

# **Your Teacher Melissa: *Deep Knowledge From Short Classes***

## **Myth-busting Relationship Classes**

These are fun relationship education classes, not therapy. They are filled with relationship tools, strategies, and stories. You do not need to enroll with a partner and no in-class participation is required.

### **The Commitment Myth**

Learn a new definition of soul mate and what conscious decision making means. How do you find the right person, or know when you're with the right person? Find out in this class.

Class taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 12:00 to 12:35 pm.

### **The Stress and Anxiety Myth**

Did you know that much of your stress in a relationship is caused by the inability to manage your emotions? If you can't handle your own anxiety, you'll wreak havoc in your relationship. Learn how to not do that anymore.

Class taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 1:00 to 1:35 pm.

### **Relationship Dynamics Myth**

Long-term relationships sometimes feel as though something is going wrong with them, but the opposite is true. Learn how all relationships work, even yours. Understand these dynamics and realize that more is going right than wrong.

Class taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 2:00 to 2:35 pm.

### **The Love Myth**

Does unconditional love exist? Is it okay to hate your partner? How can you stop playing victim from your wounded past? Do you have to understand your partner to love them? Learn some surprising answers to these perennial questions.

Class taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 3 to 3:35 pm.

### **Self-Care Myth**

It's vital to take care of yourself if you want to be in a healthy, thriving relationship. How you love yourself is always the key, whether you're in a long-term relationship or not. Understand how co-dependence, not taking care of yourself, plays out in your relationship.

Class taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 4:00 to 4:35 pm.

### **Desire and Intimacy Myth**

If both partners have equal desire for each other, does that mean they're compatible? Isn't intimacy about mutual trust, acceptance, and baring your souls? Learn new answers to these questions and you'll be able to stop driving each other crazy.

Classes taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 5:00 to 5:35 pm.

### **Freedom and Connection Myth**

We want to define ourselves and self-actualize and yet also be connected and valued by those we love, especially our partners. Where is the balance between autonomy and connection in your relationship? Learn how to dance with these two powerful forces.

Classes taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 6:00 to 6:35 pm.

### **Communication and Compromise Myth**

Are communication techniques and knowing how to compromise essential in a relationship? Most long-lived couples say that they are, but I wholeheartedly disagree. Find out why in this class.

Classes taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 7:00 to 7:35 pm.

### **Technology and Reality Myth**

How is technology impacting your relationship? If you aren't vigilant in your use of cell phones and computers, your relationship will definitely suffer. Consciously exploring whether technology is enhancing or destroying your relationship will give you a reality check about your relationship health. Dare to look at how it plays out in your relationship and do something about it.

Classes taught on April 14, 28, May 12, 26, June 9, 23, July 7 from 8:00 to 8:35 pm.

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## Class Schedule for April 5 to July 15, 2021

### Ongoing Mondays

12:00-12:35	Spanish OLÉ, Level 1
1:00-1:35	Spanish OLÉ, Level 2
2:00-2:35	French ALLEZ, ALLEZ, Level 1
3:00-3:35	French ALLEZ ALLEZ, Level 2
4:00-4:35	Piano BRAVO, Level 1
5:00-5:35	Piano ENCORE, Level 2
6:00-6:35	Music Theory Made Fun
7:00-7:35	You Create Community
8:00-8:35	Le Budget Envelope Game

### Ongoing Tuesdays

SOLD OUT
SOLD OUT
Working From Home & Remotely
SOLD OUT
Successful Parenting
SOLD OUT
SOLD OUT
Mindfulness: Self-Acceptance & Happiness
Mindfulness: Compassion & Gratitude

### Alternating Wednesdays, April 7 - July 14

12:00-12:35	Keeping Your Cool
1:00-1:35	Keeping Track of It All
2:00-2:35	Overcoming Procrastination
3:00-3:35	Staying Focused
4:00-4:35	Planning and Prioritizing
5:00-5:35	Organizing Your Stuff & Your Mind
6:00-6:35	Managing & Navigating Through Time
7:00-7:35	Keeping Your Mind Flexible & Reflecting on You
8:00-8:35	Reaching Your Goals

### Alternating Wednesdays, April 14 - July 7

Commitment Myth
Stress & Anxiety Myth
Relationship Dynamics Myths
Love Myth
Self-Care Myth
Desire & Intimacy Myth
Freedom & Connection Myth
Communication & Compromise Myth
Technology & Reality Myth

- Each 35-minute class meets once, except Spanish, French, and piano, live via Zoom
- Classes start promptly on time. They open 5 minutes before and close 5 minutes after the class starts. All times listed are Pacific Time, USA
- Cost: \$30 per class, or bundle of 4 classes for \$100. Payment, including bank transfer or credit card, is via PayPal. (You do not need a PayPal account.) You must register 24 hours in advance. You will receive a confirmation from Melissa once you register.
- No refunds. No expiration. Credit only.
- Language classes are limited to 12 students, and piano to 4 students. Please contact Melissa for appropriate class level placement. Register for the first one or for the monthly series of 4.
- Alternative class times are available by arrangement.

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Melissa Smith Baker, MA is a teacher par excellence. She has devoted decades to teaching people of all ages how to easily learn foreign languages, make music, budget their time and money, and build lasting relationships.

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