Welcome to the Class Listings for 2018-2019

Mondays:

**Belle Cote Hall:**

9-10 am **Expanding your Touch for Health Experience** - The Touch for Health students will continue to review the Practice Manual, expanding their experience with the Level 3 and 4 areas for review. This class requires a level 4 certificate prior to registration. Session 1 and 2: Review of Level 3 materials including 5 Element Theory and Reactive Muscles. Session 3 will focus on Fine Tuning Muscle Testing technique with a focus on 42 muscles as well as acupressure points and theory. Cost: $98 for 8 weeks Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26. Session 2: Jan 7, 14, 21, 28, Feb 4, 11, 18, 25. Session 3: Mar 4, 11, 18, 25, April 1, 8, 15, 29.

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 am Tai Chi (Standing and seated form)

11 – 11:15 am Sabre

11:15 – 12 pm Loh Kup

12:30 - 1:30 pm **Touch for Health Level 2** Learn how to muscle test 14 additional muscles for strength and stability, coordinate Meridian flow, Neurolymphatic flow, and stimulate Neurovascular points. Learn about Alarm points and the Time of Day wheel to do a one- point balance method. 3 sessions will qualify the student for a Level 2 certificate from the International Kinesiology College. Cost: $98 for 8 weeks. Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26. Session 2: Jan 7, 14, 21, 28, Feb 4, 11, 18, 25. Session 3: Mar 4, 11, 18, 25, April 1, 8, 15, 29.

Cape Breton Highlands Academy: School Stage

Dance Debut presents: “Dance, It’s a Natural Thing”. With a theme around nature, colors, animals, elements, music, plants, art, and more…our exploration will include dance techniques from Specialized Kinesiology that provide strength, flexibility and coordination. The fall will enjoy exploring what makes us successful in movement and the winter and spring will begin creation towards a performance at Strathspey Place Theatre in Mabou for Friday, May 10th. For those dancers wishing to obtain a full Level 1 Certificate from the International Kinesiology College for Touch for Health, we will have 3 special classes just to complete the requirements and have our youth enjoy a special qualification because of what they have learnt in dance.

2:45 - 3:35pm **Jazz Dance (7 - 10 yrs)** 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. Cost: $120 for 12 weeks for Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26, Jan 7, 14, 21, 28. $120 for 12 weeks for Session 2: Feb 4, 11 (no class), 18, 25, Mar 4, 11, 18 (no class), 25, April 1, 8, 15, 22 (no class), 29, plus dress rehearsals for recital.

3:35 – 4:15pm **Tap Dance (7yrs plus)** Sharing the passion for rhythm tap, this class will be working on Tap Dance Basics, rhythm building through traditional time steps and foot articulation. No experience necessary, but tap shoes, t-shirt and shorts or leggings required. Cost: $96 for 12 weeks for Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26, Jan 7, 14, 21, 28. $96 for 12 weeks for Session 2: Feb 4, 11 (no class), 18, 25, Mar 4, 11, 18 (no class), 25, April 1, 8, 15, 22 (no class), 29, plus dress rehearsals for recital.

4:15 - 5:15 pm **Lyrical Jazz (11-14 yrs)** A combination of jazz and ballet, this dance style lends itself to interpreting the lyrics in music and expressively sharing dance to the audience. We will work with special props including fans, canes and scarves through choreography games and activities. No experience necessary. Dancers will need jazz shoes, leggings and a t-shirt. Cost: $144 for 12 weeks for Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26, Jan 7, 14, 21, 28. $144 for 12 weeks for Session 2: Feb 4, 11 (no class), 18, 25, Mar 4, 11, 18 (no class), 25, April 1, 8, 15, 22 (no class), 29, plus dress rehearsals for recital.

5:15 – 6:15 pm **Music in Motion (5-7 yrs**) With a celebration of 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. Cost: $120 for 12 weeks for Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26, Jan 7, 14, 21, 28. $120 for 12 weeks for Session 2: Feb 4, 11 (no class), 18, 25, Mar 4, 11, 18 (no class), 25, April 1, 8, 15, 22 (no class), 29, plus dress rehearsals for recital.

