

# *Birch Coffee Course Catalog*

## **Eating to a Healthier You** *with Dana James*

Confused about what you should actually be eating and what's best for you? What is it that YOU need to eat to have sustainable energy levels and a sharp brain? Should you be taking MCT, Bulletproof coffee, or eating carbs for energy? What about all those questions you've been hearing about the Paleo vs Vegan debate? Dana James, a triple certified nutritionist and functional medicine practitioner will discuss what to eat and why. She will also help answer those specialized questions that pertain to you, individually! Come along.

Class: Monday 12/12 12:30 pm at Birch Coffee Roast House

10 spots available. Class is 1 hour

## **Introduction to Digital Photography** *with Marc Pilaro*

This course introduces beginners to the creative and technical possibilities of digital photography. Through demonstrations and hands-on activities, students will learn the basics of using cameras and imaging software to produce digital photographs.

Topics will include camera operation, shutter speed, aperture, focal length, RAW file formats, white balance, and composition. Fundamental photographic theory and the basics of digital equipment will be covered, including a practical introduction to Adobe Photoshop and digital printing.

Marc Pilaro, a born-and-bred New Yorker, started snapping photos of friends' skateboards after he got his first camera at the age of 14. After his sporty start, he eventually found himself smack in the middle of the frenetic New York art world, working with legendary photographer, Mary Ellen Mark. He also often tries to include a kind of narrative arch to his images, with successive action or locations.

Class: Sunday 12/18 1:30 pm at Birch Coffee Roast House

8 spots available. Class is 2 hours

## **Practical Mindfulness** *with John O'Connor*

In this highly experiential class you will learn practical techniques, strategies and processes for taking ownership over your inner landscape. This is not a "sit and watch your breath" meditation class, we will not be om'ing or chanting to disturb the neighbors either. While those are useful and enjoyable, in this class we will be going way deeper and giving you a process for creating inner change you can use right away.

This is a neuroscience based approach to personal leadership and influence where you will learn how to control your attention, get out of your head and into your body, develop a magnetic presence and learn how to create more space inside yourself so you can feel more life flow through you. You will walk away with a new understanding of yourself, where you are right now in your development and the key areas that if you worked them would allow for more flow in your life

The class will be focusing on:

Learning a simple breathing technique to align your head (creativity), heart (values) and gut (Intuition)

Learning how to frame your thinking around problems to create the inner state you need to move toward the outcome you desire

Learning how to get out of your head and your inner dialogue "about" the moment and into being fully present "In" the moment

Class: Monday 12/19 6:00 pm at Birch Coffee Roast House

10 spots available. Class is 2 hours.

## **The Business of Acting** *with Benjamin Kanés*

We all get excited about the "show" side of show-business. But this class will take an active, real world look at the "business" side of show-business. Through interactive scenarios (because let's face it, performers are better in action), Q&A and more, we'll explore common misconceptions, mistakes and pitfalls that actors face on a regular basis. We'll cover some essential elements of showcasing not just your talent, but your potential professionalism, your "ease of use" and beyond. The fact is, talented actors are wonderful, but on set or backstage, everyone else involved in a given production has to feel comfortable working with us, has to know they can rely upon us. Productions are complicated, we don't want to add to that, we want to make it easy for a producer to hire us. There are probably a hundred other people (or more) who look like each one of us, are basically as talented as each of us, as "right for the part" as us, so what other aspects of ourselves can we develop to rise above the rest of the audition room?

Beyond that, there are tips, tricks, resources and backdoors that working actors understand and use to grow their opportunities and increase their chances of landing the jobs those opportunities represent. The key to this class is that it's been created and taught by a working actor/director who understands both sides of the casting process, and experienced the disappointment of underestimating what a job required, as well as the success of landing a solid role. Benjamin Kanés – whose acting credits include *Birdman*, *The Visit*, *Broken City*, numerous other film and TV roles, commercials and more, and whose producing/directing credits include feature films, documentaries, a talk show as well as commercial and branded content – is an innovative educator building his lessons directly from his professional experiences across the full spectrum of the industry.

Class: Wednesday 1/4/2017 – Afternoon time TBD at Birch Coffee Roast House

8 spots available. Class is a 3 hour workshop.