

Fall Classes at Dance Debut

To register, please send an email of your interest and Michelle will get back to you with registration details. Be sure to go through the whole program list as they are happening throughout the fall.

Tap and Tea Tuesdays are back by popular demand. Tuesdays 3:30 – 4:15 on zoom. Sept 7 – Nov 2. \$70 for 8 weeks.

Have you ever wanted to tap your toe to the music but didn't know how to "Jig" a step? This class is for you. We begin with a special warmup to support the whole body being engaged, and then we move to specific foot patterns that will get you tapping through the week. We use dance steps from both tap dancing and Cape Breton Stepdance. We finish with some music and fun, and a cup of tea with a little social time for those who want to hang out for a few minutes at the end. From the convenience of your own home, this class can even have you in your slippers! No experience necessary.



Qi YINtegration

Set 1 – Discover the power of moving with alignment and energy flow. We explore posture, sitting with power, standing with energy, proper walking up and down the stairs, goal setting, foot care, breathing, spine care, neck strength, and more. This class includes the award-winning book: My Little Black Book of Qi: Qi YINtegration.

In-Person and Online: Thursdays, 10 am – 11:15 pm, 8 weeks, Sept 23, 30, Oct 7, 14, 21, 28, Nov 18, 25

\$135 including the hardcopy of the book and worksheets, recordings from each class, and posture assessment. Minimum of 7 students.

Qi YINtegration: Exploring the Intentions behind the “Affirmations for the Body and BioField” deck.

One of the greatest adventures to come out of the Qi YINtegration program has been the development of the specialized card deck. I never imagined that 5 years of exploration in movement and protocols would create a substantial chart about the spiritual aspects of the spine that could be expanded into the body and the biofield. It is remarkable to me too! Tanya Levy's artwork has provided us with an interactive exploratory opportunity to play with the details of the work. Join me as we explore the

fascinating intentional concepts behind the deck and the possibilities for energy and flow to bring balance into your everyday experiences. This is an exploratory class that will weave through the full deck, focusing on each of the four decks for several weeks to gain insight and experience with possibilities. It will include goal setting/intention, movement and postural awareness, manual biofeedback through the body pendulum and awareness, music, assessment, and weekly explorations after balancing with the deck. This is a personalized class in self-care and awareness designed to provide a wellness plan to support the triangle of health in body, mind and emotion. Class recordings will be made to support remembering experiences and ideas generated.

Online: Thursdays, 11:30 am – 12:45 pm, 16 weeks, Sept 23, 30 Oct 7, 14, 21, 28, Nov 18, 25, Dec 2, 9, 16, Jan 6, 13, 20, 27, Feb 3.

\$240 including HST, plus the full deck the “Affirmations for the Body and BioField” (\$65). Sept/Oct “Affirmations for the Spine”, Oct/Nov “Affirmations for the Fascia and the Spine”, Nov/Dec “Affirmations for the Fascia Matrix”, and Jan/Feb “Affirmations for the Energy Field”. Handouts will be provided as needed throughout the exploration of the topics.

In-person: Mondays – Inverness County Center for the Arts, 10:45 – 12:00 pm, 16 weeks, Sept 20, 27, Oct 4, 18, 25, Nov 1, 8, 15, 22, 29, Dec 6, 13, 20, Jan 10, 17, 24. \$290 including HST plus the full deck.

Minimum of 7 students.

Touch for Health Level 1

First introduced to the public in the 1970’s from the Chiropractic Tradition passed down from Traditional Chinese Medicine concepts, Dr. George Goodheart and Dr. John Thie have provided us with an invaluable resource for understand energy flow and balance for wellness. The Touch for Health® system shares the relationship of the muscles to energy flow and the power of the meridians and the Five Element Theory. At the introductory level we are looking at 14 muscles and their respective muscle integrity to balance posture, emotions, and thoughts. We also explore balancing the visual and auditory systems, as well as movement coordination patterns. We learn about goal setting and intention, and the ability to set up a wellness plan for personalized self-care.

In-person and online: Thursdays 6:30 – 9:30 pm at the “Old Manse” in Mabou, NS. Sept 23, 30, Oct 7, 14, 21, 28.

Supplies needed: “Touch for Health Complete Edition” textbook by Dr. John Thie and Matthew Thie. (Can be purchased through Amazon). At the completion of the program, the Study Guide will direct the student into Levels 2, 3, 4. These can be purchased from the instructor in October. 5 Case Studies will be required prior to entry into Level 2 and will be documented in the Study Guide. Handouts for the course will be provided by the Instructor, to supplement the textbook. The textbook is the full textbook used for Levels 1 – 4.

