

Upcoming Class Schedule and Events for www.dancedebut.com, Touch for Health™, Raising BioEnergetic Awareness, Qi YINtegration, Dance YINtegration and Therapeutic Touch®. 2021 is ready for you: Wellness is YOUR Choice!

Introducing the first classes in Therapeutic Touch® for Families

TT for Families	Jan 10	2 pm – 6 pm Atlantic	\$17.25/person, \$28.75/family
TT for Families	Feb 21	9 am – 1 pm Atlantic	\$17.25/person, \$28.75/family
TT for Families	Feb 21	2pm – 6 pm Atlantic	\$17.25/person, \$28.75/family

Simple tools to help with bumps and bruises, headaches, heartaches, aches and pains. Great for calming and getting to sleep also. Together a family can create peace and nurturing. To register for the class, send an email to info@dancedebut.com and reserve your spot. No experience necessary. Children as young as 8 years can participate in the workshop. This is a great gift for grandparents, parents and children, as well as caregivers and extended family members. together everyone can provide assistance when care is needed.

Recognized Practitians from TT can take this class and add an additional supervision class to gain the ability to teach this class. The cost is \$86.25 with the Supervision class on Jan 17 2-4 pm, or Feb 28 2-4 pm.

All prices include tax.

Therapeutic Touch® Foundations

Foundations	Jan 11, 18, 25, Feb 1	6 – 9 pm Atlantic	\$143.75 with tax
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Therapeutic Touch® is a non-invasive program that uses the energy of the hands to balance the energy of the biofield for a person. The techniques can be used for self-care or for the care of others. The foundations course offers the science and history of the techniques which go back over 50 years, when Dr. Delores Krieger and Dora Kunz first shared the techniques to the nurses and laypeople. The full program will be shared, providing a way for the person to be aware of energy and imbalance, as well as the awareness of flow and balance. Offered across 12 hours of experiential training, this course can be offered in person and online with great success. The current course is being taught online. If there is the opportunity to have someone present to work with, that is great, and if practice exercises need to be share with distance sessions this is also very profound to experience.

Instructors for these Therapeutic Touch classes are Natascha Polomski and Michelle Greenwell. Together this team, with Education Chair of ATTN, Cherry Whitaker, created the first program of its kind for families within the TT framework. We are very excited to launch this special course. The TT Foundations course has a new student manual created jointly by Michelle and Natascha bringing online training forward with more visuals, exercises and opportunities with long distance energy work and distance treatments. It is truly a magical experience to be offering these courses virtually as our

experience over this last year has been that energy can be deeply felt and experienced across distance and shifts to balance can be instantaneous and inspiring. See you soon in a new class!

Back by Request!!!

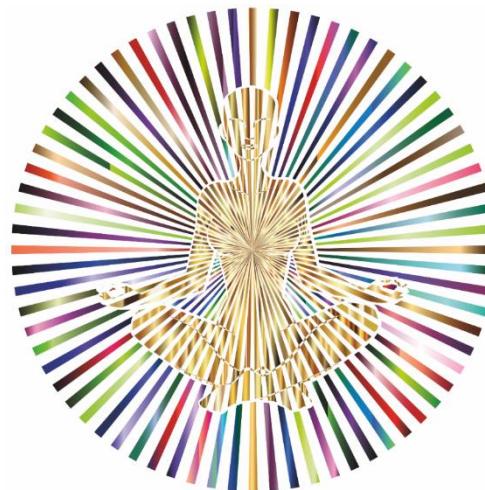
Raising BioEnergetic Awareness Module A and Premiering January 16th is Module B

Module A	Jan 5, 12, 19, 26	6-9 pm Atlantic	\$172.50 with tax
Module A	Jan 5, 12, 19, 26	9 am-12 pm Atlantic	\$172.50 with tax
Module B	Jan 16, 30, Feb 13, 27	10am – 1 pm Atlantic	\$172.50 with tax
Module B	Jan 16, 30, Feb 13, 27	6 – 9 pm Atlantic	\$172.50 with tax

Change your AWARENESS, Change your Life!

Relax, renew, reinvent, and rediscover. These are the skills that you can capture by bringing Awareness into your Life. Raising BioEnergetic Awareness is **an easy, step by step process** to discover how your body provides you with signals for care. Each section assists with new ideas and explorations to help you discover **your personal code for self-care**.