6:15 – 6:55 pm **Music in Motion (3-5 yrs)** With a celebration of 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. Cost: $96 for 12 weeks for Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26, Jan 7, 14, 21, 28. $96 for 12 weeks for Session 2: Feb 4, 11 (no class), 18, 25, Mar 4, 11, 18 (no class), 25, April 1, 8, 15, 22 (no class), 29, plus dress rehearsals for recital.

6:55 – 7:45 pm **Dance YINtegration for Teens and Adults** Celebrating the joy of dance, this class is a jazz class that will include lyrical, pop, musical theatre, jazz technique, the use of props, and the special choreographed warmups and activities that involved specialized kinesiology techniques for strength, flexibility and endurance. Students in this class will be able to also complete a Level 1 Touch for Health certification based on their knowledge through dance and movement. Cost: $120 for 12 weeks for Session 1: Sept 17, 24, Oct 1 & 8 (no class), Oct 15, 22, 29 (no class), Nov 5, 12, 19, 26, Jan 7, 14, 21, 28. $120 for 12 weeks for Session 2: Feb 4, 11 (no class), 18, 25, Mar 4, 11, 18 (no class), 25, April 1, 8, 15, 22 (no class), 29, plus dress rehearsals for recital if interested.

Tuesdays:

**Port Hood:**

Bayview School:

Dance Debut presents: “Dance, It’s a Natural Thing”. With a theme around nature, colors, animals, elements, music, plants, art, and more…our exploration will include dance techniques from Specialized Kinesiology that provide strength, flexibility and coordination. The fall will enjoy exploring what makes us successful in movement and the winter and spring will begin creation towards a performance at Strathspey Place Theatre in Mabou for Friday, May 10th. For those dancers wishing to obtain a full Level 1 Certificate from the International Kinesiology College for Touch for Health, we will have 3 special classes just to complete the requirements and have our youth enjoy a special qualification because of what they have learnt in dance.

2:45 - 3:35pm **Jazz Dance (7 - 10 yrs)** 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. Cost: $140 for 14 weeks for Session 1: Sept 18, 25, Oct 2, 9 (no class), Oct 16, 23, 30 (no class), Nov 6, 13, 20, 27, Jan 8, 15, 22, 29, Feb 5. $120 for 12 weeks for Session 2: Feb 12, 19, 26, Mar 5, 12, 19 (no class), 26, April 2, 9, 16, 23 (no class), 30, plus dress rehearsals for recital.

3:35 – 4:15pm **Tap Dance (7yrs plus)** Sharing the passion for rhythm tap, this class will be working on Tap Dance Basics, rhythm building through traditional time steps and foot articulation. No experience necessary, but tap shoes, t-shirt and shorts or leggings required. $112 for 14 weeks for Session 1: Sept 18, 25, Oct 2, 9 (no class), Oct 16, 23, 30 (no class), Nov 6, 13, 20, 27, Jan 8, 15, 22, 29, Feb 5. $96 for 12 weeks for Session 2: Feb 12, 19, 26, Mar 5, 12, 19 (no class), 26, April 2, 9, 16, 23 (no class), 30, plus dress rehearsals for recital.

4:15 - 5:15 pm **Lyrical Jazz (11-14 yrs)** A combination of jazz and ballet, this dance style lends itself to interpreting the lyrics in music and expressively sharing dance to the audience. We will work with special props including fans, canes and scarves through choreography games and activities. No experience necessary. Dancers will need jazz shoes, leggings and a t-shirt. Cost: $168 for 14 weeks for Session 1: Sept 18, 25, Oct 2, 9 (no class), Oct 16, 23, 30 (no class), Nov 6, 13, 20, 27, Jan 8, 15, 22, 29, Feb 5. $144 for 12 weeks for Session 2: Feb 12, 19, 26, Mar 5, 12, 19 (no class), 26, April 2, 9, 16, 23 (no class), 30, plus dress rehearsals for recital.

