Inverness County Recreation Proposal for 2015-2016

Mondays:

Belle Cote Hall:

9-10 am Touch for Health Level 4 Students will continue to practice their skills during this one hour as they work through the techniques and balance muscle techniques used at this advanced level. Cost: $85 w HST for 10 weeks (Session 1: Sept 14, 0ct 5, 19, 26, Nov 9, 16, 23, 30, Dec 7. Dec 14)

10 - 11:30 am Tai Chi Cape Breton Join us as we exploring 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 w HST for seniors and students, or $90 w HST for Adults under 55 yrs. Monthly rates are $12 w HST and $23 w HST respectively. 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).

11:30 - 12:30 pm Qi YINtegration Set 3: This 10 week session is devoted to integrating the Energy Assessment with very powerful movement tools that will enhance the healing process. Set 1 and 2 are a prerequisite as the program will be utilizing muscle testing to its ultimate opportunities. Shifting the Assemblage Point with Sound Essences and The 5 Element Tai Chi Set with Sound will be a part of this class as well. Cost: $85 w HST (Session 1: Sept 14, 0ct 5, 19, 26, Nov 9, 16, 23, 30, Dec 7. Dec 14).

12:30 – 1:30 pm Qi YINtegration Set 1: This 10 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). Cost: $85 w HST (Session 1: Sept 14, 0ct 5, 19, 26, Nov 9, 16, 23, 30, Dec 7. Dec 14).

1:30 – 2:15 pm Preschool Dance 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. Please wear something easy to move in, and ballet slippers on the feet or socks. Cost: $65 for 10 weeks (Session 1: Sept 14, 0ct 5, 19, 26, Nov 9, 16, 23, 30, Dec 7. Dec 14)

 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. A fall presentation will be December 11 and our spring show will be Friday, May 13 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 14.

3:45 - 5:15 pm Dance Club 2 (9 years plus) - same description as above. First class September 14.

5:15 – 5:45 pm Performance Specialty (for dancers with previous experience 7 yrs and up) – For those dancers wanting a little more challenge and some specific drills in technique, this is for you. This is the opportunity to really hone in on specific skills related to the Christmas Performance and working with live musicians, as well as a special piece for the Spring Show. Cost: $100 for the year. First class September 14.

5:45 – 6:45 Music in Motion (4-6 yrs) - same description as above Cost: $200 for the year. 2 Payments may be made by September 1st - $125 and February 1st - $75. First class September 14.

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 ballet slippers. Class is from September to May and dancers make a full year commitment to the group. A fall presentation will be December 11 and our spring show will be Friday, May 13 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 15.

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

5:45 - 6:45 pm Music in Motion (3-5 yrs) - same description as above Cost: $200 for the year. 2 Payments may be made by September- $125 and February - $75. Class begins September 15.

6:45 – 8:00 pm Qi YINtegration Set 1 - 3: This 10 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). Balancing the Assemblage Point with Sound Essences and The 5 Element Tai Chi Set with Sound will also be a part of this class. Cost: $95 w HST Session 1: Sept 15 – 2 hour class: 6:45 – 8:45 pm, Oct 6, Oct 20, 27, Nov 17, 24, Dec 1, 8, 15.

Wednesdays:

Mabou: The Old Manse

3:00 - 4:30 pm Dance Club 1 (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. A fall presentation will be December 11 and our spring show will be Friday, May 13 at Strathspey Place Theatre in Mabou. Cost: $300 for the year. 2 Payments may be made by September - $200 plus $50 hall rental and February - $100. First class September 16.

4:45 - 5:45 pm Music in Motion (4 -5 yrs) - same description as above Cost: $200 for the year. 2 Payments may be made by September - $125 plus $40 hall rental and $75 February. Class begins September 16.

Judique:

 Judique Community Hall 6:30 - 8:00

Tai Chi Cape Breton Join us as we exploring 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 w HST for seniors and students, or $90 w HST for Adults under 55 yrs. Monthly rates are $12 w HST and $23 w HST respectively. 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).

Thursdays:

Mabou:

The Old Manse

11:00 – 11:45 pm Preschool Dance (3-4 yrs) Join us for some dance and music fun as we explore movement, dance steps, special themes and the basics of music. Please wear something easy to move in, and ballet slippers on the feet or socks. Cost: $65 for 10 weeks. 3 Sessions through the year. Session 1: Sept 17, Oct 8, 22, 29, Nov 12, 19, 26, Dec 5, 12, 19).

12:45 – 2:00 pm Qi YINtegration Set 1-3: This 10 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). Balancing the Assemblage Point with Sound Essences and The 5 Element Tai Chi Set with Sound will also be a part of this class. Cost: $95 w HST Session 1: Sept 17, Oct 8, Oct 22, 20, Nov 12, 19, 26, Dec 3, 10, 17.

St. Joseph’s Renewal Center

7:00 – 8:30 pm Tai Chi Cape Breton Join us as we exploring 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 w HST for seniors and students, or $90 w HST for Adults under 55 yrs. Monthly rates are $12 w HST and $23 w HST respectively. 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).

Fridays:

Inverness:

Inverary Manor:

12:15 - 1:30 Qi YINtegration Set 1 – 3: This 10 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). Balancing the Assemblage Point with Sound Essences and the 5 Element Tai Chi set with Sound will also be explored. Cost: $95 w HST Session 1: Sept 11, Oct 2, Oct 23, 30, Nov 13, 20, 27, Dec 4, 11, 18.

Inverness School:

2:45 - 3:45 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. A fall presentation will be in November and our spring show will be May 24th at Strathspey Place Theatre in Mabou. Cost: $200 for the year. 2 Payments may be made by September- $125 and February - $75. First class September 11.

3:45 - 4:30 pm Music in Motion (3 -5 yrs) - same description as above Cost: $160 for the year. 2 Payments may be made by September - $100 and February - $60. Class begins Sept 11.

Workshops:

Judique: Community Hall

Saturday, October 24, 4:30 – 5:30 pm $23 w HST

Sound Essence Bath with Singing Bowls and Hapi Drum

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 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 and Michelle will do the rest. Using Sound Essences or Vibrational Sprays with Essential Oils, she will bathe your spirit in energizing aromas that mist down over your body. Then, utilizing the relaxing tones of the Singing Bowls and Hapi Drum, she will lull your senses with music created especially for your needs to energy and shift. You will awaken refreshed and ready for anything. Bring a friend and enjoy the experience together.

Mabou: The Old Manse

Sunday, Sept 13 12 – 4 pm

Qi YINtegration Set 1 Introduction $55

Includes Handbook, Videos and Power Points for all of the exercises

Sunday, October 25 12 – 4 pm

Qi YINtegration Set 2 Understanding the Energy Field and how to access the Energy you want! $55

Includes Handouts specific to each new technique.

Sunday, November 22 12 – 4 pm

Qi YINtegration Set 3 Utilizing the Energy Assessment, The Assemblage Point and the 5 Element Tai Chi set with Sound. $55

Includes Handouts, Videos and the use of the Sound Essences.

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!