



## 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**