



DOWNSTATE
HEALTH SCIENCES UNIVERSITY

The Student Center presents:



**STUDENT CENTER
394 LENOX ROAD
BROOKLYN, NEW YORK 11203
718-270-2487**

Sponsored by the Student Center Governing Board

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REGISTRATION: (the fine print!)

Register through Monday, October 3rd (or first class per instructor.)
at the Student Center Main Desk.

All payments must be made in full at time of registration.

NO SLOTS will be reserved without payment.

WHO'S ELIGIBLE TO ENROLL IN A MINI-COURSE?

Each participant must have an active membership at the Student Center.

Please bring your current SUNY Downstate ID card and your
Student Center membership card when you register.

Payments may be made in cash, check (payable to SAF), Mastercard, or Visa

Note: Retain your receipt which is required for the first session of each class.

CLASSES/TIME SLOTS MAY FILL!

REGISTER EARLY TO AVOID BEING CLOSED OUT OF THE CLASS OF YOUR CHOICE.

REFUND POLICY: Refunds will **ONLY** be given
if a class is cancelled because it does not meet
its minimum enrollment.

NO OTHER REFUNDS WILL BE PERMITTED.

Please choose courses carefully.

No refunds will be issued due to academic conflict

MONDAY

Power-Flow Yoga with Kaylyn

For All Levels. Lift yourself up and relieve stress with an invigorating 50-minute yoga session. The class begins with gentle stretching and mindful breathing leading into an uplifting power vinyasa flow, and ends with a regenerative meditation and savasana. An exploration of linking breath, movement, and authentic intention together. Modifications will be offered. Beginners and those seeking to deepen their practice are welcome.



Kaylyn Alexander is a Vinyasa yoga instructor, meditation guide, and former gymnast specializing in stress-relief, mindful movement, and proper alignment. Her classes incorporate asana (posture) practice, pranayama breathing, and guided Meditation—and encourage a balance of strength, flexibility, and ease.

Kaylyn completed a Kundalini mentorship in 2013 under the teachings of Yogi Bhajan and Vinyasa training in 2015, and is also certified in Trauma-informed Yoga. She believes yoga is for every body and is passionate about making it accessible to all.

Questions? Contact:

kaylnalexanderyoga@gmail.com

MONDAY

5:30-6:30

8 classes

10/17—12/5

\$100

SQUASH COURT

Min: 4/Max: 14

Note: this class starts the week after Columbus Day

Day-of-class drop-ins are welcome for \$15 fee. Must be a student or Student Center Member.

MONDAY

Henna (and Jagua) with Fathema

Welcome to the Henna Class! Henna is a traditional temporary tattoo often applied during many cultural ceremonies such as weddings, parties, special occasions, etc. For four weeks, we will study (1) the background of henna (where henna comes from, ingredients, how to make natural henna paste), (2) how to apply henna with a henna cone (from basic technique, to building up into more intricate patterns). An optional two additional weeks will give an introduction to henna's cousin – Jagua! Jagua is also another form of temporary tattoo that uses the same techniques as applying henna, but whereas henna gives a gorgeous red-brown stain, Jagua gives a beautiful navy-blue stain. The class will be open to anyone at all levels (from beginner to experts). **All materials are included.**



Fathema Uddin is currently an MS2, MD/PhD student at SUNY Downstate. Before starting medical school, I was a professional henna artist. Growing up in a Bengali household in the Bronx, I was surrounded by the beauty of henna during special events, like Eid or preparing for weddings, and crafted my henna skills over the past decade becoming a professional henna artist during my college years. I've taken on many clients including having the privilege to apply bridal henna for my clients' big day. I would love to share my passion to anyone who would like to learn the art of henna.

Questions? Contact:

Fathema.uddin@downstate.edu

MONDAY

5:00 - 6:00

4/6 classes

10/3, 10/17, 11/7 and
11/14 Henna only.
11/21 and 28 w/Jagua

\$40 - 4 weeks, just Henna

\$50 - 6 weeks, plus Jagua

Card Room

Min: 4/Max: 20

See next page for samples
and course outline.

**There will be no classes on
Columbus Day 10/10,
10/24, or 10/31**



Week 1 (10/03) - Introduction to Drawing with Henna

How to hold the henna cones and draw simple lines, curves, and swirls. Introduction to the basic elements of henna art (ie. basic henna flowers, paisleys, vines, etc.)

Week 2 (10/19) - Building on the Basics - Henna Mandala

Focusing on the basic elements taught in week one to build and draw a traditional henna mandala.

Week 3 (11/7) - Intricate Patterns Part I

Practice the basic elements and take a creative approach to building intricate patterns.