5:15 – 6:15 pm **Music in Motion (5-7 yrs**) With a celebration of 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. Cost: $140 for 14 weeks for Session 1: Sept 18, 25, Oct 2, 9 (no class), Oct 16, 23, 30 (no class), Nov 6, 13, 20, 27, Jan 8, 15, 22, 29, Feb 5. $120 for 12 weeks for Session 2: Feb 12, 19, 26, Mar 5, 12, 19 (no class), 26, April 2, 9, 16, 23 (no class), 30, plus dress rehearsals for recital.

6:15 – 6:55 pm **Music in Motion (3-4 yrs)** With a celebration of 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. Cost: $112 for 14 weeks for Session 1: Sept 18, 25, Oct 2, 9 (no class), Oct 16, 23, 30 (no class), Nov 6, 13, 20, 27, Jan 8, 15, 22, 29, Feb 5. $96 for 12 weeks for Session 2: Feb 12, 19, 26, Mar 5, 12, 19 (no class), 26, April 2, 9, 16, 23 (no class), 30, plus dress rehearsals for recital.

**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 in September as well.

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

 8:00 – 8:15 pm Sabre

 8:15 – 8:30 pm Loh Kup

Thursdays:

**Mabou:** The Old Manse

2:45 – 4:00 pm **Qi YINtegration Set 7:** Goal Setting Magic. Enjoy playing with all the tools and techniques from Set 1 – 6 (some for review, some will be new), and hone your skills to set your goal, create a vision, or change the way you attract abundance and joy to your life. We will continue with the fan set, as well as work with several other props, art, color and more. Assessment will include the entire energy field for a holographic experience. 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 student’s 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 1-6. Cost: $98 for 8 weeks Session 1: Sept 19, 26, Oct 3, 10 (no class), 17, 24 (no class), 31, Nov 7, 14, 21, Session 2: Jan 9, 16, 23, 30, Feb 6, 13, 20, 27, Session 3: March 6, 13, 20 (no class), 27, April 3, 10, 17, 24, May 1.

4:30 – 5:45 pm **Dance Club (6-10 yrs)** Dance Debut presents: “Dance, It’s a Natural Thing”. With a theme around nature, colors, animals, elements, music, plants, art, and more…our exploration will include dance techniques from Specialized Kinesiology that provide strength, flexibility and coordination. The fall will enjoy exploring what makes us successful in movement and the winter and spring will begin creation towards a performance at Strathspey Place Theatre in Mabou for Friday, May 10th. For those dancers wishing to obtain a full Level 1 Certificate from the International Kinesiology College for Touch for Health, we will have 3 special classes just to complete the requirements and have our youth enjoy a special qualification because of what they have learnt in dance. Dance Club enjoys the experience of learning tap, jazz, lyrical, musical theatre and ballet. Please have tap shoes and ballet slippers, as well as shorts or leggings and t-shirt, or bodysuit and tights. Cost: $196 for 14 weeks for Session 1: Sept 19, 26, Oct 3, 10 (no class), 17, 24 and 31 (no class), Nov 7, 14, 21, 28, Jan 9, 16, 23, 30, Feb 6, 13, $168 for 12 weeks for Session 2: Feb 20, 27, March 6, 13, 20 (no class), 27, April 3, 10, 17, 24, May 1.

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 in September.

 7 – 8 pm Tai Chi Standing form and Sitting form

 8 – 8:15 pm Sabre

 8:15 - 8:30 pm Loh Kup

Fridays:

**Belle Cote:**

8:45 - 10 am **Qi YINtegration Set 7:** Goal Setting Magic. Enjoy playing with all the tools and techniques from Set 1 – 6 (some for review, some will be new), and hone your skills to set your goal, create a vision, or change the way you attract abundance and joy to your life. We will continue with the fan set, as well as work with several other props, art, color and more. Assessment will include the entire energy field for a holographic experience. Cost: $98 for 8 weeks Session 1: Sept 21, 28 (no class), Oct 5, 12 (no class), 19, 26 (no class), Nov 2, 9, 16, 23, 30 Session 2: Jan 11 18, 25, Feb 1, 8, 15, 22, Mar 1, Session 3: March 8, 15, 22 (no class), 29, April 5, 12, 19 (no class), 26, May 3, 10.

