

Learning Pathway: Leisure Learner

Discover a new hobby or skill of interest to you!

Skills/Topics

The following topics are included in the Learning Pathway:

- Yoga and Meditation
- Music – Song writing, Keyboard/Piano, Guitar, Ukulele
- Genealogy
- Writing
- Drawing
- Painting
- Sewing

Yoga and Meditation

[Chair Work: Yoga Fitness and Stretching at Your Desk](#) Lynda.com

Running Time: 33 Minutes, 11 seconds

Find time for fitness. Learn simple yoga and stretching exercises you can do at your desk. The instructors at Desk Yogi have adapted traditional yoga poses into exercises that are suitable for the office. Follow along and learn basic stretches, bends, and exercises that help you improve your posture, strengthen your muscles and joints, increase blood flow, and keep you feeling strong and energetic throughout the day.

[Certificate in Mindfulness](#) Gale Courses

Running Time: 8 hours

In this online course, you'll examine the many benefits of mindfulness for both your personal and professional life. You'll also lay the foundation for a career in health and wellness coaching. Harnessing the power of mindfulness, business leaders have found that, in the long run, this practice offers long-term health changes that result in fewer chronic illnesses, which reduces demand on the health care system and results in fewer health-related costs in business. (8 contact hours)

[Mindful Meditations for Work and Life](#) Lynda.com Course

Running Time: 1 hour, 27 minutes

You can be successful at work while maintaining a calm, Zen-like approach to your daily decisions and routines. Meditation and mental exercises like visualization can help you manage stress and create the life you want. This audio course led by Scott Shute, head of the Mindfulness and Compassion program at LinkedIn, offers a practical and easy approach to meditation, including simple, short exercises that you can build into a regular practice—even in the minutes before a meeting. Learn the science underlying the brain-body connection and how adapting your posture and changing your position can help you relax. Explore different kinds of breathing exercises and discover visualization and loving-kindness techniques to open your mind and your heart. Scott closes with some advice for making your practice stick and integrate meditation into a busy schedule.

[De-stress: Meditation and Movement for Stress Management](#) Lynda.com

Running Time: 36 minutes, 20 seconds



Stress is toxic. Finding healthy ways to eliminate stress—to de-stress—is critical to a happy, healthy life. This course introduces a series of guided meditation and movement exercises that allow your body and mind to relax and refocus. Instructors from Desk Yogi leads you through grounding techniques to clear your mind while you're seated at your desk. Practice the ancient art of Qi Gong, discover how to center yourself with your breath, and relieve pain and fatigue with stretching and massage. Plus, learn how to use acupressure to reduce stress and feel more balanced.

[Arianna Huffington's Thrive 01: Discovering Meditation and Sleep](#) Lynda.com

Running Time: 57 minutes, 58 seconds

Live a life filled with less stress, greater well-being, and enhanced productivity by learning how to make transformational changes. Start your Thrive journey and discover how to go from coping and surviving to actually thriving. In this first course of a six-course series, Arianna Huffington discusses the benefits of meditation and sleep in this first course of six.

Music

[Write a Song](#) Lynda.com (Learning Path)

Running time: 7 hours

Have you ever had a musical idea, melody, or great lyrical phrase bouncing around your head—but don't know what to do next? This learning path can help you take a great concept and build it out into a song. Learn tips and tricks from the pros to help make song writing a part of your life and career.



Learn the basics of song writing. Explore song writing techniques to help your creative process flow more naturally. Transform song writing into a career or full-time hobby.

[**Music Made Easy**](#) Gale Courses

Running time: 24 hours

If you enjoy music and would like to know more about what makes it work, this is the course for you. You'll gain a complete understanding of rhythm, melody, and harmony, and you'll be able to recognize pitches on the musical staff and on the keyboard. Each lesson will build on previous lessons, while also introducing new musical concepts.

You'll explore the keyboard in full detail, with an emphasis on the structure of major scale and the signatures of major keys. You will examine the many significant contributions early music theorists made to the understanding of music and be able to build intervals, major scales, and chords. By the time you complete this comprehensive and full-featured course, you'll be able to read, write, and even play simple pieces of music!

[**Play Piano and Keyboards**](#) Lynda.com (Learning Path)

Running time: 16 hours

If you've ever wanted to pick up the piano or keyboard as an instrument, this is the path for you! You begin with the basics of keyboard-based instruments and then expand your knowledge with courses in jazz improvisation and song writing techniques.



