



Inverness County: 2016-2017 Classes and Workshops

Classes

Mondays

Belle Cote Hall:

9-10 am Touch for Health Level 4

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 Standing Muscle tests while Session 2 will focus on Lying Down Muscle tests.

Cost: \$92 w HST for 10 weeks (Session 1: Sept 12, 19, 26, Oct 3, Oct 31, Nov 7, 14, 21, 28, Dec 5; Session 2: Jan 2, 9, 16, 23, 30, Feb 6, 13, 27, Mar 6, 13)

10 – 12pm Tai Chi Cape Breton

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. (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).

10 – 11:15 am Tai Chi (Standing and seated form)

11:15 – 11:30 am Sabre

11:30 – 12 pm Loh Kup Part 1

12 – 12:30 pm Instructor Training for Beginners

12:45 – 1:30 pm

Preschool Dance – “The Nutcracker”

For ages 2-4 years, join us for some dance and music fun as we explore movement, dance steps, special themes and the basics of music through the historical exploration of the famous Christmas tale. An introduction to ballet, musical theatre, mime, puppetry, tap, jazz and character will all be explored.

Please wear something easy to move in, and ballet slippers on the feet or socks. Cost: \$72 for 9 weeks (Session 1: Sept 12, 19, 26, Oct 3, 31 (Halloween special day), Nov 7, 14, 21, 28)

12:45 – 1:30pm Preschool Dance - “What Would Mickey Do?”

For ages 2 – 4 years, join us for some dance music fun as we explore movement, dance steps, special themes and the basics of music through the eyes of everyone’s favorite Disney characters: Mickey, Minnie, Donald, Goofy, and more. Musical choices will include many genres of dance including hip hop, tap, jazz, musical theatre, character, and acrobatics. Please wear something easy to move in, and ballet slippers on the feet or socks. Cost: \$65 for 8 weeks (Session 2: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24).

Cape Breton Highlands Academy: School Stage

2:45 - 4:15 pm Dance Club 1 (6-8 yrs)

A Full year program, this class will cover techniques from tap, jazz, hip hop, lyrical, musical theatre, highland and stepdance as we progress through the year. Dancers will need leggings, a t-shirt, tap shoes and a pair of flat running shoes. Class is from September to May and dancers make a full year commitment to the group. Our theme for the year will be “Proud to be Canadian” and will include an exploration of Canadian musicians and artists, as well as our distinct styles of dance that highlight us to the world. We will not have a fall presentation but will focus on building technique through the fall and then prepare for the spring show on Friday, May 12 at Strathspey Place Theatre in Mabou. Cost: \$300 for the year. 2 Payments may be made by September - \$200 and February - \$100. First class September 12 – there will be no classes Oct 10, 17, 24 due to a special workshop Miss Michelle will be attending in Peru, Oct 31 will have a special Halloween Dance day right after school.

4:15 - 5:45 pm Dance Club 2 (9 years plus) - same description as above. First class September 12.

5:45 – 6:45 pm Music in Motion (4-6 yrs) - same description as above Cost: \$200 for the year. 2 Payments may be made September \$125 and February \$75. First class September 12.

Tuesdays:

Port Hood:

Bayview School: 2:45 - 4:15 pm Dance Club 1 (6-8 yrs)

A Full year program, this class will cover techniques from tap, jazz, hip hop, lyrical, musical theatre,

highland and stepdance as we progress through the year. Dancers will need leggings, a t-shirt, tap shoes and a pair of flat running shoes. Class is from September to May and dancers make a full year commitment to the group. Our theme for the year will be "Proud to be Canadian" and will include an exploration of Canadian musicians and artists, as well as our distinct styles of dance that highlight us to the world. We will not have a fall presentation but will focus on building technique through the fall and then prepare for the spring show on Friday, May 12 at Strathspey Place Theatre in Mabou. Cost: \$300 for the year. 2 Payments may be made by September - \$200 and February - \$100. First class September 13 – there will be no classes Oct 11, 18, 25 due to a special workshop Miss Michelle will be attending in Peru.

4:15 - 5:45 pm Dance Club 2 (9 years plus) - same description as above. First class September 13.

5:45 – 6:45 pm Music in Motion (4-6 yrs) - same description as above Cost: \$200 for the year. 2 Payments may be made September \$125 and February \$75. First class September 13.

Judique:

Judique Community Hall 7:00 – 8:45 pm Tai Chi Cape Breton

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.

