



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

Adult Dance

Introduction to The Dancer's Workout® (for former ballet dancers)



The Dancer's Workout® (TDW) is a high-energy adult dance fitness class which uses ballet, jazz, contemporary, pop, hip-hop, and toning exercises to deliver an exhilarating dancer's workout. These intermediate/advanced classes are taught throughout the Triangle and they move very quickly through choreography and assume dancers have solid training in ballet. Once a month, however, Jules slows it down and breaks it down in "Introduction to The Dancer's Workout®" workshops. These workshops are excellent for former dancers who want to start dancing again, for current TDW dancers who want to improve their dance technique, and for experienced dancers interested in the TDW Instructor Certification Program. Introduction to The Dancer's Workout® workshop includes warm-up, stretching, and a thorough dance cardio workout, with special emphasis on proper dance technique needed to execute the moves like a pro. Day of drop-ins allowed (\$17/class). Jazz sneakers or jazz slippers preferred.

Jules Szabo, Instructor

\$15 per workshop - preregistered

19W223.1

Saturday, 2:00 PM – 3:00 PM

January 12 (1 day)

19W223.2

Saturday, 2:00 PM – 3:00 PM

February 9 (1 day)

19W223.3

Saturday, 2:00 PM – 3:00 PM

March 9 (1 day)

19SP223.1

Saturday, 2:00 PM – 3:00 PM

April 13 (1 day)

19SP223.2

Saturday, 2:00 PM – 3:00 PM

May 11 (1 day)

NEW! Carolina Smooth Movers (Ages 16 & up)

Ever wondered how those people just always seem to know the steps to every line dance? Want your time on the dance floor, too? Join us as we learn some of the most popular "line dances" out there, including the electric slide, cotton-eyed joe, Gangnam style, wobble, and many more! We will also learn some lesser known but fantastic line dances, including the shim-sham (swing dance), flamenco (flamenco/samba), and "kick the dust up" (country). Music will range from oldies to country to pop, so get ready to learn and have some fun dancing!

Larisa Gearhart Serna, Instructor

19W227.1

Wednesdays, 6:00 PM – 7:00 PM

January 16 – March 6 (8 weeks)

\$80

19SP227.1

Wednesdays, 6:00 PM – 7:00 PM

March 27 – May 15 (8 weeks)

\$80

Adult Theater

Improv Theater Basics (Ages 16 & up)

This is your chance to learn and play with the basics of long-form improv. Key exercises will help get you into a 'Yes...and' frame of mind. Learn how to draw creatively from your own life experiences. Let humor emerge naturally. Create scenes from a truthful place. All this will happen using a playful improv mindset. The ultimate goal of this class is to have fun while learning. As an added plus, you will be encouraged to see local, live improv shows. **Improv Basics** or its non-identical twin, **Improv FUNDamentals**, each lay the groundwork for longform improv with a different emphasis. They can be taken in any order and students often choose to repeat them for more solid skill building.

Carolyn Cole, Instructor

18W300.1

Wednesdays, 7:00 PM-9:00 PM

January 9 – February 6 (5 weeks)

\$125



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 develop 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.

Bulldog Ensemble Theater, Instructor

19W310.1

Mondays, 7:00 PM – 9:00 PM

March 4 – April 29 (9 weeks)

\$225

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

Improv Theater Scenework (Ages 16 & up)

Scenework is the keystone of improvisation. Our focus will be on building relationships in worlds that you create. Live more in the moment, discovering what is present right now and how to work off that. No need to 'script' a scene. You already have everything you need to make a scene 'work.' It's a matter of discovering what is in you and in front of you (in your partner) and learning what to do from there. Experience the true collaboration that makes improvising wonderful. Be ready for active physical participation including frequently alternating between standing and sitting, plus physical movement. Background: You should have completed a beginning improvisation class or have a theater background.

Carolyn Cole, Instructor

18W301.1

Wednesdays, 7:00 PM – 9:00 PM

February 27 – March 27 (5 weeks)

\$125