Learn the basics of keyboard and piano. Explore the basics of improvisation. Discover jazz song and improv foundations to build your skills.

[Introduction to Guitar](#) Gale Courses

Running time: 24 hours

Learn to play guitar, and become the musician you've always wanted to be! In these fun and informative lessons, you'll build basic guitar skills step-by-step with the help of hands-on exercises, audio and video recordings, and detailed illustrations.

The classical guitar skills you'll master in this course will allow you to play any style of music, from hard rock to country-and-western. And that's not all! Good guitar players know that the secret to making beautiful music is to practice, practice, practice—so that's what you'll do. You'll make rapid progress as you follow a carefully planned practice schedule that reinforces each new skill you learn. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a skilled guitar player.

[Play the Guitar](#) Lynda.com (Learning Path)

Running time: 24 hours

If you've ever thought of picking up the guitar, this learning path can help get you started on the path to guitar mastery. Learn the basics of acoustic and electric guitar, then expand your musical knowledge by concentrating on specific musical styles and intermediate lessons to build skill and confidence.



Learn the basics of the guitar. Develop different techniques and playing styles. Explore rock, blues, and intermediate-level acoustic guitar styles.

[Ukulele Lessons: Fundamentals](#) Lynda.com

Running time: 2 hours, 11 minutes

Pick up the ukulele at your own pace. Follow Grammy-winning artist Daniel Ho as he shows you how to change chords, read standard music notation, and approach music theory concepts like the major scale, intervals, and harmony. Explore the surprising range of this fun little instrument by practicing movable chords and left-hand mute strokes for reggae and soul, trying out the blues shuffle rhythm, and strumming Hawaiian tunes. To help you practice what you learn, he shows you how to play a fiddle tune, "Solider's Joy," and the beloved island standby, "Aloha 'Oe." He wraps up with a performance of his own; watch as he performs "Bicycle Holiday" and "Living in Paradise."

Genealogy and Memoir Writing

[Write Your Life Story](#) Gale Courses

Running time: 24 hours

In this course, you will have the satisfaction of telling history your way. You will learn how to bring characters to life, recall vivid memories, engage readers, and even manage your creative time. You may even find a lucrative market for your story, just like the authors of the bestselling *Rocket Boys* and *Angela's Ashes*. This course walks you step-by-step through the process of writing your life story. It's fun. It's exciting. It's a story only you can tell!



[Introduction to Journaling](#) Gale Courses

Running time: 24 hours

If you have ever wanted to try journaling, this course will provide answers to your every question. You will discover the different types of journaling and many journaling techniques, exercises, tools and resources. You will explore a seven-step process that will ease you into writing a journal. You will get detailed instructions on developing, decorating, and customizing your journal, and you will learn exciting new ways to express yourself and develop your creativity.

[Genealogy Basics](#) Gale Courses

Running time: 24 hours

Tracing your family's history is a fascinating journey. Genealogy Basics will help you understand the genealogy research process and how to interpret the information you find. This course guides you through the search process for family names using several subscription-based Web sites, which you can access while enrolled in this class.

Writing - Fiction and Non-Fiction

[Writing Essentials](#) Gale Courses

Learning path: 24 hours

Master the essentials of writing, and become the stellar wordsmith you always wanted to be! In this course, you'll develop the skills you need to excel at business communications, express yourself clearly online, and take your creative literary talents to a new level. Whether you're hoping to get a better job, write for a blog, or



publish your short story, this course will give you the writing tools you need for success. It's also a perfect choice for students who speak English as a second language. With the knowledge and hands-on practice you gain from this course, you'll be able to express yourself clearly and persuasively in writing—both in your personal life and in the business world.

[Writing Young Adult Fiction](#) Gale Courses

Running time: 24 hours

As Harry Potter and Twilight have proven, young adult fiction is one of the hottest genres for today's novels. Teens and adults alike have discovered the excitement and passion of these stories, and publishers are hungry for more. If you're eager to break into this market, this course provides you with the recipe for creating your own successful young adult story and shows you how to get it published.

[Write Fiction Like a Pro](#) Gale Courses

Running time: 24 hours

As Harry Potter and Twilight have proven, young adult fiction is one of the hottest genres for today's novels. Teens and adults alike have discovered the excitement and passion of these stories, and publishers are hungry for more. If you're eager to break into this market, this course provides you with the recipe for creating your own successful young adult story and shows you how to get it published.