Cost: \$345 including HST, former TFH students can retake the level for \$172.50.

Covid protocols will be followed, masks will be required until restrictions have been lifted.

Touch for Health Level 2

Developing on the skills built in Level 1, this course explores 14 more muscles and their relationship to the meridians and the 5 Element Theory through muscle response testing. Specialized protocols are introduced to speed up the process of doing a balance for the body as the student moves from a balance one muscle at a time protocol, to finding where the flow is blocked and making one correction to open the flow up. The ideas and skills learnt in Level 1 are solidified in this course as the student becomes more familiar and comfortable with the concepts of muscle monitoring and setting goals. The Touch for Health textbook and study guide are used for this level. Additional Handouts are provided by the instructor to supplement the learning. 5 Case Studies will be required before taking Level 3 and can be recorded in the Study Guide.

Cost: \$345 including HST, former TFH students can retake the level for \$172.50.

Nov 18, 25, Dec 2, 9, 16, Jan 6

Touch for Health Level 3

Color and Sound play a significant role in the development of balances at this level. The student will go from 28 muscles to 52 in both lying down and standing positions. This level creates competency in how to muscle monitor and feel confident in the results that are gained through the protocols. The student will be exploring additional ways to create goals, and achieve outcomes desired by a session. Prechecks and Posture Awareness are also explored. The Touch for Health textbook and study guide are used for this level. Additional Handouts are provided by the instructor to supplement the learning. 5 Case Studies will be required before taking Level 4 and can be recorded in the Study Guide.

Cost: \$345 including HST, former TFH students can retake the level for \$172.50.

Jan 13, 20, 27, Feb 3, 10, 17,

Touch for Health Level 4

Experience with the Touch for Health balancing protocol options are explored. Time with pain sites, acupressure holding points, Luo points and meridian walking are all explored for additional ways to assist in finding balance, destressing the body, calming emotions, and reducing pain and mobility issues. Further competency with the muscle monitoring positions as well as the protocols are explored. The Touch for Health textbook and study guide are used for this level. Additional handouts are provided by the instructor to supplement the learning. 5 Case Studies will be required before taking the Proficiency class and can be recorded in the Study Guide. The Study Guide will need to be submitted to the Proficiency instructor prior to advancing through to the instructor level.

Cost: \$345 including HST, former TFH students can retake the level for \$172.50.

March 24, 31, April 7, 14, 21, 28.

For those looking to change careers and develop skills in Integrative Health practices, Touch for Health is an excellent base for understanding muscles, posture, energy flow, 5 Element Theory, goal setting, client

care, self-care model, and energy building techniques. Continued study and expansion of skills can be offered to those interested in this stream. Sign up for Level 1 – 4 at once and save. Regularly \$1200 plus HST (\$1380), reduced to \$1000 plus HST (\$1150). Additional recommendations: Qi YINtegration Set 1 to understand more about movement patterns and posture to bring awareness and practical experience to the Touch for Health model, online and in-person. Tai Chi class to explore movement-based learning and explore understanding the power of Touch for Health concepts in action, online and in-person. Raising BioEnergetic Awareness to identify awareness skills and enhance the learning to develop insights and intuition when working with others, online.

Touch for Health Practice Group

For those who have completed a Touch for Health class, it may have been a while since you dusted off that textbook and really did some wonderful muscle monitoring and balances. This practice day is for you to get some experience with the techniques, ask questions and explore where you need a little more experience, and how to gain confidence in using the techniques.

Sunday, October 3 3-6 pm at the Old Manse \$25 for the afternoon.

Please bring your textbook, study manual, mask (covid protocols in place), and massage table if you have one.

BioEnergetic Essentials Book Launch

Celebrate the release of this Special book for our community. Michelle Greenwell, co-authored this little manual of tools to help people, families, children, and pets to feel good, stay calm, and to bring balance and flow to the day. For the Book Launch, Michelle will be sharing a few tools from the book, talk about the techniques used for BioEnergetic Wellness, and be signing the books. As part of her Arts Education contract last year, while unable to teach dance classes in the county, she put her attention to building resources for others to navigate the challenges of our time. Come celebrate with Michelle and get your copy for the family, your classroom, a gift for a friend, or a Christmas gift. It is the gift that keeps on giving. Videos and support resources will be released to the public through the fall. You can see the official [online launch](#). \$20 per family and includes a signed hard copy of the book.

Tuesday, September 28 6:30 – 8 pm Hillsborough/Glenyre Hall Pre-registration please.

