

**Beginner Ukulele**

Learn how to play this fun instrument; small, but one with "reach" far beyond its size. You'll learn the basics of the Instrument itself, along with an understanding of music, technique and chords so that you would feel very comfortable sitting in on any of the many Ukulele Jams that are held in this area or just to entertaining yourself and/or your family at home. No prior knowledge is needed; all you need is a Ukulele and a Tuner.

**18W744.1****Wednesdays, 6:00 – 7:00 PM**

January 17 – March 7 (8 weeks)

John Gleeson, Instructor

**\$104 or two payments of \$52****Advanced Beginner Ukulele**

This course builds upon the 'Beginner Ukulele' Course. It introduces more advanced playing techniques such as Chord-Melody; Movable Chord Forms; Transposition; and Chord Substitutions. It also delves deeper into Music Theory such as Chords - Construction and Personalities; Scales & Modes; and Intervals. The student should be very comfortable with his/her instrument, especially strumming and fingerpicking techniques, and should be able to easily and smoothly play, at a minimum the I-IV-V chords in the most popular Keys/Scales.

**18SP745.1****Wednesdays, 6:00 – 7:00 PM**

March 28 – May 16 (8 weeks)

John Gleeson, Instructor

**\$104 or two payments of \$52**

Native American Flute

**Group Voice**

Learn excellent vocal technique in a comfortable environment, singing in a group. Breathing and vocal techniques will strengthen the entire vocal system, and the group will perform songs they have learned in a recital at the end of the session.

**18W743.1****Mondays, 7:30 – 8:30 PM**

January 22 – March 12 (8 weeks)

Kamara Thomas, Instructor

**\$104****18SP743.1****Mondays, 7:30 – 8:30 PM**

April 9 – May 21 (7 weeks)

Kamara Thomas, Instructor

**\$91****Songwriting**

Interested in songwriting and don't know where to begin? Learn to write your own songs as we go over the basics of song structure, and delve into using personal experience and observations to write lyrics and melodies that matter to you and your audience.

**18SP742.1****Mondays, 6:30 – 7:30 PM**

April 9 – May 21 (7 weeks)

Kamara Thomas, Instructor

**\$91****Native American Flute and Meditation Workshop**

Have you always wanted to play an instrument? (Or, do you play and want to connect more with the music?) Play the way humankind started: with wind, breezes, breath. Take yourself back to a simpler time. Soothe your body with your breath. Soothe yourself and others with sound, a wind expression of your heart. Class starts with guided meditation, moves to learning about the flute, followed by another meditation and structured playing. The meditative atmosphere helps to quiet our minds, so our creative selves can be free to express themselves. Native Flutes will be available for you to use during the class.

**18SP750.1****Sunday, 2:00 – 4:30 PM**

March 25 (1 week)

Erica Alexander, Instructor

**\$50****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. Koru Mindfulness classes will be offered for a limited time in downtown Durham at the Durham Arts Council.

**18W761.1****Mondays, 6:00PM – 7:15 PM**

February 5 – 26 (4 weeks)

Erica Alexander, Instructor

**\$95****18SP761.1****Mondays, 6:00PM – 7:15 PM**

April 9 – 30 (4 weeks)

Erica Alexander, Instructor

**\$95**