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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Classes begin the week of September 23rd!  Special event details are coming soon.  Adults, there are tap classes, Touch for Health, Qi YINtegration, as well as other special workshops for you.**  For specific fees and class details, please go to the blog posting at [www.dancedebut.com](http://www.dancedebut.com/). | | |  |  |  | | --- | --- | | |  | | --- | | **Dance Program Information** [**Adult wellness classes are listed below!**](https://us13.admin.mailchimp.com/campaigns/preview-content-html?id=1172401#Adult Program Information)    *Please pre-register with Michelle at*[*info@dancedebut.com*](mailto:info@dancedebut.com)*to reserve your spot and assist with proper placement of dancers.  Payments can be made the first day of class to Michelle directly.*  **Mondays:** **Jazz Dance (6-10 yrs)** **Cape Breton Highlands Academy 2:45 - 3:30 pm $80 for 8 weeks**Sept 25, Oct 2, Oct 16, Oct 23, Oct 30, Nov 6, Nov 20, and Nov 27 **$100 for 10 weeks**Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5, and Mar 12 Learn about the basics of jazz dancing including turns, jumps, and kicks through combinations of steps and technical exercises. No experience necessary, but ballet slippers or jazz shoes required, as well as shorts or leggings and t-shirt, or bodysuit and tights.  **Tap Dance (6-10 yrs)** **Cape Breton Highlands Academy** **3:30 - 4:10 pm** **$64 for 8 weeks**Sept 25, Oct 2, Oct 16, Oct 23, Oct 30, Nov 6, Nov 20, and Nov 27 **$80 for 10 weeks**Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5, and Mar 12 Sharing the passion for rhythm tap, this class will be working on Tap Dance Basics, rhythm building and foot articulation. No experience necessary, but tap shoes, t-shirt and shorts or leggings required.  **Lyrical Jazz (11 yrs and older)** **Cape Breton Highlands Academy** **4:10 - 5:10 pm** **$96 for 8 weeks**Sept 25, Oct 2, Oct 16, Oct 23, Oct 30, Nov 6, Nov 20, and Nov 27 **$120 for 10 weeks**Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5, and Mar 12 A combination of jazz and ballet, this dance style lends itself to interpreting the lyrics in music and expressively sharing dance to the audience. No experience necessary. Dancers will need jazz shoes, leggings and a t-shirt.  **Tap Dance (Teens and Adults)** **Cape Breton Highlands Academy** **5:10 - 5:50 pm** **$72 for 8 weeks**Sept 25, Oct 2, Oct 16, Oct 23, Oct 30, Nov 6, Nov 20, and Nov 27 **$90 for 10 weeks**Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5, and Mar 12 Sharing the passion for rhythm tap, this class will be taking the Tap Dance Basics into rhythm combinations for fun and practice. No experience necessary, but tap shoes, t-shirt and shorts or leggings required.   **Music in Motion (3-5 yrs)** **Cape Breton Highlands Academy** **5:50 - 6:40 pm** **$64 for 8 weeks**Sept 25, Oct 2, Oct 16, Oct 23, Oct 30, Nov 6, Nov 20, and Nov 27 **$80 for 10 weeks**Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5, and Mar 12 With an introduction to ballet, jazz, tap and musical theatre, this class begins the love of dance through music, song and storytelling. Ballet slippers and tap shoes required, as well as t-shirt and leggings or shorts, or bodysuit and tights.  **Tuesdays:** **Jazz Dance (6-8 yrs)** **Bayview School stage - Port Hood** **2:45 - 3:30 pm $80 for 8 weeks**Sept 26, Oct 3, Oct 17, Oct 24,  Nov 7, Nov 21, Nov 28, and Dec 5 **$100 for 10 weeks**Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, Feb 27, Mar 6, and Mar 13 Learn about the basics of jazz dancing including turns, jumps, and kicks through combinations of steps and technical exercises. No experience necessary, but ballet slippers or jazz shoes required, as well as shorts or leggings and t-shirt, or bodysuit and tights.  **Tap Dance (6-8 yrs)** **Bayview School Stage - Port Hood** **3:30 - 4:10 pm** **$64 for 8 weeks**Sept 26, Oct 3, Oct 17, Oct 24,  Nov 7, Nov 21, Nov 28, and Dec 5 **$80 for 10 weeks**Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, Feb 27, Mar 6, and Mar 13 Sharing the passion for rhythm tap, this class will be working on Tap Dance Basics, rhythm building and foot articulation. No experience necessary, but tap shoes, t-shirt and shorts or leggings required.  **Lyrical Jazz (9 yrs and older)** **Bayview School Stage - Port Hood** **4:10 - 5:10 pm** **$96 for 8 weeks**Sept 26, Oct 3, Oct 17, Oct 24,  Nov 7, Nov 21, Nov 28, and Dec 5 **$120 for 10 weeks**Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, Feb 27, Mar 6, and Mar 13 A combination of jazz and ballet, this dance style lends itself to interpreting the lyrics in music and expressively sharing dance to the audience. No experience necessary. Dancers will need jazz shoes, leggings and a t-shirt.  **Tap Dance (9 yrs to Adults)** **Bayview School Stage - Port Hood** **5:10 - 5:50 pm** **$72 for 8 weeks**Sept 26, Oct 3, Oct 17, Oct 24,  Nov 7, Nov 21, Nov 28, and Dec 5 **$90 for 10 weeks**Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, Feb 27, Mar 6, and Mar 13 Sharing the passion for rhythm tap, this class will be taking the Tap Dance Basics into rhythm combinations for fun and practice. No experience necessary, but tap shoes, t-shirt and shorts or leggings required.   **Music in Motion (3-5 yrs)** **Bayview School Stage - Port Hood** **5:50 - 6:40 pm** **$64 for 8 weeks**Sept 26, Oct 3, Oct 17, Oct 24,  Nov 7, Nov 21, Nov 28, and Dec 5 **$80 for 10 weeks**Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 13, Feb 20, Feb 27, Mar 6, and Mar 13 With an introduction to ballet, jazz, tap and musical theatre, this class begins the love of dance through music, song and storytelling. Ballet slippers and tap shoes required, as well as t-shirt and leggings or shorts, or bodysuit and tights.  **Wednesdays:** **Dance Club (6-9 yrs)\* \*Dance Club classes are being rescheduled, please contact Michelle directly for more information.** **The Old Manse - Mabou** **4:30 - 5:45 pm** **$96 for 8 weeks**Sept 27, Oct 4, Oct 18, Oct 25, Nov 1, Nov 15, Nov 22, and Nov 29 **$80 for 10 weeks**Jan 10, Jan 17, Jan 24, Jan 31 Feb 7, Feb 14, Feb 21, Feb 28, Mar 7, and Mar 14 Enjoy the many aspects of dance through a special combination of tap, jazz, ballet and musical theatre. Dancers will need leggings, a t-shirt, tap shoes and ballet slippers.  **Fridays:** **Jazz Dance (6-10 yrs)** **Inverness School** **2:45 - 3:30 pm $80 for 8 weeks**Sept 29, Oct 6, Oct 20, Oct 27,  Nov 3, Nov 17, Nov 24, and Dec 1 **$100 for 10 weeks**Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, Feb 23, Mar 2, and Mar 9 Learn about the basics of jazz dancing including turns, jumps, and kicks through combinations of steps and technical exercises. No experience necessary, but ballet slippers or jazz shoes required, as well as shorts or leggings and t-shirt, or bodysuit and tights.  **Tap Dance (6-10 yrs)** **Inverness School** **3:30 - 4:10 pm** **$64 for 8 weeks**Sept 29, Oct 6, Oct 20, Oct 27,  Nov 3, Nov 17, Nov 24, and Dec 1 **$80 for 10 weeks**Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, Feb 23, Mar 2, and Mar 9 Sharing the passion for rhythm tap, this class will be working on Tap Dance Basics, rhythm building and foot articulation. No experience necessary, but tap shoes, t-shirt and shorts or leggings required.  **Music in Motion (3-5 yrs)** **Inverness School** **4:10 - 5:00 pm** **$64 for 8 weeks**Sept 29, Oct 6, Oct 20, Oct 27,  Nov 3, Nov 17, Nov 24, and Dec 1 **$80 for 10 weeks**Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, Feb 23, Mar 2, and Mar 9 With an introduction to ballet, jazz, tap and musical theatre, this class begins the love of dance through music, song and storytelling. Ballet slippers and tap shoes required, as well as t-shirt and leggings or shorts, or bodysuit and tights.  **Saturdays:** **Music in Motion (3-5 yrs)** **Port Hawkesbury SAERC Stage** **9:00 - 9:40 am** **$74 for 8 weeks**Sept 23, Sept 30, Oct 14, Oct 21, Oct 28  Nov 18, Nov 25, and Dec 2 **$90 for 10 weeks**Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24, Mar 3, Mar 10 and Mar 17  (includes facility rental and insurance) With an introduction to ballet, jazz, tap and musical theatre, this class begins the love of dance through music, song and storytelling. Ballet slippers and tap shoes required, as well as t-shirt and leggings or shorts, or bodysuit and tights.  **Jazz Dance (6-9 yrs)** **Port Hawkesbury SAERC Stage** **9:40 - 10:20 am $90 for 8 weeks**Sept 23, Sept 30, Oct 14, Oct 21, Oct 28,  Nov 18, Nov 25, and Dec 2 **$110 for 10 weeks**Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24, Mar 3, Mar 10 and Mar 17 (includes facility rental and insurance) Learn about the basics of jazz dancing including turns, jumps, and kicks through combinations of steps and technical exercises. No experience necessary, but ballet slippers or jazz shoes required, as well as shorts or leggings and t-shirt, or bodysuit and tights.  **Tap Dance (6-9 yrs)**  **Port Hawkesbury SAERC Stage** **10:20 - 10:50 am $66 for 8 weeks**Sept 23, Sept 30, Oct 14, Oct 21, Oct 28,  Nov 18, Nov 25, and Dec 2 **$80 for 10 weeks**Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24, Mar 3, Mar 10 and Mar 17 (includes facility rental and insurance) Sharing the passion for rhythm tap, this class will be working on Tap Dance Basics, rhythm building and foot articulation. No experience necessary, but tap shoes, t-shirt and shorts or leggings required.   **Lyrical Jazz (10 yrs and older)**  **Port Hawkesbury SAERC Stage** **10:50 - 11:50 am $106 for 8 weeks**Sept 23, Sept 30, Oct 14, Oct 21, Oct 28,  Nov 18, Nov 25, and Dec 2 **$130 for 10 weeks**Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24, Mar 3, Mar 10 and Mar 17 (includes facility rental and insurance) A combination of jazz and ballet, this dance style lends itself to interpreting the lyrics in music and expressively sharing dance to the audience. No experience necessary. Dancers will need jazz shoes, leggings and a t-shirt.   **Tap Dance (10 yrs to Adult)**  **Port Hawkesbury SAERC Stage** **11:50 - 12:20 pm $66 for 8 weeks**Sept 23, Sept 30, Oct 14, Oct 21, Oct 28,  Nov 18, Nov 25, and Dec 2 **$80 for 10 weeks**Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24, Mar 3, Mar 10 and Mar 17 (includes facility rental and insurance) Sharing the passion for rhythm tap, this class will be taking the Tap Dance Basics into rhythm combinations for fun and practice. No experience necessary, but tap shoes, t-shirt and shorts or leggings required. |   https://gallery.mailchimp.com/99725d0abba60ef284be55f51/images/6203fa00-abd2-4862-8702-b0d66567deb5.jpg |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Adult Programs Update:   NEW CLASSES IN TAP!!!**  **Upon request from several communities, Michelle has opened up the Tap classes to include Adults as well.  If you have always wanted to give Tap a try, are looking for something different for a fitness class, or want to dance with your older student, then consider giving tap a try.  This class is being offered in Belle Cote, Port Hood and Port Hawkesbury.  See the class posting at**[www.dancedebut.com](http://www.dancedebut.com/)**.**  **Workshops and Specialty Classes**  **Extending her classes over the last few years, Michelle has added several new ones to the repertoire.  Qi YINtegration now has 6 different Sets of Skills.  Workshops are offered through the fall in all 6 sets. Weekly classes are also offered with Set 6 involving sensing Energy, working with the Auric Field, and learning the Fan Set for Movement.    The very popular "Sound Essence Bath" is offered in several locations this fall:  Belle Cote, Mabou, Port Hawkesbury and Richmond County.  Recently certified as a Sound Essence Consultant and Instructor, Michelle is able to offer specific goal setting and energy enhancement through the Singing Bowls, Hapi Drums, Koshi Chimes, and Sound Essence Misters.  She continues to share this experience with her colleague Natascha Polomski.    Tai Chi classes are entering their 7th season with Tai Chi, Loh Kup, and Sabre.  Classes are offered in Belle Cote, Inverness, Mabou, Port Hood and Port Hawkesbury.  Beginners are always welcome.  The complete schedule is posted on the website calendar at**[www.dancedebut.com](http://www.dancedebut.com/)**.   Lastly, Michelle offers private sessions for energy and vitality.  Using her many skills in Touch for Health, Therapeutic Touch, Sound Essence, Singing Bowls, Quantum Wave Lasers, and Specialized Kinesiology, she can assist with health recovery, pre and post surgery recovery, goal setting, muscle balancing challenges, stress release, and more.  The Quantum Wave Lasers are also available for rent on a weekly basis.  To book an appointment email**[info@dancedebut.com](mailto:info@dancedebut.com)**.** | | |  |  |  | | --- | --- | | |  | | --- | | **Detailed Adult Program Information**  All the programs listed below are designed for movement, health and vitality.  