10-11 am **Tai Chi Cape Breton practice** session – Please see description for Monday, as all details apply here.

11:00 – 12:15 pm  **Qi YINtegration Set 1-3:** 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. As we progress through the material we will dive deeper and deeper into the Human Biofield including the Meridians, Elements, Chakras, Auric Field, Assemblage Point, and Hara Line. Cost: $98 for 8 weeks Session 1: Sept 21, 28 (no class), Oct 5, 12 (no class), 19, 26 (no class), Nov 2, 9, 16, 23, 30 Session 2: Jan 11 18, 25, Feb 1, 8, 15, 22, Mar 1, Session 3: March 8, 15, 22 (no class), 29, April 5, 12, 19 (no class), 26, May 3, 10. (Session 1: Sept 29, Oct 6, 20, 27, Nov 3, 17, 24, Dec 1).

**Inverness:**

**Inverary Manor:**

1– 2 pm Tai Chi for Stress Release: 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 range of motion, see how a few movement opportunities in a sequence can provide you with strength, vitality and freedom of movement. Beginners welcome, and alternatives available for those requiring a seated alternative. Cost: $55 for 8 weeks Session 1: Sept 21, 28 (no class), Oct 5, 12 (no class), 19, 26 (no class), Nov 2, 9, 16, 23, 30 Session 2: Jan 11 18, 25, Feb 1, 8, 15, 22, Mar 1, Session 3: March 8, 15, 22 (no class), 29, April 5, 12, 19 (no class), 26, May 3, 10. (Session 1: Sept 29, Oct 6, 20, 27, Nov 3, 17, 24, Dec 1).

**Inverness School:**

2:45 – 4:00 pm **Dance Club (7-10 yrs)** Dance Debut presents: “Dance, It’s a Natural Thing”. With a theme around nature, colors, animals, elements, music, plants, art, and more…our exploration will include dance techniques from Specialized Kinesiology that provide strength, flexibility and coordination. The fall will enjoy exploring what makes us successful in movement and the winter and spring will begin creation towards a performance at Strathspey Place Theatre in Mabou for Friday, May 10th. For those dancers wishing to obtain a full Level 1 Certificate from the International Kinesiology College for Touch for Health, we will have 3 special classes just to complete the requirements and have our youth enjoy a special qualification because of what they have learnt in dance. Dance Club enjoys the experience of learning tap, jazz, lyrical, musical theatre and ballet. Please have tap shoes and ballet slippers, as well as shorts or leggings and t-shirt, or bodysuit and tights. Cost: $196 for 14 weeks for Sept 21, 28 (no class), Oct 5, 12 (no class), 19, 26 (no class), Nov 2, 9, 16, 23, 30, Jan 11 18, 25, Feb 1, 8, 15, $168 for 12 weeks Feb 22, March 1, 8, 15, 22 (no class), 29, April 5, 12, 17 (in place of 19th), 26, May 3, plus rehearsals for recital.

4:00 – 5:00 pm **Music in Motion (6-7 yrs**) With a celebration of 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. Cost: $140 for 14 weeks for Sept 21, 28 (no class), Oct 5, 12 (no class), 19, 26 (no class), Nov 2, 9, 16, 23, 30, Jan 11 18, 25, Feb 1, 8, 15, $120 for 12 weeks Feb 22, March 1, 8, 15, 22 (no class), 29, April 5, 12, 17 (in place of 19th), 26, May 3, plus rehearsals for recital.

5:00 – 5:40 pm **Music in Motion (3-5 yrs)** With a celebration of 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. Cost: $112 for 14 weeks for Sept 21, 28 (no class), Oct 5, 12 (no class), 19, 26 (no class), Nov 2, 9, 16, 23, 30, Jan 11 18, 25, Feb 1, 8, 15, $96 for 12 weeks Feb 22, March 1, 8, 15, 22 (no class), 29, April 5, 12, 17 (in place of 19th), 26, May 3, plus rehearsals for recital.

