



**Happy New Year!**  
**Welcome to our 2020 January**  
**NEWSLETTER**



**2020 is the Year of the Rat: Vitality, Quick Witted, Sharp Mind, a real Survivor!**

**T-Shirt orders will be taken in January...stay tuned for the colors and logo placement! The character was designed by Wine Country Tai Chi Society members and graciously shared with us.**

**Schedule for January classes resuming:**

Port Hawkesbury – Saturday – January 4<sup>th</sup> 12 – 2:30 pm (Michelle is away)

Belle Cote – Monday – January 6<sup>th</sup> 10 – 12 pm (Michelle is away)

Judique – Tuesday – January 7<sup>th</sup> 6:30 – 8 pm (Michelle is away)

Mabou – Thursday – January 9<sup>th</sup> 7:00 – 8:30 pm (Michelle is away)

Belle Cote – Friday – January 10<sup>th</sup> 10 – 11 pm (Michelle is away)

Inverness – Friday – January 10<sup>th</sup> 1 – 2 pm

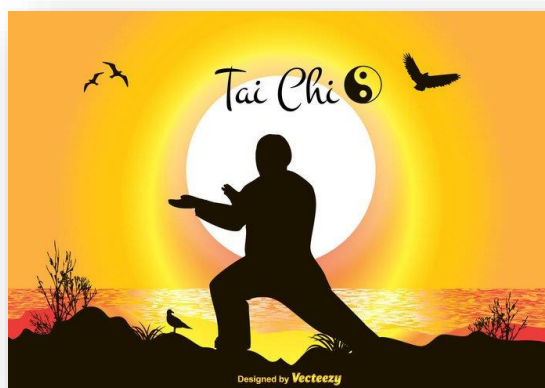
***Beginners welcome, and any returning students who have been away for a while – we would love to see you again!***

**Upcoming Themes:**

- |                 |   |
|-----------------|---|
| <b>January</b>  | <b>Expanding Energy – “Pon”</b><br><b>Exploring expansive movement in the set</b>               |
| <b>February</b> | <b>Extending Energy – “Gi”</b><br><b>Extending movement out in the set</b>                      |
| <b>March</b>    | <b>Settling energy and grounding – “Lui”</b><br><b>Exploring the grounding moves in the set</b> |
| <b>April</b>    | <b>Connection and Grounding – “An”</b><br><b>Exploring connection with the moves</b>            |

*Plans for the Spring Workshop are underway... more details to come!*

*Mark your calendars – World Tai Chi and Qi Gong Day – Saturday, April 25<sup>th</sup>.*



## *Tai Chi Wellness Webinars*

As part of the program developed with the Tai Chi Wellness Video Series, we have launched a monthly gathering for people involved in the series. This is a place to learn a little more, develop their Tai Chi on a personal level, and to expand the experiences both in and out of class time. If you wish to join in the conversation, please register with Michelle at [info@dancedebut.com](mailto:info@dancedebut.com) for your link to the zoom session. Here is the schedule of upcoming gatherings at 12 pm Atlantic:

January 15    February 12    March 11    April 15    May 13



**Remember to check out the videos at Youtube: Tai Chi Wellness and the Seated Form Series**

**Facebook: Tai Chi Wellness, Tai Chi Cape Breton, and The KEY to Health**

*Thanks for sharing the journey! Michelle Greenwell*