7:00 – 8:00 pm Tai Chi Standing Form and Sitting Form

8:00 – 8:20 pm Sabre

8:20 – 8:45 pm Loh Kup Set 1

Wednesdays:

Richmond County

Tai Chi for Health (4 week mini-series)

Enjoy the ease and flow of Tai Chi movements that help to energize and rejuvenate the body. This class is for anyone with a movement challenge, pain, Arthritis, Parkinsons, Fibromyalgia, digestive challenges,

Diabetes, Asthma, Cancer, sleep challenges, injury and more. We will learn exercises that can be done standing and sitting, as well as those that will open up movement possibility, improve balance and develop strength. Learn how to get in and out of a chair with ease, climb the stairs with strength, turn and bend easily, increase flexibility, develop strength and coordination, and learn how to breathe deeply. This 4 week course is an introduction. We will also have a special workshop series in November, and more classes to follow. Handouts, video access, and personal attention will be provided. Sept 14, 21, 28, Oct 5 - 9 - 11 am \$40

Mabou: The Old Manse

2:45 – 4:00 pm Qi YINtegration in practice

Join us for a combination of Qi Gong and Tai Chi explored through the 5 Element Tai Chi Set. Learn about alignment, balance, flexibility and strength while moving the body through simple movement patterns. 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 YINtegration Set 1, 2 and 3. Cost: \$92 w HST for 8 weeks (Session 1: Sept 21, 28 Oct 5, 26, Nov 2, 9, 16, 23; Session 2: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24).

4:30 – 5:45 pm Dance Club 1 (5-8 yrs) A Full year program, this class will cover techniques from tap, jazz, hip hop, lyrical, musical theatre, highland and stepdance as we progress through the year. Dancers will need leggings, a t-shirt, tap shoes and a pair of flat running shoes. Class is from September to May and dancers make a full year commitment to the group. Our theme for the year will be “Proud to be Canadian” and will include an exploration of Canadian musicians and artists, as well as our distinct styles of dance that highlight us to the world. We will not have a fall presentation but will focus on building technique through the fall and then prepare for the spring show on Friday, May 12 at Strathspey Place Theatre in Mabou.

Cost: \$250 for the year. 2 Payments may be made by September - \$175 and February - \$75. First class September 14 – there will be no classes Oct 12, 19 due to a special workshop Miss Michelle will be attending in Peru.

Thursdays:

Mabou

St. Joseph’s Renewal Center

7:00 – 8:30 pm Tai Chi Cape Breton 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 with 4 locations to choose from. (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 Workshop Week November 11 – 20th.

7 – 8 pm Tai Chi Standing form and Sitting form

8 – 8:30 pm Sabre

Fridays:

Belle Cote:

9 – 10:15 am Qi YINtegration Set 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 Color will be taught at the end of each class. Cost: \$92 w HST (Session 1: Sept 23, 30, Oct 7, 28, Nov 4, 18, 25, Dec 2).

9 – 10:15 am Qi YINtegration Set 2

This 8 week session is an 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. Cost: \$92 w HST (Session 2: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24).

10:00 – 11:15 am Qi YINtegration in practice

For those students who may have studied Set 1, 2 and 3, and desire a more in-depth exploration in to the 5 Element Tai Chi Set, as well as use of the assessment techniques and short cuts that can be explored and discussed. This is the opportunity to enhance learning and build skills to apply further.

Cost: \$92 w HST for 8 weeks (Session 1: Sept 23, 30 Oct 7, 28, Nov 4, 18, 25, Dec 2); Session 2: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24).

11:15 – 12: 15 pm Tai Chi Cape Breton practice session – Please see description for Monday, as all details apply here.

Inverness:

Inverary Manor:

12:45 – 2 pm Qi YINtegration in practice

Join us for a combination of Qi Gong and Tai Chi explored through the 5 Element Tai Chi Set. Learn about alignment, balance, flexibility and strength while moving the body through simple movement patterns. 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 YINtegration Set 1, 2 and 3. Cost: \$92 w HST for 8 weeks (Session 1: Sept 23, 30 Oct 7, 28, Nov 4, 18, 25, Dec 2; Session 2: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24).

Inverness School:

2:45 - 4:15 pm Dance Club (6-9 yrs)

A Full year program, this class will cover techniques from tap, jazz, hip hop, lyrical, musical theatre, highland and stepdance as we progress through the year. Dancers will need leggings, a t-shirt, tap shoes and a pair of flat running shoes. Class is from September to May and dancers make a full year commitment to the group. Our theme for the year will be “Proud to be Canadian” and will include an exploration of Canadian musicians and artists, as well as our distinct styles of dance that highlight us to the world. We will not have a fall presentation but will focus on building technique through the fall and then prepare for the spring show on Friday, May 12 at Strathspey Place Theatre in Mabou. Cost: \$300 for the year. 2 Payments may be made by September - \$200 and February - \$100. First class September 9 – there will be no classes Sept 16, nor Oct 14 and 21 due to a special workshop Miss Michelle will be attending in Peru.

4:15 – 5:15 pm Music in Motion (3-5 yrs) - same description as above Cost: \$200 for the year. 2 Payments may be made September \$125 and February \$75. First class September 9.

Workshops

Mabou – The Old Manse

Wednesday, September 21 Healing with Herbs 6 – 9 pm

Join Michelle Greenwell as she shares the Healing Power of Herbs with you. Introducing you to Evelyn Mulders extensive Herb Book: "Western Herbs for Eastern Meridians and Five Element Theory", Michelle will guide you through how to use herbs to change the energy patterns in the body to relieve aches and pains and to energize. You will learn about the characteristics of the herbs and their healing intentions. This course includes the textbook and a certificate of completion. Additional charts can be purchased for \$14 each if desired. "Wise are we to listen to the message of the herbs that connect us to all of nature." For more information about Evelyn's work visit her website at www.soundessences.net.

