

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

18FA761.1

Mondays, 6:30 PM – 7:45 PM

September 24 – October 15 (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.

18FA762.1

Mondays, 6:30 PM – 7:45 PM

October 29 – November 19 (4 weeks)

\$95

Adult Dance and Movement



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

18FA223.1

Saturday, 2:00 PM – 3:00 PM

September 8 (1 day)

\$15

18FA223.2

Saturday, 2:00 PM – 3:00 PM

October 13 (1 day)

\$15

18FA223.3

Saturday, 2:00 PM – 3:00 PM

November 10 (1 day)

\$15

18A223.4

Saturday, 2:00 PM – 3:00 PM

December 8 (1 day)

\$15

Yoga classes in partnership with

Global Breath Studio

Yoga :: Mindfulness :: Community

Classes take place at the Durham Arts Council.

Beginners Yoga

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 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 student are welcome to bring their own.

Lindsey Crawford, Global Breath Instructor

18FA248.1

Thursdays, 12:00 PM – 1:00 PM

August 30 – October 18 (8 weeks)

\$108

18FA248.2

Thursdays, 12:00 PM – 1:00 PM

October 25 – December 13 (7 weeks)

No Class November 22

\$94.50

Chair Yoga

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

Lindsey Crawford, Global Breath Instructor

18FA249.1

Thursdays, 10:00 AM – 11:00 AM

August 30 – October 18 (8 weeks)

\$108

18FA249.2

Thursdays, 10:00 AM – 11:00 AM

October 25 – December 13 (7 weeks)

No Class November 22

\$94.50

NEW! Flamenco Tangos (Ages 16 & up)

Tangos, only slightly related to the Argentine Tango, is a four-count rhythm pattern used in flamenco music and dance. There is a lot you can do with this rhythm, and in this course we will explore palmas (handclapping), cante (song), and footwork based on tangos. Throughout the course we will learn a sequence of moves utilizing these aspects of tangos, culminating in a choreographed dance, also called a patada.

Larisa Gearhart Serna, Instructor

18FA227.1

Wednesdays, 7:00 PM – 8:00 PM

September 5 – October 10 (6 weeks)

\$60

18FA227.2

Wednesdays, 7:00 PM – 8:00 PM

October 24 – December 5 (6 weeks)

No Class November 21

\$60



Flamenco with instructor **Larisa Gearhart-Serna**

Creative Arts in Public & Private Schools (CAPS)

The Durham Arts Council's CAPS program places teaching artists and presenters into schools to teach and reinforce curriculum through the arts!

CAPS impacts the lives of over 20,000 students each year. Learn more at durhamartscouncilcaps.com



Adult Theater

Improv Theater FUNdamentals (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 without jokes. Create scenes from a truthful place using group mind. All this will happen using a playful improv mindset and a little bit of homework! 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. This class involves active physical participation including frequently alternating between standing and sitting, plus physical movement.

Carolyn Cole, Instructor

18FA300.1

Wednesdays, 7:00 PM – 9:00 PM

September 12 – October 10 (5 weeks)

\$125

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

18FA301.1

Wednesdays, 7:00 PM – 9:00 PM

October 24 – November 21 (5 weeks)

\$125

Theater Classes with



Classes take place at the Durham Arts Council 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 discover how actors are trained and why while developing 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.

Dana Marks, Instructor

18FA310.1

Sundays, 1:00 PM – 3:00 PM

October 14 – December 16 (9 weeks)

No Class November 25

\$225

To Write A Play (Ages 16 & up)

This is a class for beginning and emerging playwrights with a focus on process, progress and actionable feedback. We will consider the basics of performative storytelling, structure, character development, and the audience perspective through hands-on activities, discussion, and writing, writing, writing. The goals are to make progress with your work and gain clarity on your voice as a playwright.

Tamara Kissane, Instructor

18FA311.1

Mondays, 7:00 PM – 9:00 PM

September 10 – October 15 (6 weeks)

\$150

18FA311.2

Mondays, 7:00 PM – 9:00 PM

October 22 – November 26 (6 weeks)

\$150

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