Week 4 (11/14) - Intricate Patterns Part II + Making your own natural henna paste

Continue to practice what was learned previously to make intricate designs

Extra classes: Week 5 (11/21) - Introducing Henna's Cousin - Jagua

Receive a Jagua cone and practice using it to draw the patterns we learned in the Henna course

Week 6 (11/28) - Jagua Continued

Practice using their Jagua cones, and to learn a new pattern previously voted on.

You will also learn recipe for how to make your own natural henna paste at home and continue to practice the art of henna.

Henna sample 3



Jagua sample



TUESDAY/THURSDAY

Small Group Fitness with Abby

For All Levels. This is a group fitness class that will form the basis of what will hopefully become a lifelong love of movement! Each Tuesday will be an effective full-body but no-equipment workout, using your own bodyweight including cardio strength training. Thursdays, I will set up a simple circuit –style workout where all participants will rotate through stations targeting either the upper or lower body. (This will alternate each week.) Each class will include a guided warmup and cool-down stretch time, so you can come directly from class or work!



My name is **Abby Culliton**, I am a NASM certified personal trainer and 2nd year MSOT student here at Downstate. I love teaching classes and creating a community around fitness and movement. My philosophy about fitness is that we should celebrate what our bodies allow us to do. Strength training and cardio training allows us to live our lives injury-free. Whether you are looking to relieve some stress, improve your health, continue, or begin your fitness journey, this class is for you! Join me for a great sweat, great music, and to enjoy some movement!

Questions? Contact:

Abigail.culliton@downstate.edu

Tuesday/Thursday

5:00-6:00

6 weeks/12 classes

10/4 - 11/10

\$100

SQUASH COURT

Min: 5/Max: 20

**Day-of-class drop-ins
are welcome for \$10 fee.
Must be a student or
Student Center Member.**

TUESDAY

Intro to Knitting with Sophia and Emily

Winter is coming! Learn how to knit a scarf and a hat!

Have you always wanted to make your own clothing? Are you sick of fast fashion? Would you love to make your mom hand-made gifts again? Join us for a fun-filled knitting class! Over eight weeks you will learn the basics of knitting and how to handcraft a beautiful scarf and hat just in time for fall and winter. Students of all levels are welcome. **All materials are included!**

Note: If cost is prohibitive for you please email us.



Sophia Zweig is a second-year medical student and has been an avid knitter for 15 years. She's made everything from scarves and hats to sweaters which she sells on Etsy. She loves being able to make her own clothes and take a break from school stress while creating something beautiful and is excited to help you do the same.



Emily Bundock is an Etsy shop owner and a second-year PT student who sells knitted items that range from comical hats with words and deer on them to Weasley sweaters. Her Etsy shop was born out of the request to make her a Weasley Sweater. Emily accepted the challenge and has been selling these on her shop ever since.

Questions? Contact:

Sophia.zweig@downstate.edu or Emily.bundock@downstate.edu

TUESDAY	6:00 - 7:00	6 classes	10/4 - 11/8
\$60	Card Room	Min: 4/Max: 12	

See next page for samples
and course outline.



Syllabus

Week 1: Introduction to the basics of knitting. Learning the foundational stitches (knit and purl).

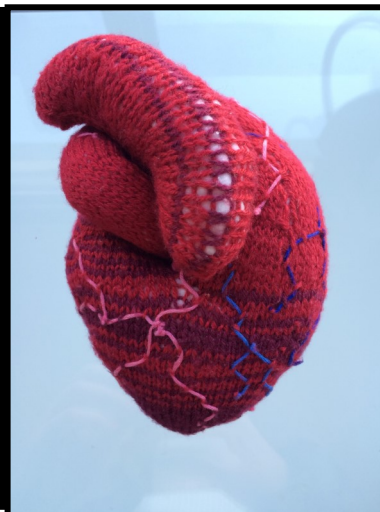
Week 2: Practicing the stitches and learning how to read and follow a knitting pattern.

Start working on scarves.

Weeks 3 and 4: Continue working on scarves.

Week 5: Introduction to hat techniques and starting hats.

Week 6: Continue working on hats.



TUESDAY

Bollywood Dance with Surya and Amber

Ready to become the next Bollywood star? Welcome to a class teaching a series of Bollywood fusion dance classes. Bollywood is South Asia's most popular genre of music, derived mostly from extravagant Bollywood films – while Fusion is the free style of choreography for these fun-filled songs. And so, Bollywood Fusion is born! It's Fusion because the dance has elements of both Indian and Western moves. Each class will have a choreography to a different Bollywood song. You will learn the history behind the style, basic warm-up exercises, movements for arms and legs, and how to put steps together in a choreographed routine. These classes will help you get in shape with flexibility, coordination, and confidence. We hope to create an inclusive and judgment-free environment and we encourage participants from all cultures and backgrounds to join. **NO EXPERIENCE NECESSARY!**



Surya Thomas and **Amber Khemlani** are two MS1 students who went to undergrad together. During college, they were both in competitive South Asian collegiate dance teams. They also were presidents of their undergraduate Desi Culture Club and have choreographed many dances together. Surya and Amber are both trained dancers and have combined experience in classical Bharatanatyam dance, Bollywood fusion, and Bhangra. They are very excited to be able to teach others about their rich heritage and culture!