Saturday

Port Hawkesbury – SAERC Stage

Dance Debut presents: “Dance, It’s a Natural Thing”.  With a theme around nature, colors, animals, elements, music, plants, art, and more…our exploration will include dance techniques from Specialized Kinesiology that provide strength, flexibility and coordination.  The fall will enjoy exploring what makes us successful in movement and the winter and spring will begin creation towards a performance at Strathspey Place Theatre in Mabou for Friday, May 10th.  For those dancers wishing to obtain a full Level 1 Certificate from the International Kinesiology College for Touch for Health, we will have 3 special classes just to complete the requirements and have our youth enjoy a special qualification because of what they have learnt in dance.

9 – 9:40 am **Music in Motion (3-5 yrs)** With a celebration of 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.  Cost:  $122 for 14 weeks for Session 1:  Sept 22, Oct 6, 13, 20, 27(no class), Nov 3, 10, 17, 24, Dec 1, Jan 5, 12, 19, 26, Feb 2.  $106 for 12 weeks for Session 2:  Feb 9, 16, 23, Mar 2, 9, 16, 23 (no class), 30, April 6, 13, 20 (no class), 27, plus dress rehearsals for recital, (prices include rent and insurance).

9:40 – 10:55 am **Dance Club (6-9 yrs**) With a celebration of 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.  Cost:  $206 for 14 weeks for Session 1:  Sept 22, Oct 6, 13, 20, 27(no class), Nov 3, 10, 17, 24, Dec 1, Jan 5, 12, 19, 26, Feb 2.  $178 for 12 weeks for Session 2:  Feb 9, 16, 23, Mar 2, 9, 16, 23 (no class), 30, April 6, 13, 20 (no class), 27, plus dress rehearsals for recital, (prices include rent and insurance).

10:55 – 11:55 am **Lyrical Jazz (10 yrs and older)** A combination of jazz and ballet, this dance style lends itself to interpreting the lyrics in music and expressively sharing dance to the audience. We will work with special props including fans, canes and scarves through choreography games and activities.  No experience necessary.  Dancers will need jazz shoes, leggings and a t-shirt.  Cost:  $178 for 14 weeks for Session 1:  Sept 22, Oct 6, 13, 20, 27(no class), Nov 3, 10, 17, 24, Dec 1, Jan 5, 12, 19, 26, Feb 2.  $154 for 12 weeks for Session 2:  Feb 9, 16, 23, Mar 2, 9, 16, 23 (no class), 30, April 6, 13, 20 (no class), 27, plus dress rehearsals for recital, (prices include rent and insurance).

11:55 am – 12:25 pm **Tap Dance (9 yrs plus)** Sharing the passion for rhythm tap, this class will be working on Tap Dance Basics, rhythm building through traditional time steps and foot articulation.  No experience necessary, but tap shoes, t-shirt and shorts or leggings required.  $89 for 14 weeks for Session 1:  Sept 22, Oct 6, 13, 20, 27(no class), Nov 3, 10, 17, 24, Dec 1, Jan 5, 12, 19, 26, Feb 2.   $77 for 12 weeks for Session 2:  Feb 9, 16, 23, Mar 2, 9, 16, 23 (no class), 30, April 6, 13, 20 (no class), 27, plus dress rehearsals for recital, (prices include rent and insurance).

Port Hawkesbury Civic Center Dance Studio

12:30 – 2:30 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 in September.

