



imebanksNYC is a **free** citywide network of neighbors helping neighbors. It allows people to offer services and share skills using time instead of money as the currency.

We are excited to launch our newest initiative: TimeBanks University. Fun and interactive weekly classes have been arranged on a variety of subjects, and the best part is that they are being taught by TimeBanksNYC members, for TimeBanksNYC members. Participants will pay instructors one time credit per session. Check out our schedule and take advantage of this opportunity to enjoy morning or sundown yoga, learn a fun new skill like juggling or join the Language Exchange Café (see back panel).

Our summer courses will run for four weeks between April 22 and August 11; participation in all scheduled sessions is important. Members of all ages and abilities are welcome.

Reserve a seat for yourself today!

call (212) 227-9312

(212) 788-1992

or email university@timebanksnyc.org

LANGUAGE EXCHANGE CAFÉ

How it works.

The Language Exchange Café is a space for people to connect and practice their language skills once a month with fluent or native speakers while enjoying a nice beverage. It will be held each third Thursday of the month at the same time and place while popularity justifies its continuance.

The first Café will be held on:

Thursday, 7/18/13, from 6:00 PM - 7:30 PM

The next scheduled exchanges will take place on 8/15/13 and 9/19/13.

Location: Judson Memorial Church (meeting room)

239 Thompson Street, New York, NY 10012

Interested?

- RSVP to Jessie at Jessie@timebanksnyc.org or call (212)442-1202.
- State which language you would like to learn and/or which language you would be willing to help with.

Jessie will get back to you to notify if someone has identified sharing the language you desire.

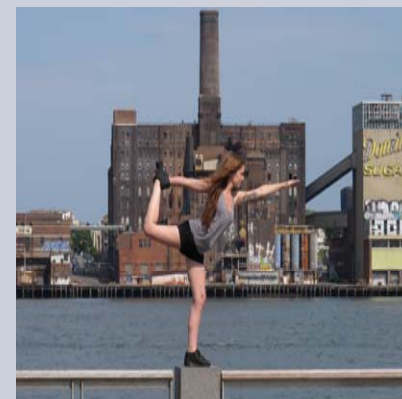


TIMEBANKS UNIVERSITY

SUMMER CLASSES

JULY 22ND– AUGUST 11TH

Offering



Free



Classes



Instructor: Joanna Giordano

Favorite quote:

"Keep calm and carry on."

JUGGLING

Join the circus! Amaze your friends and family! Take up a new hobby. Juggling lessons for any level—it's a fun activity that is easy to start.

Juggling is a light physical activity that will really work out your brain. You can do it alone or with friends and you can start at any age. In this class, you will learn basic beginner patterns (cascade, half-shower, columns, the machine, tennis, Mill's Mess, the claw clubs and more) and tips for juggling three different items.

After you catch the juggling bug, you can take home some more tricks to work on at home.

Requirements: All materials will be provided.

Day & Time: Tuesdays, 5:30 PM - 6:30 PM

Location: Bryant Park (Fountain Terrace)
41 W 40th St., New York, NY 10018



Instructor: Tehmina Brohi

Favorite quote:

"Washing one's hands of the conflict between the powerful and the powerless means to side with the powerful, not to be neutral."

BASIC YOGA

Practice the art of breathing while doing poses. Yoga can systematically work the entire body, stretch muscles, build foundational strength, detox internal organs, stimulate the glandular systems and challenge the cardiovascular system. You will learn new postures and be able to improve on ones you already know.

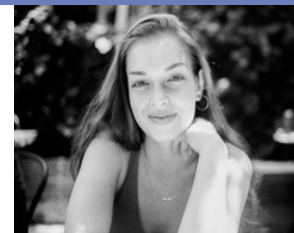
This class is appropriate for beginners and more experienced students alike.

Requirements: BYOM (Bring your own mat), sweat towel & water. Wear loose fitting, soft attire.

Day & Time: Saturdays 10:00 AM - 11:00 AM

Location: Van Cortland Park (field right behind the back entrance of the swimming pool)

Park Address: 1 Bronx River Parkway, Bronx, NY 10462. Use entrance at Broadway and 242nd Street.



Instructor: Amy Hillock

Favorite quote:

"Do what feels good."

VINYASA FLOW YOGA

This Vinyasa style yoga class will have you sweating at sundown. We begin with sun salutations and then slowly flow through the other asanas. The emphasis is on finding the fluid connection between movement and breath—with every inhale and exhale comes a synchronized movement. Controlling breath helps to still the mind, which is not always easy in this City. Vinyasa has something to offer to every level of yogi. Come with an open mind and leave with a more calm and collected view of the world around you.

Requirements: BYOM (Bring your own mat), sweat towel & water. Wear loose fitting, soft attire.

Day & Time: Thursdays 6:00 PM - 7:00 PM

Location: East River Park (grass area South of the Williamsburg Bridge)

Park Address: E River Promenade, New York, NY 10019 . Enter the park from Delancey St.