenBrook is a certified divorce coach, spiritual director, and personal trainer. In addition, she is a published author, former hospital chaplain, marathon runner, and mother of two. She considers it a privilege to provide a safe space for others to find their potential and gain strength from challenge.

Linda Varone, RN, MA, CFS has been awarded Best of Boston© for her work as a Feng Shui consultant. Linda has consulted nationwide for over 20 years, using the insights of psychology and style of interior design. She is an author and professional speaker. Her book, *The Smarter Home Office*, is top-ranked on Amazon for home office design. Visit her website at LindaVarone.com

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.

Sue Wachter is founder and president of Acton College Consulting. For the past ten years she has worked with students and families on the complex and ever changing college admissions process. She served as an admissions officer at New York University and Boston University among others.

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.

Konwen Yuen is a native of China who has lived in the area for 30 years. She teaches Mandarin at Arlington High.