

AFTER YOU REGISTER

Please note the class dates on your calendar. You will not receive confirmation of your registration by mail or e-mail. You will be notified by e-mail or telephone only if your class is cancelled or filled. If you require a receipt of your payment, please contact our Business Office at 612 605 1788.

Dates, times and locations are subject to change. You will be notified by phone of any changes at least 24 hours before the class starts.

CLASS CANCELLATIONS

In the event of low enrollment or other unforeseen circumstances, courses may occasionally be cancelled. You will be notified by phone at least 24 hours in advance of the class start date.

DISCOUNTS

(Only one of the following discounts may apply to the same registration).

Friends:

Register with a friend at the same time with one payment for any class costing \$25 or more, and you receive one \$5 discount.

Membership:

Members of Sundays Energy may take a \$5 discount on all classes listed in this publication, unless otherwise noted.

REFUNDS

You may obtain a refund by calling at least 1 week before the first class session. Refunds are not given after this deadline. A processing fee of \$10 will be retained by Sundays Energy unless the class is cancelled. Refunds are not given after the start date of the class.

CLASS INFORMATION

Classes are held in Suite 229 of the Ivy Building at:
2637 27th Avenue S. Minneapolis, MN 55406

Please visit us at: www.sundaysenergy.com



2637 27th Avenue S. Minneapolis, MN 55406

web: www.sundaysenergy.com

local: 612 605 1788 · toll free: 888 300 7581

COMMUNITY



WORKSHOPS

Winter/Spring 2007

**Biodiesel · Web Development
Energy Efficiency · SVO & More**



Community Workshops

Biodiesel 100

Minnesota is on track to sell over 65 million gallons of biodiesel in 2006, and you're wondering what the buzz is about. In this introductory class, our biodiesel experts offer an overview of this wonderful renewable fuel. Understand the benefits and potential pitfalls of biodiesel. Discover the steps needed to join other biodiesel users in your community.

Date: 02/12/2007 & 03/19/2007

Instructor: Kai Curry

Time: 7:00 PM - 9:00 PM **Cost:** \$25

Advanced Biodiesel Workshop Series

You've already learned the basics, now it's time to get your hands dirty and make some biodiesel. Learn from Kai Curry, Twin Cities Biodiesel Co-op founder, who will teach you how to make biodiesel in your own backyard. Not only will you learn to make 1 liter, but also larger 40-gallon water heater batches. After completing this series, you will be ready to join the ranks of biodiesel producers and users in your community. Information on individual classes in this series is available at: sundaysenergy.com/biodiesel-veggie-workshops

Date: 04/21/2007 - 04/22/2007

Instructor: Kai Curry

Time: 1:00 PM - 6:00 PM **Cost:** \$50 per day

Veggie Oil (SVO) 100

You've heard about diesel cars that run on vegetable oil, and at this point in time cheap or free fuel is pretty intriguing. Get a synopsis of how to run a car on waste grease from people who've done it! Discover the costs, types of filters, conversion techniques and potential problems. Learn to save money by building your own kits.

Date: 02/28/2007

Instructor: Kai Curry

Time: 7:00 PM - 9:00 PM **Cost:** \$25

Low-Cost Energy Efficiency

Learn the basics about getting the most out of your home or business's energy use, with simple low or no-cost ideas you can put into action today. Tips will be offered on the efficient use of lighting, heating, cooling, and common household appliances. The discussion will also include ideas for investing in the right appliances and further insulating your home to prevent thermal loss.

Date: 01/31/2007 & 03/27/2007

Instructor: Bruce Stahlberg

Time: 7:00 PM - 9:00 PM **Cost:** \$25

Web Development Workshop & Series

Our introductory class introduces you to the fundamentals of designing and publishing your own personal or business website. For a more in-depth study, our series provides six two-hour workshops that allow you to work one-on-one with our web experts. Learn how to update, upgrade and manage your site to realize your specific web goals.

Come prepared with your web questions - ranging from basic to even the most complicated aspects of web-building and content-management. Course attendees will have access to our equipment if unable to provide their own. All web workshops include an option of purchasing our web design services, with a discount for members.

Date: 01/30/2007, 02/15/2007, 02/26/2007, 03/14/2007 & 03/29/2007

Instructors: Kai Curry & Jim Bjorklun

Time: 7:00 PM - 9:00 PM **Cost:** \$25 **Series:** \$125

Global Percussion Arts

The emphasis of this course will be on clave, a rhythmic pattern rooted in West African music. You will learn strengthening exercises that positively enhance mind and body. Learn how to stimulate memory, motivation and focus, improve cognitive skills and increase awareness of self and others by playing in the moment. (Bring your own percussion instrument or purchase claves in class)

Date: 02/16/2007, 03/30/2007, 04/06/2007 & 05/04/2007

Instructor: Master Percussionist Wallace Hill

Time: 7:00 PM - 9:00 PM **Cost:** \$25

Dream Interpretation & Jungian Archetypes

Carl Jung believed that dreams were communications from a deeper, wiser realm of the human soul. Listening to these communications allows the individual to move towards wholeness and psychological well-being. This workshop will offer an introduction to the mysterious language of the human unconscious to help people better understand their dreams and themselves. David G. Thompson earned a doctorate in Jungian psychology at the California Institute of Integral Studies in San Francisco and now lives and practices psychotherapy in the Twin Cities.

Date: 03/16/2007

Instructor: Dr. David G. Thompson

Time: 7:00 PM - 9:00 PM **Cost:** \$25



Registration Form

Community Workshops

First Name.....

Last Name

Address

Phone.....

Email.....

Class	Date	Fee
	Discount	
	TOTAL	

Payment Method

- Check Payable to Sundays Energy
 Cash Receipt Money Order
 Visa Mastercard

Card#

Expiration Date

Signature

- Please check box if you would like to receive information on membership or future classes and events held by Sundays Energy.

Please mail registration form to:

Sundays Energy
 2637 27th Avenue S. Minneapolis, MN 55406
 or call 612 605 1788 for more information.