Touch for Health is a special series of international acclaim that balances the muscles in the body with simple techniques to optimize movement patterns.  Qi YINtegration takes Qi Gong and Tai Chi to a whole new level by including special elements of movement, understanding how energy flows through the body and around the outside, and tips and tools for quickly changing how the body is feeling and functioning.  This program has a short Tai Chi set specifically designed with the 5 Elements from Chinese Medicine, and an addition of color and sound to increase the energy level.  And, Tai Chi Cape Breton has expanded its programs this season.  We are offering the 108 Moving Meditation, Sabre, Loh Kup Set 1, the Seated Form, and formal instruction for beginner instructors. Join us for the fun and friendship this fall, and bring a friend or two to share the experience!  **Mondays:** **Touch for Health Level 4** **Belle Cote Community Center** **9:00 – 10:00 am** **Cost: $92 w HST for 10 weeks** Session 1:  Sept 25, Oct 2, Oct 9, Oct 16, Oct 23, Oct 30, Nov 6, Nov 13, Nov 20, and Nov 27 Session 2:  Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5, and Mar 12  The Touch for Health students will complete their muscle testing skills for 42 muscles, as well as advanced techniques for balancing the energy system.  Session 1 will focus on Assessment and Balance, while Session 2 will focus on Fine Tuning Muscle Testing technique.  **Tai Chi Cape Breton** **Belle Cote Community Center** **10:00 – 12:00 pm** 10:00 - 11:00 am  Tai Chi (Standing and seated form) 11:00-11:15 am  Sabre 11:15 - 12:00 pm  Loh Kup **Cost:  Sept - December $45** Join us as we explore the healing powers of the Tai Chi Foundations and 108 Moving Meditation of Master Moy Lin Shin.  Tai Chi and Qi Gong are an easy, low impact, stretching and strengthening way to change the moving patterns of the body.  Studies show that many of our ailments can be relieved by practising this ancient art form, this can include blood pressure, diabetes, chronic pain, headaches, joint pain, energy levels, sleep patterns, breathing patterns, allergies, inflammation and more.  Registration is in a 4-month cycle, with classes running throughout the year.  September to December is $45.  Students may attend as many classes as they like throughout the week with their membership as classes run in 4 locations. (This is a not for profit program, and your instructor is a volunteer in honour of Master Moy's wishes that all teachings come from the heart and that Tai Chi be available to all).  **Touch for Health Level 1** **Belle Cote Community Center** **12:30 – 1:30 pm Cost: $92 w HST for 10 weeks** Session 1: Sept 25, Oct 2, Oct 9, Oct 16, Oct 23, Oct 30, Nov 6, Nov 13, Nov 20, and Nov 27 Session 2: Jan 8, Jan 15, Jan 22, Jan 29, Feb 5, Feb 12, Feb 19, Feb 26, Mar 5, and Mar 12 *Level 1 Certificate from the International Kinesiology College is available after a minimum of 14 hours of instruction. The two sessions will meet this requirement.* Learn how to muscle test 14 muscles for strength and stability, coordinate Meridian flow, Neurolymphatic flow, and stimulate Neurovascular points. Learn "Balance as you go" to optimize the flow of energy through the systems of the body. The Touch for Health Complete Textbook by John Thie and Matthew Thie can be pre-purchased from the Canadian Kinesiology Bookstore. Handouts will be electronically shared. Session 1 will focus on simple tools to enhance the muscle testing technique.  **Tuesdays:** **Tai Chi Cape Breton** **Judique Community Hall** **7:00 – 8:30 pm** 7:00 - 8:00 pm  Tai Chi (Standing and seated form) 8:00-8:15 pm  Sabre 8:15 - 9:00 pm  Loh Kup **Cost:  Sept - December $45** Join us as we explore the healing powers of the Tai Chi Foundations and 108 Moving Meditation of Master Moy Lin Shin.  Tai Chi and Qi Gong are an easy, low impact, stretching and strengthening way to change the moving patterns of the body.  Studies show that many of our ailments can be relieved by practising this ancient art form, this can include blood pressure, diabetes, chronic pain, headaches, joint pain, energy levels, sleep patterns, breathing patterns, allergies, inflammation and more.  Registration is in a 4-month cycle, with classes running throughout the year.  