 12 – 12:30 pm Practice the form on your own, the room is yours to share

 12:30 – 1:30 pm Tai Chi Basics (Standing and Seated form, including 108 Moving Meditation

 1:30 – 2:00 pm The Sabre Set

 2:00 – 2:30 pm Loh Kup Part 1 and 2

Sunday,

Mabou – Old Manse

4:30 – 5:45 pm **Dance Club (6-10 yrs)** Dance Debut presents: “Dance, It’s a Natural Thing”. With a theme around nature, colors, animals, elements, music, plants, art, and more…our exploration will include dance techniques from Specialized Kinesiology that provide strength, flexibility and coordination. The fall will enjoy exploring what makes us successful in movement and the winter and spring will begin creation towards a performance at Strathspey Place Theatre in Mabou for Friday, May 10th. For those dancers wishing to obtain a full Level 1 Certificate from the International Kinesiology College for Touch for Health, we will have 3 special classes just to complete the requirements and have our youth enjoy a special qualification because of what they have learnt in dance. Dance Club enjoys the experience of learning tap, jazz, lyrical, musical theatre and ballet. Please have tap shoes and ballet slippers, as well as shorts or leggings and t-shirt, or bodysuit and tights. Cost: $196 for 14 weeks for Session 1: Sept 16, 21 (instead of 23), 30 (no class), Oct 7 (no class), 14, 21, 28 (no class), Nov 4, 9 (instead of 11), 18, 25, Jan 6, 13, 20, 27, Feb 3, 10, $168 for 12 weeks for Session 2: Feb 17, 24, March 3, 10, 17 (no class), 24, 31, April 7, 14, 21 (no class), 28, May 5, plus rehearsals for recital.

**Workshops:**

**Relax and Rejuvenate with a Sound Essence Bath**

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.  Using a Holographic approach to combine the vibrational sprays, she will be accessing portals through the Meridians, Elements, Chakras, Auric Field, Assemblage Point and Hara Line.  She will vibrationally enhance every aspect of your energy biofield.  Following the inspiration of the meditation that comes with each combination of sprays, 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.  Should you fall asleep, you will awaken refreshed and ready for anything.  The deep state of relaxation will reset your biorhythm and bring a new spring into your step and an easy flow into your vision going forward.  Bring a friend and enjoy the experience together, make it a celebration out together.

Please bring a mat, pillow, blanket and perhaps an extra pillow for under your knees.

Here is the fall schedule...

Saturday, September 22 - Port Hawkesbury Civic Center Shannon Studio

Saturday, October 20 - Port Hawkesbury Civic Center Shannon Studio

Saturday November 10 - Louisdale - Richmond Education Center Gym

Saturday, November 24 - Port Hawkesbury Civic Center Shannon Studio

Saturday, December 1 - Louisdale - Richmond Education Center Gym

Saturday, December 15 - Port Hawkesbury Civic Center Shannon Studio

Celebrate our 8th season in Cape Breton with our Fall Workshop Series:“Taking it Back to Basics”

Sept 6th – 14th!

Yvonne Waines of Wine Country Tai Chi in West Kelowna will be our guest for an inspiring week of Tai Chi learning. Yvonne has over two decades of Moy Tai Chi experience working with several of Master Moy’s main students. This includes Doug Nettleton, Boon Loh, Ben Chung and many more. She will be sharing her experience and expertise with the 108 Moves, Loh Kup, and the Sabre Set, as well as her special techniques with the Seated Form. Yvonne will be travelling to us and volunteering her time throughout her stay. Her focus for this trip will be to help everyone remember the set and put the moves in order. For beginners or new people, this will be a great time to start or to focus on getting all the moves in sequence. For those with Tai Chi experience, it will be an opportunity for you to really focus on the order of the moves and find the flow and connection that is created with each move. Here is where you can cross paths with her:

Thurs, Sept 6 St Joseph’s Renewal Center, Mabou 6:30 - 9 pm 108 moves/Seated Set

Fri, Sept 7 Belle Cote Community Hall 9 - 12 pm 108 moves

Sat, Sept 8 Port Hawkesbury Civic Center 12-4 pm 108 moves/Loh Kup 1\*

Dinner at the Clove Hitch in Port Hood at 5 pm. Please reserve your seat at the table through Michelle

Mon, Sept 10 Belle Cote Community Hall 9 - 12 pm Seated Set/Loh Kup 1\*

Lunch at the Dancing Goat from 12:30 onward. No reservation required.

