

Adult Group Music

NEW! Pop Finger Style Beginning Guitar Class (Ages 16 & up)

Taught by Randy Reed guitar professor at Duke University since 1994 this beginning guitar course provides the student with basic guitar skills. We will learn the basic techniques of playing finger style (based on classical guitar technique) as we use tablature and diagram reading (no note reading). **Beginners and "Returning" beginners welcome.**

Everyone plays at the same time, and Mr. Reed will make helpful pointers to each individual as we all play together. We will delve into details on the songs with Reed's special practice techniques and his text that he has developed.

Beatles – 8 Days a Week, Yellow Submarine, I Saw Her Standing There, Hard Days Night, Hey Jude, Blackbird, etc.

Folk Songs – Blowin' in the Wind, Mr Tamborine Man, Where Have all the Flowers Gone, Puff the Magic Dragon, House of the Rising Sun, Hush Little Baby, etc.

Popular favorites – Hotel California, Smoke on the Water, Wipeout, Peter Gunn, Easy Malaguena, Stairway to Heaven, Greensleeves, Boulevard of Broken Dreams, Proud Mary, Free Fallin, I'm a Believer etc.

At the end of this first semester, students should be able to read tablature and chord diagrams and be able to play simple melodies, strum along to many pop and folk tunes and play some Rock n Roll riffs and bass lines.

A materials cost of \$20 is due to instructor at class meeting for book.

Randy Reed, Instructor

18W741.1

Wednesdays, 7:00 – 8:30 PM

January 9 – March 20 (10 weeks)

No Class March 13

\$250 or two payments of \$125



Pop Finger Style Beginning Guitar by Randy Reed

Ukulele: Absolute Beginner (Ages 16 & up)

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 how to play many of the chords used in songs that are commonly played at Ukulele Jams. The course is focused very much on playing with some music theory included. Various strums used to play these chords will also be taught, and by the conclusion of the course you should feel very comfortable either sitting in on any one of the many Ukulele Jams that are held in this area, or just entertaining yourself and/or your family at home. No prior knowledge is needed; all you need is a Ukulele and a Tuner.

John Gleeson, Instructor

19W744.1

Wednesdays, 6:00 – 7:00 PM

January 16 – March 6 (8weeks)

\$104

Ukulele: Advanced Beginner (Ages 16 & up)

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 Chord Construction, 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. NOTE: This course is focused very much on Music Theory and Technique, not teaching full length songs. Songs will be used occasionally to demonstrate a particular technique.

John Gleeson, Instructor

19SP745.1

Wednesdays, 6:00 – 7:00 PM

March 27 – May 15 (8 weeks)

\$104

Group Songwriting Workshop (Ages 12 & up)

For both beginners and advanced students. We will learn to connect personal experience and observations to write lyrics and melodies that matter to you and your audience. We will go over the basics of song structure, poetic sensibility, and melody building that will help beginning students start a song from scratch, and help advanced students develop songs they are already working on.

Songwriting

Kamara Thomas, Instructor

19W746.1

Saturday, 10:00 AM – 11:30 AM

February 23 (1 day)

\$30

Beginning Group Voice Workshop (Ages 12 & up)

Learn excellent vocal technique in a comfortable environment, singing in a group. Breathing and vocal techniques will focus on strengthening the entire vocal system and building a foundation for increasing your vocal range and stamina. Techniques will be applied to common or easy-to-learn songs in group exercises to learn how to use breath in phrasing. Each student will walk away from this class with access to online resources and a personalized strategy for future vocal development.

Kamara Thomas, Instructor

19W747.1

Saturday, 11:45 AM – 1:15 PM

February 23 (1 day)

\$30

19SP747.2

Saturday, 9:30 AM – 11:00 AM

March 23 (1 day)

\$30

Advanced Group Voice Workshop (Ages 12 & up)

For students who have taken at least one of Kamara's group voice classes, or by special arrangement (contact the instructor to discuss). After a short review of foundation techniques, we will dive into more advanced techniques for toning the chest and head voices and improving the vocal "slip" between the two. Techniques for increasing volume and learning to harmonize will be applied to common or easy-to-learn songs in group exercises. Each student will walk away from this class with access to online resources and a personalized strategy for future vocal development.

