

Mindfulness and Stress Reduction

KORU MINDFULNESS

We can be more effective if we learn to use our minds.

Do You Want to Manage Stress and Lead a Healthier Life?

Koru Mindfulness offers skills in Mindfulness and Meditation. A koru, the spiral shape of the unfurling fern frond, represents the balance between perpetual growth and stability. In four classes, a little over an hour each, we learn simple, quick techniques which can fit easily into our day. The skills ground us and bring deep stability, helping us manage life in times of rapid growth and change. Beyond simply decreasing your stress, this course offers an approach to increasing satisfaction in your daily life. Developed locally at Duke University, KORU MINDFULNESS is a unique, evidence-based program, scientifically proven to be effective to help manage stress, enrich lives, and bring deeper meaning. Please see DAC website for supply list. Erica Alexander, Instructor
20FA761.1

Mondays, 6:00 PM – 7:15 PM

October 5–October 26 (4 weeks)

\$100



**DURHAM
ARTS COUNCIL**

Adult Dance and Movement

Creative Movement for Seniors

Participants explore movement and memories from home in this online creative movement class for seniors. The class begins with a seated warm up and progresses to standing. Modifications will be provided for those who want to remain seated for the class. We will explore poems and memories through movement. Participants will experience an increase in mobility and range of motion through safe and supported movement activities. Though we are apart we can still move together and build community. No prior experience is necessary. Please join us! Heather Bryce, Instructor

20FA284.1

Tuesday, 7:00 PM – 8:00 PM

September 15–October 20 (6 weeks)

\$60

20FA284.2

Tuesday, 7:00 PM – 8:00 PM

November 3–December 4 (6 weeks)

\$60

Open Level Contemporary Dance (Ages 14 & up)

This fun and energetic class welcomes adult students of all abilities and provides or enhances a strong foundation in contemporary technique while increasing strength, flexibility, and expression. We begin with a warm-up, followed by movement across the floor and center choreography. Choreography sequences will build from class to class. Students should be barefoot or wear sneakers and comfortable clothing that allows them to move freely. Heather Bryce, Instructor

20FA285.1

Tuesday, 5:30 PM – 6:30 PM

September 15–October 20 (6 weeks)

\$65

20FA285.2

Tuesday, 5:30 PM – 6:30 PM

November 3–December 8 (6 weeks)

\$65

Flamenco: Zapateado

Zapateado is a dance style featuring tap-dance like footwork as percussion. Zapateado takes its rhythmic roots from Latin American culture, with “zapatear” meaning to strike with a shoe – these dances are popular in Mexico, Colombia, Venezuela and Cuba, and now as flamenco variations in Spain. In this course we will learn a Zapateado flamenco dance adapted from flamenco repertory company choreography, using intricate footwork and call-and-response to evoke the characteristic rhythmic styles of the Zapateado. Shoes with a hard heel required, such as character shoes, sturdy low-heel high-heels, or flamenco shoes. Skirts are not required. Larisa Gearhart-Serna, Instructor

20FA280.1

Wednesday, 7:00 PM – 8:00 PM

September 16–November 4 (8 weeks)


\$85

Adult Theater

Theater Classes with



Bulldog Ensemble Theater

 Acting Basics (Ages 16 & up)

This class is an introduction to the fundamentals of acting as a process, a craft, a discipline –with basic techniques used by actors. You will discover how actors are trained and why while developing an understanding of basic acting skills, theater/acting terminology, and learn to heighten powers of observation, focus, and invention through exercises in breathing, voice, movement, and improvisation. This beginning work will lead you to the exploration and performance of texts from short scenes. The class requires a high degree of participation and willingness to engage in structured play in an ensemble. Rebecca Bossen, Instructor

20FA310.1

Sundays, 3:30 PM – 6:00 PM

September 27–November 8 (7 weeks)

Bulldog Ensemble Theater, Instructor

\$230

Bulldog Ensemble Theater is a company of Durham artists who create exciting productions of the best new American plays that speak to our community. www.bulldogdurham.org