[Romance Writing](#) Gale Courses

Running time: 24 hours

Romance is the #1 selling genre in mass-market fiction with readers clamoring for more! To pen a novel romance readers' love, you'll need to understand how to meet and exceed their expectations. Whether you're a new or experienced writer,



this course will help you broaden your skills and understand exactly what makes a romance reader finish a book with that "Ahh" of satisfaction. You will start by learning about the genre of romance and exploring why you fell in love with your favorite romance novels. You will explore how to craft three-dimensional characters your readers will love and how to weave a plot so your story grabs the reader's interest from page one. You will gain valuable techniques—your "romance writer's toolbox"—to apply to your own manuscript.

[Research Methods for Writers](#) Gale Courses

Running time: 24 hours

Attention all writers! Learn how to efficiently and effectively conduct research for any writing project: fiction, nonfiction, business . . . even term papers and dissertations. Research has progressed far beyond a visit to the library. Today, myriad sources provide almost anything a writer might need to know on any subject. Learn how to identify and access every information source imaginable.

[Travel Writing](#) Gale Courses

Running time: 24 hours

In this course you will learn how to develop the skills of a travel writer. You will learn how to translate what is seen, heard, tasted, touched, smelled and felt (intuitively and physically) into publishable articles and books. You will understand the writing styles and methods needed to sell material in today's competitive market. You will learn about popular styles and types of travel writing that are the friendliest to new writers. Other topics of the workshop include; how to write query letters, how to produce articles, essays and books, trends in types of articles and books, grammar and writing skills refreshers, and marketing information.

[Writeriffic: Creativity Training for Writers](#) Gale Courses



Running time: 24 hours

In this high-energy course, you will learn a number of invaluable tricks from the published writer's toolbox. Whether you're at work now or hoping to write a novel, a nonfiction book, a memoir, short stories or articles, *Writeriffic* liberates the imaginative, inventive bolts of genius that are inside everyone. If you've ever dreamed of hearing your writer's voice and writing what's in your heart and head, this course will make it happen!

Drawing and Painting

[Drawing for the Absolute Beginner](#) Gale Courses

Running time: 24 hours

If you've always been interested in drawing but don't really know how to get started, then this is the course for you. Gain a solid foundation and understanding of the basics of drawing and become the artist you've always dreamed you could be! You'll become intimately familiar with paper types, drawing styles, rendering techniques, and the basic principles of perspective, layout, design, lighting, volume, and space.

[Improve Your Drawing Skills](#) Lynda.com (Learning Path)

Running time: 26 hours

Drawing is an essential skill for working in a creative role. This learning path demonstrates ways you can refine, enhance, and enrich what you illustrate. Explore additional sketching techniques, working with perspective, factoring for light, rendering shadows, and more.

[Painting Foundations: Acrylic](#) Lynda.com

Running time: 3 hours, 14 minutes

Using acrylics is the simplest and most effective way for an absolute beginner to learn how to paint successfully. Acrylics can be used in thin layers like watercolors, or in thicker, more opaque applications of paint, like oil paint. Acrylics dry quickly and can be diluted and cleaned with water, making them simple to use, odorless, and accessible to all. The course follows a progressive sequence, covering beginner and advanced acrylic painting methods, from underpainting and glazing to impasto and textural effects.

[Painting Foundations: Light and the Landscape](#) Lynda.com

Running time: 4 hours, 18 minutes

Capturing the subtleties of a beautifully lit skyline in a painting requires an understanding of certain foundational concepts. In this course, learn key techniques for tackling light and color harmony within acrylic landscapes by completing a large, impressionistic studio painting of a skyline in Venice, Italy.

[Painting Foundations: Creating Palettes for the Landscape](#) Lynda.com

Running time: 4 hours, 3 minutes

Recreate the color palettes of nature and learn how to paint more evocative landscapes with this painting class from Will Kemp. The course teaches painting techniques for quickly capturing the mood of a landscape throughout the four seasons, from a vibrant summer's day to a muted winter snow scene.

Are you interested in learning about sewing and embroidery?



The Toronto Public Library has a [fabrication studio](#)! This is creation and learning space that offers free access to equipment to create your own projects. Staff are available to help you get started.

Additional Resource - Genealogy

[Ancestry Library Edition](#) Electronic Resource

Genealogy resource especially for U.S. and Canadian records. Includes census, birth, marriage, death, immigration, military records and more. Also includes some European, Australian and New Zealand records.