Kamara Thomas, Instructor

19W748.1

Saturday, 1:30 PM – 3:00 PM

February 23 (1 day)

\$30

19SP748.1

Saturday, 11:15 PM – 12:45 PM

March 23 (1 day)

\$30



Native American Flute and Meditation Workshops (Ages 16 & up)

Play music from your heart.

Have you always wanted to play an instrument? (Or, do you play and want to connect more with the music?) Through instruction, guided meditation and structured playing, you will: Learn to play Native American inspired flute; Internalize essential principles of music composition; Improve listening skills; Experience moments of calm; and Enjoy the flow of creativity and inspiration. Flutes available for you to use in class.

"Native Flute:Be the Music" - a series of 4 workshops. Each workshop builds on the next AND is also designed to stand alone. Workshops can be taken in any order. An introductory lesson will be offered before each workshop. Watch for workshops 1&2 in the fall catalog.

Erica Alexander, Instructor

Workshop 3: Deep Listening and Supportive Accompaniment

19W750.1

Introductory Lesson

Sunday, March 10, 1:30 – 2:30 pm

\$30

19W750.2

Workshop

Sunday, March 10, 2:30 – 4:30

\$60

Workshop 4: Deepen your Musical

Experience: Hear More, Play Authentically

19SP751.1

Introductory Lesson

Sunday, May 5, 1:30 – 2:30

\$30

19SP751.2

Workshop

Sunday, May 5, 2:30 – 4:30

\$60

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.

Erica Alexander, Instructor

19W761.1

Mondays, 6:30 PM – 7:45 PM

February 4 – February 25 (4 weeks)

\$95

KORU 2.0: Deepen your Mindfulness Practice.

For students who have completed the first Koru course and are eager for more mindfulness.

We review and enrich practices from the first Koru course, introducing a few new, lovely practices to help bring more ease, presence and contentment. The text for this class is Real Happiness by Sharon Salzberg. Like the first Koru course, we ask participants to commit to attendance at all 4 classes, complete the assigned readings, and practice daily as we explore the benefits of living mindfully.

19SP762.1

Mondays, 6:30 PM – 7:45 PM

April 8 – April 29 (4 weeks)

\$95

Global Breath Studio

Yoga :: Mindfulness :: Community

Classes with Global Breath Studio

Lindsey Crawford, Global Breath Instructor

Beginners Lunchtime Yoga

Need a break from your busy day? Or just some space to move and stretch? Beginners Yoga is designed to help anyone understand the basic powerful principles of Yoga, including breathing practices, physical postures, anatomy, focusing, and meditation. Each class will cover a particular aspect of movement, and examine the core benefits and techniques for execution in an intelligent, personalized manner. Students will learn some foundational postures and practices to do at home or at work, so they can deepen their understanding of how and why we practice yoga. No prior yoga experience is necessary. This class is open to all levels of mobility, fitness and experience. Yoga mats will be available, but students are welcome to bring their own.

19W248.1

Thursdays, 12:00 PM – 1:00 PM

January 17 – March 7 (8 weeks)

\$108

19SP248.1

Thursdays, 12:00 PM – 1:00 PM

March 28 – May 16 (8 weeks)

\$108

Gentle Yoga

Gentle Yoga is intended for students of all ages and mobility who may otherwise find it challenging to get up and down off the floor quickly. In this class we will explore not only the physical postures, but also the principles of yoga, anatomy, breathing techniques, and meditation. Sometimes on the mat and sometimes with the help of a chair, students will explore the many benefits of yoga: increased circulation, balance, flexibility, mobility and strength. No prior yoga experience is necessary. This class is open to all levels of mobility, fitness and experience. Yoga mats will be available, but students are welcome to bring their own.

19W249.1

Thursdays, 10:00 AM – 11:00 AM

January 17 – March 7 (8 weeks)

\$108

19SP249.1

Thursdays, 10:00 AM – 11:00 AM

March 28 – May 16 (8 weeks)

\$108