September to December is $45.  Students may attend as many classes as they like throughout the week with their membership as classes run in 4 locations. (This is a not for profit program, and your instructor is a volunteer in honour of Master Moy's wishes that all teachings come from the heart and that Tai Chi be available to all).  **Wednesdays:**  Qi YINtegration Set 6 **The Old Manse - Mabou** **2:45 – 4:00 pm** **Cost:  $92 w HST for 8 weeks** Session 1:  Sept 27, Oct 4, Oct 18, Oct 25, Nov 1, Nov 15, Nov 22, and Nov 29 Session 2:  Jan 10, Jan 17, Jan 24, Jan 31, Feb 7, Feb 14, Feb 21, and Feb 28  The Auric Field and The Fan Set. Join us for a combination of Qi Gong and Tai chi explored through the Fan Set for Chakra energizing. Explore working with the Bio-Field through the layers of the Auric Field. Special attention will be made to enhance sensing energy and assessing its qualities. Beginners to Tai Chi are welcome, and those with movement challenges will have seated options and personal guidance through the form. Classes will be supported by additional information required by the students health needs and may be supported by video, handouts, home routines and more. New students are welcome and workshops will be offered through the fall for those wanting to explore more details through Qi YINtegrastion Set 1-5.     **Thursdays:** **Tai Chi Cape Breton** **St. Joseph's Renewal Center - Mabou** **7:00 – 8:30 pm**  7:00 - 8:00 pm  Tai Chi (Standing and seated form) 8:00-8:15 pm  Sabre 8:15 - 9:00 pm  Loh Kup **Cost:  Sept - December $45** Join us as we explore the healing powers of the Tai Chi Foundations and 108 Moving Meditation of Master Moy Lin Shin.  Tai Chi and Qi Gong are an easy, low impact, stretching and strengthening way to change the moving patterns of the body.  Studies show that many of our ailments can be relieved by practising this ancient art form, this can include blood pressure, diabetes, chronic pain, headaches, joint pain, energy levels, sleep patterns, breathing patterns, allergies, inflammation and more.  Registration is in a 4-month cycle, with classes running throughout the year.  September to December is $45.  Students may attend as many classes as they like throughout the week with their membership as classes run in 4 locations. (This is a not for profit program, and your instructor is a volunteer in honour of Master Moy's wishes that all teachings come from the heart and that Tai Chi be available to all).  **Fridays:**  Qi YINtegration Set 1 **Belle Cote Community Center** **8:45 - 10:00 am Cost: $92 w HST** Session 1:Sept 29, Oct 6, Oct 20, Oct 27, Nov 3, Nov 17, Nov 24, and Dec 1 This 8 week session is an introduction to changing movement patterns in your everyday life to create strength, ease of movement, flexibility and release of pain and tension from the body. The exercises are simple and integrate directly into your everyday. Handouts and power points will be available for home practice to transform habits.  If you have avoided exercise programs because of shyness, limited ability, pain, or just plain laziness to make a change, then take advantage of this revolutionary way of putting energy and vitality back into your life. All are welcome, and all abilities will find a place! If it is hard for you to get out, bring a friend and inspire each other together. Sitting exercises and specific health challenges will be considered so don't think you can't - because you can! please wear comfortable clothes and socks (or flat shoes if they are necessary). An introduction to the 5 Element Tai Chi set with Sound and Colour will be taught at the end of each class.   Qi YINtegration Set 2 **Belle Cote Community Center** **8:45 – 10:00 am** **Cost:  $92 w HST** Session 2:  Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, and Feb 23 Join us for this 8 week extension of the material covered in Set 1, although new students are welcome.  This set explores the different aspects of energy systems including Meridians, Chakras, Auras, The Hara Line and the Assemblage Point.  More movement exercises are share with this session to increase opportunities for better movement and coordination, and the 5 Element Tai Chi Set with Sound and Color will be continued at the end of each class.  