Tues, Sept 11 Judique Community Hall 7 – 9 pm \*Special Event

David Hickey of Crystal Bowl Journey will play a private concert for us, and we will be able to do our full sets with him. He will play 2 - 45 minute sets, and you can participate or bring a mat, pillow and blanket to relax to the music as well. The cost for this is separate to cover David’s fee: $25 per person.

Thurs, Sept 13 St. Joseph’s Renewal Center, Mabou 6:30 - 9 pm Sabre

Friday, Sept 14 Belle Cote Community Hall 9 – 12pm Sabre/Loh Kup 1

As is tradition, Yvonne volunteers her time for our workshops. We cover her expenses for the week which include travel, insurance, some extra hall rentals, some meals and a thank you gift. Michelle does the pick up and extra expenses for having her here. I recommend we plan to go forward with the same format as we have done in the past, with a donation based on your ability to participate. David Hickey tickets will be separate. …As a suggestion – if you plan to take the workshops and regular class - $75 for the week, or $40 for a portion of the week, or whatever you choose. I thank you in advance for your support of this special opportunity.

The opportunity to combine our Tai Chi with David Hickey and his gifts as an artist and musician, is that we will be able really shift the body. For those who enjoy goal setting, we will be able to set visions for health and recovery prior to the event starting, and then use the sets to shift the body to this new possibility. For those who have never had a musician intuitively play for the energy of the room, it is truly inspiring and indescribable. If you have a family member or friend who would like to join us for this event, they can sit back and relax while we do the sets and they can see what incredible fun we have with our passion for Tai Chi.

Continue below for more details:

Sabre Set: This special set designed by Master Moy and following the teaching he received in China, has similar motions to regular Tai Chi, but the addition of a Sabre to hold in the hands and swing through the air. The set is quite short, and takes about 6-8 minutes to complete. We have Sabres available for those interested in learning this form. For those who already have a sabre, this will be an opportunity to fine tune your skills and advance your movements. Beginners welcome!

Loh Kup Set: Yvonne will be reviewing the first half of this set. In total there are about 57 moves, and we will learn about 30 of them. The Loh Kup set is able to reach deeper into the tissue than the regular Tai Chi moves. By moving a finger, or extending with a little different position, there is more internal rotation and a massaging to the organs that we don’t receive through regular Tai Chi. Some of the moves are similar and some are just slightly different. It has a beautiful flow to it, and some of the movements are just plain fun to do. All levels welcome. Those with experience with the set will be continuing to fine tune their skills.

108 moves: There are many ways to do the different steps, and each technique has a different impact on the body. Yvonne will be able to share her specific teachings from many years with different instructors. This is a good opportunity to work on specific moves slowly and deliberately, as well as linking up connector steps. All levels are welcome.

What about the long days? Won’t we be tired? Some of your best learning cannot happen until you have submersed yourself into a workshop. Regular class is an opportunity for learning, but it is not the opportunity for practice. A workshop creates the atmosphere for perfecting techniques, finding stubbornness in muscles that hold on, and when the body starts to tire, the relaxation creates a whole new level of learning. You will be surprised at how the energy building in the body through Tai Chi sustains you through the day. It is such a gift to have this time to just be present to learn and to grow.

**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

Sunday, October 21 12 – 4 pm

Qi YINtegration Set 1 Introduction $65

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.

Sunday, November 4 12 – 4 pm

Qi YINtegration Set 2 $65 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.

Sunday, November 18 12 – 4 pm

Qi YINtegration Set 3 $65 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.

Sunday, November 25 12 - 4 pm

Qi YINtegration Set 4-5 $65 Explore the Chakras and all their personalities as you indulge into their colors, senses, messages and more as you become more aware of their role in your life and your choices in movement and pattern making. This workshop will expand your awareness of direction and soul's path. Handouts and personalized notes are available.

**Touch for Health Level 1 Certification**

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, the newsletter from the Canadian Association of Specialized Kinesiologists for one year, and addition to the group of TFH students practicing on Cape Breton Island. $399

Sunday, December 9th 9 – 5 pm and Sunday, December 16th 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 November 15th to place the order for the textbook. Minimum 4 students, maximum of 8.