Questions? Contact:

Surya.thomas@downstate.edu or Amber.khemlani@downstate.edu

TUESDAY	5:00 - 6:00	5 classes	10/4 - 11/1
\$35	Gym Stage	Min: 4/Max: 20	

**Day-of-class drop-ins
are welcome for \$10 fee.
Must be a student or
Student Center Member.**

WEDNESDAY

Latin Dance with Adam and Nitasha

Hello! We are Adam Daniels and Nitasha Goyal and we are excited to teach you Latin Dance! This class will include a variety of Latin styles including salsa (on-1 and on-2 styles), bachata, and cha cha cha. The basic mindset of Latin Dance is learning control of your body movement and rhythm, *so having a partner IS NOT REQUIRED!* Classes will be different each week depending on the style and the “moves”. Weeks 1-3 will focus on Salsa, weeks 4-5 on bachata, and the final week will be all about the cha cha cha. (And we can be flexible to your dancing desires.) Each 1-hour class will consist of 20 minutes of basic steps/moves, 20 minutes of simple “choreo” (putting the moves learned together), and 20 minutes of practice and social dancing. Latin dancing is a great way to learn a new skill, meet new people, and have fun!



Adam Daniels: Hello! I’m a third year MD student. I got my start learning Latin dance styles in college. I did NOT have a dance background before then, but I wanted to challenge myself and learn a new skill. It turns out dancing was much easier to pick up than I thought. I have been dancing salsa, bachata, cha cha cha, and several other Latin dance styles for over 8 years.

Nitasha Goyal: Hi everyone! I’m also a third year MD student. I started dancing at the age of 5 and trained and competed in classical and modern Indian dancing through High School. In college, I branched off into hip-hop and performance salsa and bachata and have been Latin dancing now for 7 years. Latin dancing is a great way to express yourself and a timeless skill that you can break out on the dance floor at any time.

Questions? Contact:

Adam.daniels@downstate.edu or Nitasha.goyal@downstate.edu

WEDNESDAY

5:00 - 6:00

6 classes

10/5 - 11/9

\$90

Gym Stage

Min: 4/Max: 20

WEDNESDAY

Microsoft Excel for Health Professionals with Dienta

This course is intended to provide a broad overview to healthcare professionals on how to effectively use Microsoft Excel for analyzing clinical, administrative, and financial information. All exercises and examples have been developed by healthcare professionals using real-world scenarios and were created using data from hospitals, long-term care facilities, clinics, rehabilitation centers, ambulatory surgical centers, and other healthcare settings. You will discover how to become more efficient while learning to aggregate, analyze, and present data in Excel and learn about a variety of data-driven healthcare issues such as Length-Of-Stay (LOS), patient acuity data, integration Electronic Health Record (EHR) data, and many other practical clinical examples, all based on best clinical and administrative practices.



My name is **Dienta Tajudin** (dee-yen-ta), and I graduated from Penn State with a Bachelor's of Immunology & Infectious Diseases. Currently, I am enrolled in Downstate's Master of Public Health program and focusing on Health Policy & Management. Upon the start of my MPH program, I joined the COVID-19 Data Project at BroadStreet Health as a policy intern, where I was responsible for converting qualitative data to a quantitative dataset and packaging the data for release every month. Now, I am the project manager, where I help manage the infrastructure of the data collection process. With my 6 years of experience in healthcare research, I have used Excel almost exclusively as data management and collection tool for all of my research activities, and I can't wait to share my knowledge!

Questions? Contact:

Sitimazenahdientar.mohamedtajudin@downstate.edu

WEDNESDAY

5:00-6:00

6 classes

10/5—11/9

\$50

READING ROOM

Min: 5/Max: 20

**Day-of-class drop-ins
are welcome for \$10 fee.
Must be a student or Student Center
Member.**

WEDNESDAY

Vinyasa 60 Yoga with Shreya

For All Levels. Come join me for a dynamic vinyasa yoga class, where we focus on linking breath with movement. My classes feature strong, progressive standing sequences, but with lots of room for modification, variation and support for personal freedom in your practice. Expect intentional themes for all the classes, and a great playlist!