Handouts, video and research opportunities will be shared in each class to add to the experience of understanding and exploring how to build energy in the body for greater health benefits.     **Tai Chi Cape Breton - Practice** **Belle Cote Community Center** **10:00 – 11:00 am**Practice time for students  Please see description, as all details apply here.  Qi YINtegration Set 6 **Belle Cote Community Center** **11:15 – 12:30 pm** **Cost:  $92 w HST for 8 weeks** Session 1:  Sept 29, Oct 6, Oct 20, Oct 27, Nov 3, Nov 17, Nov 24, and Dec 1 Session 2:  Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, and Feb 23 The Auric Field and The Fan Set. Join us for a combination of Qi Gong and Tai chi explored through the Fan Set for Chakra energizing. Explore working with the Bio-Field through the layers of the Auric Field. Special attention will be made to enhance sensing energy and assessing its qualities. Beginners to Tai Chi are welcome, and those with movement challenges will have seated options and personal guidance through the form. Classes will be supported by additional information required by the students health needs and may be supported by video, handouts, home routines and more. New students are welcome and workshops will be offered through the fall for those wanting to explore more details through Qi YINtegrastion Set 1-5.   **Tai Chi for Health** **Inverary Manor** **1:00 – 2:00 pm**  **Cost:  $55 w HST** **for 8 weeks** Session 1:  Sept 29, Oct 6, Oct 20, Oct 27 Nov 3, Nov 17, Nov 24, Dec 1 Session 2:  Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16, Feb 23  Join us for an introduction to Tai Chi for Health and Relaxation. Often chosen as an exercise form to de-stress the body, improve sleep quality, and to increase the range of motion, see how a few movement opportunities in a sequence can provide you with strength, vitality and freedom movement. Beginners welcome, and alternatives available for those requiring a seated alternative.  **Saturdays:**  **Tai Chi Cape Breton** **Port Hawkesbury Civic Center Dance Studio** **12:00 – 2:30 pm Cost: Sept - Dec is $45** 12:00 - 12:30 pm  Personal Practice Time 12:30-1:30 pm  Tai Chi Standed and Seated Form 1:30 - 1:45 pm  Sabre 1:45 - 2:30 pm  Loh Kup Join us as we explore the healing powers of the Tai Chi Foundations and 108 Moving Meditation of Master Moy Lin Shin.  Tai Chi and Qi Gong are an easy, low impact, stretching and strengthening way to change the moving patterns of the body.  Studies show that many of our ailments can be relieved by practicing this ancient art form, this can include blood pressure, diabetes, chronic pain, headaches, joint pain, energy levels, sleep patterns, breathing patterns, allergies, inflammation and more.  Registration is in a 4 month cycle, with classes running throughout the year.  September to December is $45.  Students may attend as many classes as they like throughout the week with their membership as classes run in 4 locations. (This is a not for profit program, and your instructor is a volunteer in honor of Master Moy's wishes that all teachings come from the heart and that Tai Chi be available to all).  Join us for the special Fall Workshops November 11 - 20th as well.   Qi YINtegration Set 6 **Port Hawkesbury Civic Center Dance Studio** **2:45 – 4:00 pm** **Cost:  $95 w HST for 8 weeks**(Including facility rental and insurance)  Session 1:  Sept 23, Sept 30, Oct 14, Oct 21, Oct 28, Nov 18, Nov 25, and Dec 2 Session 2:  Jan 13, Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24, and Mar 3   The Auric Field and The Fan Set. Join us for a combination of Qi Gong and Tai chi explored through the Fan Set for Chakra energizing. Explore working with the Bio-Field through the layers of the Auric Field. Special attention will be made to enhance sensing energy and assessing its qualities. Beginners to Tai Chi are welcome, and those with movement challenges will have seated options and personal guidance through the form. Classes will be supported by additional information required by the students health needs and may be supported by video, handouts, home routines and more. New students are welcome and workshops will be offered through the fall for those wanting to explore more details through Qi YINtegrastion Set 1-5. | | |
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