“It’s in the Cards” Wellness Launch

For the first time, in a card deck, a way to learn more about self-care. This special card deck is like taking the best of the Touch for Health, Brain Gym, Therapeutic Touch, NeuroReflex Integration, and Eden Energy Medicine tools and putting them into a card deck that is easy to use daily. Choose one card and calm or de-stress. Choose another card and transform anger to content. Roll your feet in a particular way and ground, balance, or center yourself. There is sign language, color, sound, animals, Tai Chi, yoga, nature and more within the deck. Perhaps you want to use a Happiness Formula or a Confidence Formula. Just follow the cards. To learn more about the tools they can be explored by playing Memory or Charades. Great for families, educators, wellness providers, and those interested in developing their personal self-care plan. This launch will celebrate the power of the cards, Michelle will share how to use

them, go through the actions on the cards, and help you create the plan for your wellness goals. Printed on paper that is tear proof and water resistant, it is great for taking on the road and used by children.

Tuesday, October 12 6:30 – 8:30 pm Hillsborough/Glendyre Hall. Pre-registration please. \$60/family and includes the card deck.

Foot Care Workshop

Do you have a little pain in your feet? Have trouble with walking? Posture challenges? Shoe challenges? This class is designed for you to assess, support, and energize your feet. Using tools from the Feet First System, Postural Awareness, NeuroReflex Integration, Touch for Health® and Therapeutic Touch®, we will explore many ways to provide relief, support, and rejuvenation before, during and after walking or exercising. Great for runners and walkers.

Handouts provided, bring a friend and share the techniques and be accountable to each other.

September 27 6:30 – 9:00 pm Hillsborough/Glendyre Hall \$35

November 22 6:30 – 9:00 pm Hillsborough/Glendyre Hall \$35

Minimum 5 students/class.

Stress Busters

Are you finding it hard to navigate all the challenges we have experienced over the last two years? Do you notice you are holding your breath during the day? Feel tense and having trouble sitting up or standing straight? Tension headaches, neck pain? Anxious about things you weren't worried about before? Join this special class and learn simple tools and techniques to help you de-stress, engage into action, find joy throughout the day, breathe deeply, and shift those anxious moments. We will be using the newly released book: "BioEnergetic Essentials" to use tools from Brain Gym®, Touch for Health®, Therapeutic Touch®, Tai Chi, Yoga and more.

In person: October 16 9 – 12 pm Hillsborough/Glendyre Hall, Hardcopy of the book included with tuition - \$75

Online: October 15 6 - 9 pm E-Book shared, hardcopy can be purchased - \$55

Minimum 5 students/class

Raising BioEnergetic Awareness – Module A

The experience of a RBEA Workshop introduces the key concepts in self-care for wellness as well as the care of others. This includes understanding the experience of being grounded, centered and the use of deep breathing. We will explore different ways that we may be able to sense energy and receive bioenergetic feedback from the body and the biofield. Reflective journaling will be discussed and offered for homework assignments. The opportunity to draw or color pictures to represent experiences will also be shared. Distance sharing and working with intention in a group setting will also be a part of the exploration. With this online platform we can do breakout sessions in pairs, triads, and quad groups. Discussion and sharing will be important for learning from each other and the experiences

possible. The goal for the completion of the workshop is to have each participant confident in how to be centered and grounded, as well as to listen for cues from their body for self-care, and how to share these skills with others through the guiding exercises. For those with BioEnergetic Wellness tools who may work with clients or students, these skills will be transferable to other sessions and combined with other wellness tools. History and the science behind BioEnergetic Wellness will be interspersed during the sessions. The goal of the program is to raise awareness in the public about BioEnergetic Wellness, and to inspire self-awareness for personal and professional growth.

Online: Nov 20, 27, Dec 4 and 11 9:00 am – 12:00 pm.

E-book shared, as well as the Journal. Hard copies available upon request. \$175

Raising BioEnergetic Awareness – Module B

The experience of a RBEA Workshop introduces the key concepts in self-care for wellness and the care of others. This includes understanding the experience of being grounded, centered and the use of deep breathing. We will explore different ways that we may be able to sense energy and receive bioenergetic feedback from the body and the biofield. Reflective journaling will be discussed and offered for homework assignments. The opportunity to draw or colour pictures to represent experiences will also be shared. Distance sharing and working with intention in a group setting will also be a part of the exploration. With this online platform, we can do breakout sessions in pairs, triads and quad groups. Discussion and sharing will be important for learning from each other and the experiences possible. The goal for the completion of the workshop is to have each participant supported by tea with intention, colors, sound, and vision mapping with movement. Each exploration will build on the opportunities for the next exploration to create an extensive repertoire of tools for daily use. For those with BioEnergetic Wellness tools who may work with clients or students, these skills will be transferable to other sessions and combined with other wellness tools. History and the science behind BioEnergetic Wellness will be interspersed during the sessions. The program aims to raise awareness in the public about BioEnergetic Wellness and inspire self-awareness for personal and professional growth.