Cost: \$65 includes the Western Herbs Textbook. 8 spots available.

Judique – Judique Community Center

Sound Essence Bath with Singing Bowls and Hapi Drum

Saturday, December 3, 4:30 – 5:30 pm \$23 w HST

Indulge yourself for an incredible hour of energy shifting and goal setting as you relax and let the smells and sounds of the moment filter through your senses. Michelle Greenwell and Natascha Polomski will assist you with determining what will provide you with more joy in your life, and then you lie back on your towel or yoga mat with a pillow and a blanket and let them do the rest. Using Sound Essences or Vibrational Sprays with Essential Oils, Michelle will bathe your spirit in energizing aromas that mist down over your body. Natascha will indulge your senses with the relaxing tones of the Singing Bowls, Gong, Koshi Chimes and Hapi Drum lulling your senses with music created especially for your needs to energize and shift your goals. You will awaken refreshed and ready for anything. Bring a friend and enjoy the experience together.

Mabou:

Qi YINtegration Workshops:

Qi YINtegration is an incredible new health program, created by Michelle Greenwell, introducing people to the power of their own energy, how to cultivate more and how to move the body easily, with fluidity and with strength. "Qi" is the energy that runs through everyone and creates the power to run, swim, walk, dance and more as we find ways to move into health with energy and vitality. "YINtegration is the balance of energy that is created in the body and that is expended. When everything is in balance we feel well, we move with ease, and we have the creativity, enthusiasm and cheer to enjoy all the wonderful things that life has to offer.

This program is an introduction to the most basic movement ideas that build us energy. We will be analyzing our sitting, standing, breathing, turning and strength with movement. The program launch is a very special opportunity to learn the background behind the exercises, to personally assess the energy

levels in your body and assess the physical challenges faced by your body. Michelle will be focusing her attention to personal needs of the students in this session and will share her wealth of knowledge to assist with building fun and easy ways to stay active and move. For those who have not experienced a private session with Michelle, this is the next best personal care. For those working with physiotherapy exercises, this will enhance what you may or may not already be doing.

Sore knees, weak muscles, imbalanced muscles, tension, fear, physical limitations, emotional challenges. We are looking for everyone and anyone with something they would like to change about their ability to move and build energy. 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 addressed so don't think you "can't" - because you can! Please wear comfortable clothes and socks (or flat shoes if they are necessary), bring a water bottle, a notebook and a pen.

Michelle Greenwell's background includes over 3 decades of Dance, Tai Chi and Health Kinesiology. She is currently studying and building exercise programs in the field of Complementary and Alternative Medicine with Akamai University, working through her specialization of using movement to heal the body and working towards the Master's and Doctorate program. Qi YINtegration has been many years in creation, and has thousands of years behind its roots in Chinese Medicine, Tai Chi, Qi Gong, and of course, Dance! Take advantage of this special offer to work in a focused way with Michelle, and make a significant change in the way your body walks forward into its future!

Mabou: The Old Manse

Qi YINtegration Set 1 Introduction

Sunday, September 11 12 – 4 pm

Evaluate posture, sitting, movement and optimizing the way the body coordinates and functions. This course includes a specialized Handbook, Videos and Power Points for all of the exercises.

Cost: \$65

Qi YINtegration Set 2

Sunday, October 2 12 – 4 pm

Understanding the Energy Field and how to access the Energy you want! Utilizing a comprehensive energy assessment, this course explores the concepts of intention, coordination of brain and body, the status of the chakras, auric field, hara line and more. This course includes Handouts specific to each new technique.

Cost: \$65

Qi YINtegration Set 3

Sunday, November 6 12 – 4 pm

Utilizing the Energy Assessment, The Assemblage Point and the 5 Element Tai Chi set with Sound and Color, there is a depth of knowledge explored with this set that brings knowledge to the core for the

body and the mind. This course Includes Handouts, Videos and the use of the Sound Essences.
Cost: \$65

Touch for Health Level 1

Touch For Health is a specialized form of kinesiology based on the systems used by chiropractors, as developed from such sources as eastern medicine, acupuncture points, meridian energy lines etc. It can be used on oneself, family and friends to balance the muscles in the body, prevent injury and assist in recovery. It's great for sports enthusiasts, those people dealing with learning or mobility difficulties, and more. The Touch for Health system is based on 4 main principles: 1. Muscle Testing 2. Brain Integration 3. Emotional Stress Release 4. Food Sensitivity Training. There are 4 levels of learning in Touch for Health with 16 hours of classroom learning at each level.

Level 1 includes the Complete Touch for Health Textbook, a recognized certificate upon completion of the course, a membership to the Canadian Association of Specialized Kinesiologists for one year, and addition to the group of TFH students practicing on Cape Breton Island. \$275

Sunday, September 25th 9 – 5 pm and Sunday, October 30th 9 – 5 pm.

Please pack a bag lunch for both days as well as snacks. Water, tea and some snacks will be provided.

Preregistration is required by September 15th to place the order for the textbook. Minimum 4 students, maximum of 8.