**Touch for Health for Youth! Level 1 Certification for 8 years and older**

This season launches an incredible new opportunity for youth in our community. Touch for Health for Youth is an initiative to provide self-care tools to our young people, so they can have the opportunity to keep themselves healthy and vibrant. The dance program this season will provide the continuing tools experienced in previous years for Gaits, Switches, Cook’s Hook ups (Figure Eights), Emotional Stress Release Points (ESR’s), the Meridian Sweep, the Muscle Dance, and the Neurolymphatic rub – all tools that have been a part of the dance program previously. In addition, dancers will learn about the muscles, meridians, elements, eye coordination and strengthening (great for reading and writing), auricular strength (ears and hearing), as well as how to goal set and balance the muscles in the body for optimum performance. This special initiative is a part of the 31st season of dance with Miss Michelle. For this special celebration, she is offering a full level 1 certification included with the full year dance program. The cost to students will be $100 to cover the cost of the full edition textbook by Dr. John Thie, as well as the international certificate from the International Kinesiology College (IKC) and newsletter membership with the Canadian Association of Specialized Kinesiology (CanASK). Michelle will also be working with Specialized Kinesiology Youth – Hannah and Ezra Costello with their special programming for youth taking SK. This sister and brother duo have just completed their Instructor training in TFH at the age of 15 years and are now instructing other youth to gain their skills. You can find them at Specialized Kinesiology for Youth or SKY on Facebook. Anyone wishing to be a part of receiving the certification will have three special workshop days of 4 hours each with Miss Michelle to gain muscle testing skills. The first workshop will be in September, the second in December, and the last in March. Dates and locations will be determined based on enrollment across the different communities.

**Touch for Health Balancathon World Record Event**

Calling all athletes and community members interested in being a part of setting a world record for the most people in the World doing a Touch for Health Balance at one time. Michelle Greenwell has joined the International Kinesiology College to take on the challenge of sharing a 3-minute Touch for Health balance that strengthens the 14 main muscles in the body for optimum performance, strength and flexibility. How can you become involved?

Join us for a practice day at the beach…rain or shine!

Monday, August 27 Margaree Harbour 12:30 pm

Monday, August 27 Inverness Beach 1:30 pm

Tuesday, August 28 West Mabou Beach 12:30 pm

Tuesday, August 28 Port Hood Boardwalk 2 pm

Saturday, Sept 1 Port Hawkesbury Civic Center front lawn 11 am

Join us to learn the simple exercise, see how it works, and begin your own practice with the technique. Then join us for the full event on a Live Broadcast as Michelle shares the technique at the Healthy Dancer Canada Conference in Toronto on Saturday, Sept 29 around noon (TBD). You will be able to Facetime with her to join in the fun and be counted. More details will be posted at [www.dancedebut.com](http://www.dancedebut.com) as we get closer to the event.

**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). Classes are offered in 108 Moving Meditation Tai Chi, Sabre Set, Loh Kup Ba Fa, and the Seated Form is taught in all styles.

Mondays: Belle Cote Community Hall 10 -12 pm (10 Tai Chi, 11 Sabre, 11:15 Loh Kup)

Tuesdays: Judique Community Hall 7 - 8:30 pm (7 Tai Chi, 8 Sabre, 8:15 Loh Kup)

Thursdays: St Joseph's Renewal Center in Mabou 7 - 8:30 pm (7 Tai Chi, 8 Sabre, 8:15 Loh Kup)

Fridays: Belle Cote Community Hall 10 - 11 am (Practice time for students)

Saturdays: Port Hawkesbury Civic Center Dance Studio 12 - 2 pm (12 Tai Chi, 1 Sabre, 1:15 Loh Kup)

Beginners welcome at any time, everyone works at their own pace and ability. Begin with Tai Chi and have patience for 4 months of learning to bring the movements into the body. Add Sabre and Loh Kup as you feel you are ready. The Fall Workshop will be in September with Yvonne Waines from Wine Country Tai Chi in West Kelowna BC. Yvonne will be sharing her expertise in the basics, the seated form and set knowledge.