Welcome to the Class Listings for 2016-2017. There is space available in several classes – take a look to see if something interests you!

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. Cost: $92 w HST for 8 weeks plus a practice session at the Old Manse (Session 1: Jan 9, 16, 23, 30, Feb 6, 13, 27, Mar 6 ; Session 2: Mar 6, 20, 27, Apr 3, 10, 24, May 1, 8).

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. January to April 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, and review for Beginners

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. For those joining in January, the cost would be $200 for the balance of the year – January to May.

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

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. For those joining in January, the cost would be $125 for the balance of the year – January to May. First class January 9.

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. For those joining in January the cost is $200 from January to May. Class is January 3.

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

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. For those joining in January the cost is $125 from January to May. Class is January 3.

**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 Spring Workshops in April.

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 April, and more classes to follow.  Handouts, video access, and personal attention will be provided.  January 18, 25, Feb 1, 8   9 - 11 am  $40, and April 5, 12, 19, 26 9 – 11 am $40. Minimum of 10 registrants prepaid prior to the classes to Richmond County Recreation.

**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 2: Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 1, Session 3: Mar 8, 22, 29, April 5, 12, 19, 26, May 3).

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. For those joining in January the cost is $175 from January to May. Class begins Jan 4.

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. January to April $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 April.

6:30 – 7 Beginners set before the main class

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 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 1: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24).

9 – 10:15 am **Qi YINtegration Set 3**: This 8 week session is an extension of the material covered in Set 1 and 2, although new students are welcome. This set extends the toolbox with short cuts to energy building that enhance the energy fields and open up the body for easier movement options. Handouts 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: Mar 3, 10, 24, 31, Apr 7, 21, 28, May 5)

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: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24; Session 2: Mar 3, 10, 24, 31, Apr 7, 21, 28, May 5).

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 spring for those wanting to explore more details through Qi YINtegration Set 1, 2 and 3. Cost: $92 w HST for 8 weeks (Session 1: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24; Session 2: Mar 3, 10, 24, 31, Apr 7, 21, 28, May 5).

**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. For those joining in January the cost is $200 for January to May. Class begins Jan 6.

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. For those joining in January the cost is $125 for January to May. Class begins Jan 6.

**Workshops:**

**Belle Cote: Belle Cote Community Hall**

**Sound Essence Bath with Singing Bowls, Koshi Chimes 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 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.

March 6 1 – 2 pm $20 plus HST

**Mabou: The Old Manse**

**Energizing with Tea and Herbs:** A fun workshop to share with a friend…

Sunday, February 26 1 – 5 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 handbook and a certificate of completion.  Additional charts can be purchase for $14 each if desired, and the full textbook is available for $35.  "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](http://www.soundessences.net). In addition, Michelle will join with Natascha Polomski and their 7 Tea Blends to show you how to use Tea and the herbs within for greater enjoyment and energy. Apply what you learn from the herb power and apply it to tea. Tea packages will be available for $12 each or the group of 7 for $70. Try the blends throughout the day and use the special instructions for the teas.

Cost: $80 includes the Western Herbs workbook, one tea blend of your choosing, and an afternoon of goal setting and energy building. Bring a friend and you come together for $140. Preregistration is required, and maximum of 12 spaces are available for specialized attention.

**Sound Essence Bath with Singing Bowls, Koshi Chimes and Hapi Drum**

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Sunday, Jan 29 12 – 1 pm $20 plus HST

**Judique – Judique Community Center**

**Stress Release Made Easy – An Evening of Fun to Share**

Join us for this information session of what is possible to assist the body, mind and spirit to release the tension held in the body. Receive some tips and tools to take home and have a chance to get to know your instructional resources in the area. Natascha Polomski, Michelle Greenwell, Tanya Levy, Tai Chi Cape Breton, Therapeutic Touch, Tannat Meditations, Touch for Health, and Qi YINtegration.

Friday, Mar 3: 6:30 - 7:00 pm Opening Trade show, 7:00 - 8:30 Tips and Tools Sharing Session, 8:30 - 9:30 Trade show.

$15 including HST on your own. Bring a friend and come together for $25.

**Support your Weight Loss Goals with Complementary Tools**

Make this your gift of health in a way that you have never achieved before. Join us for your weight loss goals by adding some special tools in Tea, Sound Essences (Vibrational Misters of incredible scents), Singing Bowls, Special Movement options for opening up energy, Quantum Wave lasers, EFT (Emotional Freedom Technique or Tapping), Energy Assessment and Muscle Testing. Each week the group will receive a special topic for discussion and exploration, which will include specific handouts and hands on experiences for personal growth and development.

Tuesdays 12 – 1:30 pm- March 7, 14, 21, 28, 4, 11, 90 minutes each day. 6 weeks - $90 plus HST, drop in available based on space for $20 plus HST. Minimum of 6 registrants and a maximum of 12 to fill the class and provide personalized attention.

Instructors: Michelle Greenwell and Natascha Polomski

**Fine tuning the body for spring and the outdoors**

Join us for personalized tools to help you with flexibility, strength, stamina and postural alignment for your outdoor activities. If you are eager to see spring in the outdoors, learn about walking shoes, hiking, walking routes, hills and valleys, warm up routines, cool down routines, breathing techniques, exercises to get ready for your goals and adventures. All levels welcome, including those with movement challenges.

Tuesdays 12 – 1:30 pm - April 18, 25, May 2, 9, 16, 23, 90 minutes each day. 6 weeks - $90 plus HST, drop in available based on space for $20 plus HST. Minimum of 6 registrants and a maximum of 12 to fill the class and provide personalized attention.

Instructors: Michelle Greenwell and Natascha Polomski

**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 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.

Saturday, Mar 4 4:30 – 5:30 pm $20 plus HST

Saturday, April 29 4:30 – 5:30 pm $20 plus HST