

**TRURO COMMUNITY EDUCATION CLASSES
FALL 2021
REGISTRATION & INFORMATION**

CONTACT

Truro Community Education
Heather Harper, Director
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WHEN AND WHERE CLASSES BEGIN

- In person classes are at Truro Central School, masks are required, virtual classes are via Zoom
- Descriptions of the classes will indicate when the class begins and ends
- **HOW TO REGISTER**
- Download a registration form from the Truro Central School website and mail to:
- Truro Central School PO Box 2029 Truro, MA 02666 Attn: Heather Harper or email harperh@truromass.org for an electronic registration form

CLASSES

Sketch the Lower Cape

Rowan Wielblad

ZOOM

7:30PM

Class Begins November 1, 2021 (6 weeks)

\$50.00/\$45.00 (Sen. Discount)

Create ink sketches of picturesque lower Cape towns – Wellfleet, Truro and Provincetown. Each week participants render a different subject of lower Cape towns from photo references provided.

Materials – permanent ink pens (artists pens not sharpies)

Fine and medium fine

A pencil and eraser

Paper suitable for ink line art such as Bristol

Optional: A cell phone or digital camera to take reference shots.

Reference photos will be provided.

Mondays 6:30-

Yoga Alignment

Cristina Crawford

IN-PERSON TRURO CENTRAL SCHOOL

pm

Class Begins: November 8, 2021 (4 weeks)

Discount)

Mondays, 5:30-6:30

\$40.00/\$35.00 (Sen.

Create a safe foundation for your yoga practice

Whether you're a newcomer to yoga, have a health condition, or have been practicing for decades, it's important to establish—and maintain—a good foundation and pay attention to your body.

With a strong foundation, we then have to work on alignment to reduce or avoid injuries, muscular imbalances and bad postures.

In this 4-week series you will learn the basics of “what goes where, what rotates which way, which muscles and joints do what and where should you put the weight” so you can get your body balanced and coordinated feeling safe in your yoga practice whether at home or at a studio.

- Bring a Yoga mat
- Bring a meditation cushion or pillow
- Bring a blanket
- OPTIONAL:
 - Props like yoga blocks and/or yoga belt

Self - Massage

Cristina Crawford

IN-PERSON TRURO CENTRAL SCHOOL

Single Session Monday December 6, 2021 5:30-7:00PM

FREE – Pre-registration required

**Feel immediate relief from that persistent
ache in your neck or knot in your lower back.**

Whether you've been trying to keep your world running from your living room or you've been hustling non-stop as a hard worker, chances are your body screams in pain at night. Your neck might constantly ache from your not-so-ergonomic WFH set up, or your arches might radiate with pain from those house shoes you've been wearing all day every day.

One way to provide short-term relief from the gnawing pain and strain? Give your body a little self-massage.

In this 1-day class you will learn easy and quick techniques of self-massaging the tightness, stiffness, soreness in your neck, shoulders, and beyond, so you can daily relieve the tension in your body, sleep better and improve mobility and immune functions.

- Bring a Yoga mat
- Bring a tennis ball
- OPTIONAL:
 - Foam Roller
 - Trigger Point Massager
 - Craniocradle

Easy Does it Mindfulness Meditation

Cristina Crawford

IN-PERSON TRURO CENTRAL SCHOOL

Wednesdays, 5:30-

6:15 pm

Class Begins: November 10, 2021 (4 weeks) (no class 11/24)

\$40.00/\$35.00

(Sen. Discount)

Breathe Space Into Your Day

Daily mindfulness Meditation practice can make a real difference in your life. can reduce stress, increase calmness and clarity and promote happiness. You need less than 10 minutes alone each day to do it. It might seem difficult to get started and keep up a routine, but this series will guide you to break it down for beginners. There are benefits even with short amounts of practice.

Meditation isn't about learning how to empty your mind or stop your thoughts. Instead, meditation is the practice of training your attention and focus from a place of non-judgement.

In this 4-week series you will learn easy and comfortable mediation practices along with breathing exercise so you can improve your mental and physical health in a variety of ways in only 10 minutes or less a day.

- Bring a Yoga mat
- Bring a meditation cushion or pillow
- Bring a blanket

Friday Night Fun – Draw Your Dog(Cat, Horse, Bird)

Rowan Wielblad

Single Session Friday December 3, 2021 6:30-8:00PM

FREE – Pre-registration required

Draw an 8 x 10 portrait of that special dog, cat or other pet. Makes a great gift or memento.

Work with graphite pencil and some colored pencils

Materials:

- Graphite pencil and eraser – a several grades drawing pencils HB, 2B, 4B
 - optional – a mechanical pencil and an EBONY pencil
 - Colored pencils, (Prismacolor brand is recommended)
 - Good quality paper – a pad or sheets that can be cut into smaller pieces
- media of your choice to work wit

Have ready a clear reference photo of the subject to draw from

Jotform electronic sign up

<https://form.jotform.com/203074779250053>