Shreya Desikan is a fourth year (G2) MD/ PhD student and South-Asian yoga practitioner & teacher. Since receiving her 200-hr Vinyasa Yoga Certification in 2021, she has been teaching all-levels vinyasa classes online. She has extensive education in yoga philosophy, anatomy and performing arts and brings the intersection of these skills to her classes. She has special interests in creating welcoming yoga spaces for BIPOC, Kirtan (devotional music used in yoga practice) and yoga's integrative applications in medicine.

Questions? Contact:

Shreya.desikan@downstate.edu

WEDNESDAY

5:30-6:30

8 classes

10/5—11/30

\$100

SQUASH COURT

Min: 4/Max: 14

Note: There will be no class on 11/2

Day-of-class drop-ins are welcome for \$15 fee. Must be a student or Student Center Member.

THURSDAY

Evening Yoga with Lauren

For All Levels. Take a break from your week and unwind through a fun & challenging 60-minute power vinyasa class. By linking mindful breath and movement, this energetic class aims to build stamina, strength, and flexibility. Each week's class will follow the same general structure but offer creative variations in asana. The class is open to ALL levels, so please come out and flow!!

Please note: while plastic gym mats are available, it is recommended that students bring their own yoga mats and towels.



Lauren Gruffi is a fourth year med-student at Downstate, and an RYT-200 certified vinyasa yoga instructor. She became passionate about yoga as an undergraduate student and uses her practice for daily focus and realignment. Lauren believes in the power of yoga to cultivate mindfulness and energize the body and the mind, and she can't wait to share her practice with all of you!

Questions? Contact:

Lauren.gruffi@downstate.edu

Thursday

6:30—7:30

8 classes

10/6—12/1

\$100

SQUASH COURT

Min: 4/Max: 14

There will be no class on
Thanksgiving, 11/24

Day-of-class drop-ins
are welcome for \$15 fee.
Must be a Student
or Student Center Member

FRIDAY

Basic Self-Defense with Joya and Peter

Have you ever wondered how you would defend yourself in a physical altercation? Do you want to hone your instincts and body awareness while developing strength and agility? Come join us and learn self-defense! Based on principles of Tae Kwon Do, jujitsu, and street self-defense, we will teach you the basics of escaping from holds, striking, assessing a scenario for risk, and self-defense laws here in NYC.

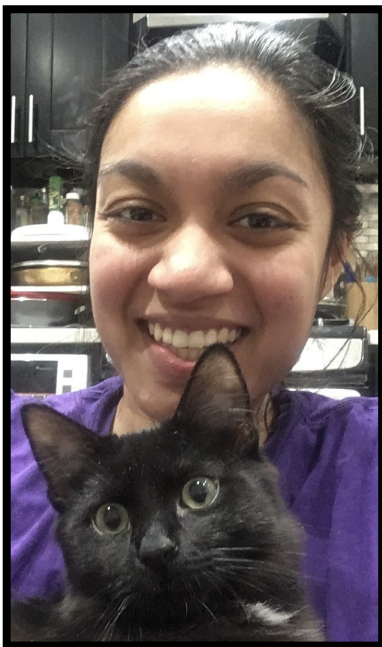
This course will rely on partner work, so we recommend signing up with a buddy (someone who you feel comfortable physically interacting with), but you can also come solo and be paired with another class member or one of the instructors! If you have boxing or MMA gloves or hand wraps, bring them, but if you don't, extras will be provided.

Session 1: striking (punches, elbows, kicks), guard stances, how to safely work with a partner

Session 2: breaking holds (wrist and hair), identifying vulnerable areas for striking

Session 3: breaking holds (front and rear choke, bear hug), assessing your environment

Session 4: ground maneuvers, what to do if your first attempt to escape doesn't work, self-defense laws in NYC



Joya Ahmad is a second-year medical student at Downstate and a second-degree black belt in Tae Kwon Do with 20+ years of martial arts and fighting

experience including boxing and MMA. She has taught self-defense to all ages and levels and enjoys helping people learn techniques and feel safer and more empowered as they move through the world. She also loves incorporating anatomy and physiology knowledge into learning about body mechanics and hopes to help people understand their instincts, movement patterns, and strength through this course.



Peter Arden is a second-year medical student at Downstate with a background in clinical research and multiple combat disciplines. Over the past 10 years he's trained in Brazilian Jiu Jitsu, boxing, and Tae Kwon Do. He ran a mixed martial arts club for 3 years and taught workshops on hockey fighting. He uses grappling as his primary method of reviewing musculoskeletal anatomy and trauma-induced pathologies of the head and neck.

Questions? Contact:

Joya.ahmad@downstate.edu or Peter.arden@downstate.edu

Friday	2:00 - 3:00	4 classes	10/7 - 10/28
\$20	SQUASH COURT	Min: 4/Max: 10	