Enrolling as a new student at LANDMARK COLLEGE this January?

You may be eligible to fast track your semester with our January JumpStart option. JumpStart is a 3-week mini-session that runs from January 6 to 24, 2019 just before the start of the Spring Semester.

**COURSES INCLUDE**

**COM1011 Introduction to Communications**
This survey course introduces students to the field of communication and enables them to increase their effectiveness and precision as public speakers and members of seminars and groups. Students explore how their perceptions influence the manner in which they communicate and how to use a wide variety of listening skills. They become aware of how verbal and nonverbal language can alter, detract from or enhance messages. Students also employ a variety of language strategies that promote inclusion, honesty, conflict resolution and support from within a group. Credits: 3

**PHE1132 Gentle Flow Yoga**
Gentle Flow Yoga will introduce students to basic yoga poses, body alignment, attention to breathing, and mindfulness. Students will be encouraged to challenge their flexibility in mostly seated positions and will be guided through exercises to facilitate a connection between the body and breath. Gentle Flow Yoga deemphasizes the push-ups (chaturanga) commonly found in Vinyasa Yoga and instead focuses on range of motion in the hips, balance and flow. Students will be assessed on content knowledge and demonstration of skill proficiency throughout the semester. Credits: 1

**PHE1137 Beginner T’ai Chi Chuan**
Students will learn the 24 Form style of T’ai Chi. The goal of the class is to help students focus on their own inner activity, develop a greater sense of being centered in the world, and to discover a system that promotes overall health. Students must be willing to participate in a slow moving, silent, meditative practice. Course may not be repeated. Credits: 1

**PHE1166 Ski and Snowboard**
This one-credit course is designed exclusively for students enrolled in the January Term who are interested in improving their skiing or snowboarding/pipe skills. There is an additional cost for one day of skiing or snowboarding, including lessons for those wishing to sharpen their skills on the slopes. Course may not be repeated.