- Boost your energy
- Breathe deeply and effortlessly
- Calm your mind
- Enhance your vitality for living
- Choose change with ease



Natascha Polomski and Michelle Greenwell have over three decades of experience in BioEnergetic Wellness, and they invite you to learn the **simple and effective tools** that they have been sharing with students, clients, family, friends and colleagues. Their hands-on approach to exploring the energy enhancing concepts bring instant awareness that can grow with experience. The Personal Journal that accompanies this Program provides new ways to explore the ideas further and to reflect on the changes that you will be experiencing.

As BioEnergetic Wellness Facilitators, Natascha and Michelle have created a package that promotes the self-responsibility model of wellness through **self-care tools that easily and joyfully can fill your days**. By Raising your BioEnergetic Awareness, you are taking the personal steps towards experience with bringing energy and vitality into your life.

Support your career, lifestyle, relationships, wellness, goals, and passion for living – Raising BioEnergetic Awareness!

"I have felt a lot of stress lately with working remotely and being away from colleagues for support. The 'Peace Sphere' helped me get more to a place of peace. I also liked that we could put ourselves in the peace bubble and make it our own." TL, College Counsellor

"It is a valuable tool to help with anxiety and becoming more in touch with myself as well as connecting with other people. Hopefully one day I will be able to use this to benefit clients as well." CH, BioEnergetic Wellness Student

"I was very aware of when I was no longer centered and grounded while assisting a client, and by stepping back and being aware, I could bring the flow of energy back easily to continue with my client. I had not been doing this effectively in my practice previously." YK, BioEnergetic Wellness Facilitator and Gymnastic Coach

Raising BioEnergetic Awareness Module B:

Expanding on the experiences of Module A, the exploration of the Module B includes the specialties that Natascha and Michelle excel in. Natascha will be exploring more with the energy balancing of color and sound, while Michelle will be expanding your wellness possibilities with specific movements. All of this plus the use of intention in a focused way for making changes and advancing your spirit into the areas of your life you would like to expand and grow with.

Each gathering will open up new possibilities of experience, breakout sessions to explore energy and balancing the system, gathering time for sharing, and home study activities to develop your skills and experience with energy and building vitality. This new program is all set to bring 2021 into focus for optimum focus and wellbeing.



Qi YINtegration – “Celebrating BioEnergetic Feedback through the Love of Movement”

Set 1 My Little Black Book of Qi: Qi YINtegration Jan 6, 13, 20, 27, Feb 3, 10, 17, 24

10 - 11:15 am Atlantic \$98 with tax e-book extra

Set 1: Introducing the ideas of Muscle Monitoring with the Body Pendulum, movement is explored at its most basic components. Learn about bringing energy, circulation and fluid flow through the foot and body, how to energize with the stairs and gain confidence and strength while walking up and down the stairs. Feel the power of the spiral turn, sitting for energy, and the opening of the systems with deep breathing. This course will have exploration of daily habits supporting your wellness goals and your energy building wishes. Together, the Qi YIN community builds resiliency and confidence in self-care and wellness ideals. The 5 Element Set with Color and Sound, as well as Kundalini Rising will be explored. Please see the extra movement practice option for Thursdays at 9 am, please join in.

Set 11 The Chakras from Heart to Crown Jan 7, 14, 21, 28, Feb 4, 11, 18, 25

9:00 – 9:45 am Atlantic - Movement Practice for all Qi YINtegration students

10 – 11:15 am Atlantic \$98 with tax

Set 11: Expanding awareness to the Heart Chakra exploration will include linking up the Heart Chakra with the Three Base Chakras, as well as with Soul Seat, then into the Throat, Pineal and Crown Chakras. Using movement, energy exploration and music in a goal setting format, the power of the heart, compassion and love will be explored along side the Lifelong Reflexes. Bringing in knowledge from primary reflexes, the chakras will be supported through gravity, centering, grounding, stability, balance and more. Each weekly session will release old blocks and patterns and replace the spirit of wellness with a balanced approach to movement ease and vitality.

Set 12 Chakras 8 – 12 and their relationship with the 7 Base Chakras Dates TBA for March – April.

Be sure to join the Tai Chi Wellness Online Classes – Facebook Live – Fridays at 12 – 12:45 pm Atlantic. Events are posted ahead of time on the Facebook page, be sure to “like” and “follow” to get notices of any additions to the schedule.

Touch for Health will be online starting in February! For all those people who have been waiting to learn how to muscle monitor for specific muscle groups, organs and systems, this will be your class. There are 4 levels to the program. Here are the options for 2021:

Level 1	February	please email your interest for a specific date	16 hours/level
Level 2	April	“	
Level 3	June	“	
Level 4	June	“	

Touch for Health practice group Starting in January for those who would like to practice up before the next level, or to review techniques. All classes online.