Online: Nov 30, Dec 6, 13, 20 6:30 – 9:30 pm

E-book shared, as well as the Journal. Hard copies available upon request. \$175

Sound Essence Bath

Enjoy the sounds of the Therapeutic Singing Bowls, Gongs, Koshi's and Hapi Drum, while lying on a mat supported by pillows and blankets. These are the moments of tranquility and peace you have been looking for. Add the Sound Essence Misters and you have beautiful fragrances and frequency misting down upon you while a meditation is intuitively delivered with each spray. It is an exquisite experience to be a part of, and a wonderful way to lift away stress and anxiety, create clear thoughts and intentions, and to share with a friend or two.

Sunday, Oct 3 7 – 8 pm Hillsborough/Glendyre Hall \$25/person

Sunday, Nov 21 7 – 8 pm Hillsborough/Glendyre Hall \$25/person

Sunday, Dec 5 7 – 8 pm Hillsborough/Glendyre Hall \$25/person

Minimum of 8 participants per session.

BioEnergetic Essentials Online Retreat

Pamper yourself with this special online retreat. Sharing the tools from the BEE book, presentations by each of the four authors will provide unique activities to center, calm and rejuvenate your body, mind, and spirit. The FREE pdf of the Book will provide you with resources to continue the opportunities on your own. Gathering as a group is a great opportunity to engage the innate healing potential and bring about a shift for wellness that you have been looking for through the stress of the last two years. Online is an amazing experience as the energy of the group can be felt, and the exercises are expanded by the online platform, it is quite remarkable. This is a place and time to come back to yourself, breathe, rediscover and redefine yourself.

Friday, Sep 24th to Sunday, Sept 26th. \$150 per person online. 10 participant limit for online, 6 may participate in person for \$220.

The schedule varies throughout the day with time to explore on your own. For those interested, a full schedule will be provided.

Facilitated by Michelle Greenwell, Natascha Polomski, Tanya Levy and Paula Nowak Droog

With the Covid restrictions and limited access to facilities, Michelle Greenwell has continued to serve the community with online and in person classes for the last two years. She has had the fortune of working with the Cape Breton Partnership with an Arts Education grant to help develop special wellness programs using dance and Tai Chi as a movement base for the projects. She has also been working with a special project with a local group to develop wellness programs for others that are easy to share and inspiring. Joining with the Jesse Lewis Choose Love Movement for SEL programming, Michelle has been offering online wellness classes for free throughout the year including her new program: Nurturing Our Inner Compassion, and Wellness Wednesdays with Tai Chi, and more. Although she is unable to fulfill any dance programs again this year, she is striving to bring movement, wellness and motivating activities together to support the social and emotional challenges we are all facing as we navigate through the remainder of the Pandemic. She hopes that the offerings this fall will help support you on your wellness journey and inspire you to help others find these tools and opportunities as well.

Connect with the Choose Love Movement for this exciting year of opportunity with Michelle and Paula Nowak Droog... 40 mins of wellness each Sunday evening to help you prepare for joyous and stress-free week.



Lumiere Festival from Sydney, NS

Site and Seas is the theme for this year's art displays. Originally an in-person experience along the waterfront in Sydney, this festival has gone online as well. Join Michelle Greenwell as she shares her arts exploration of color, sound and wellness in a special online presentation called: Creating the Sea of Tranquility. This is a FREE event, online, to register please email Michelle at info@dancedebut.com with Site and Seas in the subject line. She will forward you the participation information and the zoom link.

Michelle developed the content for the arts exhibit with her dancers in their 2018 and 2019 seasons. Further explorations were done with a pilot project in Port Hawkesbury in the spring of 2021. She welcomes Dance Debut dancers to join in the festivities and share their experiences of playing with color and art to release tension in the body and create a free flow of movement. The exploration is open to anyone interested in Interactive Art.

Sunday, September 19 2 – 3 pm. Online. FREE

● LUMIÈRE

Unama'ki | Cape Breton

SUN SEPT 19
2 - 3PM
ONLINE

with Michelle
Greenwell

info@dancedebut.com
to register



Creating the Sea
OF TRANQUILITY