

Dance, Calligraphy and Paint Part of Three SWOSU CE Activities

01.15.2009

Southwestern Oklahoma State University Continuing Education is offering three CE activities during the current 2009 spring semester on the Weatherford campus.

The activities are: Middle Eastern Belly Dance; Country Line Dancing; and Beginning Asian Calligraphy and Painting.

Registration and participant fee information are available by phone, 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 209, Stafford Center.

Additional information and current activity schedule regarding CE activities at SWOSU may be found at the SWOSU Continuing Education website located at <http://www.swosu.edu/administration/osp/ce/index.asp>.

Activities are:

Middle Eastern Belly Dance

January 19, 2009 through February 23, 2009

April 7, 2009 through May 11, 2009 (repeat session)

7-8 p.m. - Monday evenings

SWOSU Wellness Center, Room 143

The **Middle Eastern Belly Dance** CE Activity will provide instruction to learn the art of belly dance while simultaneously getting a refreshing workout. There will be an energizing whole body warm-up, including light toning exercises. Simplistic movements, taken from Middle Eastern Dance, will inspire (and pump up) your heart and body. The activity will finish with a cool-down and light stretch to leave you refreshed. Variations will be shown to help accommodate your desired learning level. All levels of fitness are welcome. Patricia Snyder is the instructor for this CE Activity.

Country Line Dancing

January 16, 2009 through April 27, 2009

5:15 pm to 6:15 pm. - Monday and Friday evenings

SWOSU Wellness Center, Room 143

Country Line Dancing is designed for anyone who is interested in increasing their fitness level and their coordination and range of motion. It is an extremely low impact activity for people of all levels of fitness. Come as you are, workout attire is not required.

Tina Barnes is the instructor for this CE Activity.

Beginning Asian Calligraphy and Painting

January 27, 2009 through February 24, 2009

April 7, 2009 through May 5, 2009 (repeat session)

6:30 pm to 8 pm - Tuesday evenings

SWOSU Art Building, Room 415

Beginning Asian Painting & Calligraphy is geared toward those who are interested in Asian culture and want to learn Asian painting & calligraphy skills. The structure includes demonstrations, and in-class practice activities. Each participant will learn the basic skills on brush ink painting of still life and calligraphy in Asian characters. This CE activity is open to anyone with an interest in painting and calligraphy. No skills or prerequisites are required. E.K. Jeong and Xiaomiao Wang are the instructors for this CE activity.