

## 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.

**17FA761.1**

**Sundays, 4:00 PM - 5:15 PM**

September 24 - October 15 (4 weeks)

Erica Alexander, Instructor

**\$70**



## Adult Theater

### Improv Theater Basics

Want to have fun with others while expanding your creativity and sense of joy? Improv is the popular theater art form where you 'play' with others and create spontaneous scenes. In this class you will learn improv fundamentals using specially tailored games and exercises. Experience the accepting environment of 'Yes...and.' Be prepared for self-discovery. Live more in the current moment. Listen and respond more spontaneously. Boost your social confidence. All this while building scenes in the here and now. This class is for people new to improv, but anyone who has already taken an improv course is welcome (and encouraged) to revisit the fundamentals, work those improv muscles and have some fun.

**17FA300.1**

**Wednesdays, 7:00 PM - 9:00 PM**

September 13 - October 18 (5 weeks)

**No class September 27**

Carolyn Cole, Instructor

**\$100**

### Improv Theater: Scene and Character Work

Scenework is the heart of comedic longform improv. Strong characters make those scenes memorable. You will have fun 'in the moment' while boosting your skills in both scene and character work. Learn how to tune into what is present in you and your partner and focus on that relationship. Watch the 'comedic you' emerge without jokes or gags. No need to 'script' a scene or constantly invent new ideas. Listening and focus are your friends. This class maximizes direct practice time and is designed specifically to the level(s) of currently enrolled students. This skills-based approach enables new and returning students build their improv muscles toward more artistic considerations. Background: While all skill levels are welcome, you should have completed a beginning improvisation class in either long or short form improvisation or have a theater background. Returning students will learn how to expand and refine their skills.

**17FA301.1**

**Wednesdays, 7:00 PM - 9:00 PM**

October 25 - November 29, (5 weeks)

**No class November 22**

Carolyn Cole, Instructor

**\$100**

## Adult Dance

### The Dancer's Workout® - Back to Basics

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 "The Dancer's Workout® - Back to Basics" 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. The Dancer's Workout® - Back to Basics 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 (\$20/class). Jazz sneakers or jazz slippers preferred.

Jules Szabo, Instructor

**17FA223.1**

**Saturday, 2:00 PM - 3:30 PM**

September 9 (1 day)

**\$18**

**17FA223.2**

**Saturday, 2:00 PM - 3:30 PM**

October 14 (1 day)

**\$18**

**17FA223.3**

**Saturday, 2:00 PM - 3:30 PM**

November 11 (1 day)

**\$18**

**17FA223.4**

**Saturday, 2:00 PM - 3:30 PM**

December 9 (1 day)

**\$18**

