



## Mindfulness and Stress Reduction

### KORU MINDFULNESS (Ages 16 & Up)

**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

**20W761.1**

**Mondays, 6:00 PM – 7:15 PM**

February 3 – 24 (4 weeks)

**\$95**

### KORU 2.0 (Ages 16 & Up)

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

Erica Alexander, Instructor

**20SP762.1**

**Mondays, 6:00 PM – 7:15 PM**

April 20 – May 11 (4 weeks)

**\$95**

## Adult Group Music

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

Have you always wanted to play an instrument? (Or, do you play and want to connect more with the music?) Learn to play in a natural way, the way music began, with wind, inspiration, 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. Workshops start with guided meditation, moves to learning about the flute, followed by another meditation and structured playing. The meditative atmosphere helps to quiet our mind allowing our creativity to be freely expressed. Native Flutes will be available for use. **“Native Flute: Be the Music”** is a series of four 2-hour workshops. While each workshop builds on the next, the workshops are designed to stand alone as well. The workshops can be taken in any order. Watch for workshops 1 & 2 in the fall catalog. A one-hour introductory class will be offered before the beginning of each workshop to give you a bit of a head start (or review) before the workshop.

Erica Alexander, Instructor

**20SP750.1**

**Introductory Class**

Sunday, March 22, 1:30 - 2:30 pm

**\$35**

**20SP750.2**

**Workshop 3: Expand your Creative Expression**

Sunday, March 22, 2:30 - 4:30

**\$65**

**20SP751.1**

**Introductory Class**

Sunday, May 3, 1:30 -2:30

**\$35**

**20SP751.2**

**Workshop 4: Putting It All Together**

Sunday, May 3, 2:30 - 4:30

**\$65**

## Pop Finger Style Beginning Guitar (Ages 14 & 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 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.

**Beatles** – 8 Days a Week, Yellow Submarine, Hard Day's Night, Hey Jude, Blackbird, etc.

**Folk Songs** – Blowin' in the Wind, Mr. Tambourine Man, Puff the Magic Dragon, House of the Rising Sun, etc.

**Popular favorites** – Hotel California, Smoke on the Water, Wipeout, Easy Malaguena, Greensleeves, 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 first class meeting for book.

Randy Reed, Instructor

**20W741.1**

**Wednesdays, 7:00 – 8:30 PM**

January 8 – March 18 (10 weeks)

**No class March 11**

**\$250 or two payments of \$125**

## Pop Finger Style Beginning Guitar 2 (Ages 14 & up)

Know chords and want to get better at finger style? This class will take you to the next level. Students must have already taken Pop Finger Style Beginning Guitar with Randy Reed at DAC or have approval from the instructor. Please contact the school office at 919- 560-2726 for more information on requirements. Instruction book, if not previously purchased is \$20, which is due at first class meeting.

Randy Reed, Instructor

**20W742.1**

**Wednesdays, 5:30 – 7:00 PM**

January 8 – March 18 (10 weeks)

**No class March 11**

**\$250 or two payments of \$125**

## Beginner Ukulele (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 incorporates basic music theory with a focus on hands-on learning. 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.

Stephen Munoz, Instructor

**20W744.1**

**Tuesdays, 5:30-6:30 PM**

January 14- March 3 (8 weeks)

**\$104**

**20SP744.1**

**Tuesdays, 5:30-6:30 PM**

March 24 – May 12 (8 weeks)

**\$104**

## 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.

Andrea Edith Moore, Instructor

**20W747.1**

**Saturday, 9:30 AM-11:00 AM**

February 22 (1 day)

**\$30**

**20SP747.1**

**Saturday, 9:30 AM-11:00 AM**

April 25 (1 day)

**\$30**

## Individual Music Lessons

(Ages 5 & up)

The Durham Arts Council provides the opportunity for children and adults to participate in individual music instruction from beginning to advanced skill levels. Our music faculty is comprised of experienced professional musicians and educators, trained at some of the country's finest music conservatories and universities. All instructors perform professionally, both as solo artists and with symphonies, chamber groups, opera companies and other music ensembles. Every student enrolled in the individual music lesson program is invited to perform at the Spring Student Recital. To inquire about Individual Music Lessons, please call (919) 560-2726. Individual Music Scholarships are provided by the Andrew Goodridge Music Scholarship Fund. Please call for more information.

**Cost per lesson:** 30 minute—\$26; 45 minute—\$40; 60 minute—\$54

**Winter 2020**

January 5 – March 7 (9 weeks)

**No class January 20**

Make up week: March 8-14

**Spring 2020**

March 15- May 16 (9 weeks)

Make up week: May 17-23

**Instructors:**

Alejandro Santoyo: Piano

Karen Novy: Voice

Luciano Suarez: Guitar

**Music lesson registration** – All new and continuing students must register each semester. Lessons may not begin until registration is completed and full payment or payment arrangements are made with DAC School. NEW STUDENTS may enroll in the music lesson program at the beginning of a semester or at any time during the year when teaching time becomes available with a DAC instructor. A new student will register and complete enrollment forms the same as continuing students prior to the first lesson and will pay the semester tuition or arrange for a payment plan. The semester is prorated for new students based on starting date. CONTINUING STUDENTS in the DAC Music Lesson Program must register each semester with DAC prior to beginning the new semester of lessons. At registration time, the student or parent must fill out the registration form, provide updated emergency contact information, sign the program waiver, indicate continuing instructor, and payment plan option.