



LIVING AWARENESS

COURSE INFORMATION

Contact: Elesa at 780.827.5795
email: living_awareness@yahoo.ca

THE WAY OF CHI – 1

Time: Monday's 6:30pm - 7:30pm
Location: United Church
Date: October 17th - November 7th
Cost: \$28 (\$7.00 per session)

Description: An introductory class where beginners are introduced to Qi Gong and Tai Chi moves in the form of a moving meditation. Class consists of warm-up, moves and short meditation to close.

Requirements: Wear loose comfortable clothing in layers.
Minimum number of participants = 8
Signing of waiver required or doctor's note if needed.

THE WAY OF CHI – 2

(Graduation Certificate given on Completion)

Time: Tuesday's 6:00pm - 7:00pm
Location: United Church
Date: October 11th - November 1st
Cost: \$28 (\$7.00 per session)

Description: This class is for participants who have completed the 'Way of Chi' -1. We will continue to explore Tai Chi and Qi Gong moves in the form of a moving meditation. Class consists of warm-up, moves and short meditation to close.

Requirements: Wear loose comfortable clothing in layers.
Minimum number of participants = 8
Signing of waiver required or doctor's note if needed

SPECIALS

Class Combos

- Participate in two group courses **SAVE** 10% (Cost = \$50.)

COURSE RATES

All sessions are held once a week so rates posted reflect monthly rates.

1. Meditation: 4 sessions each (1 hour per) @ \$28.
2. The Way of Chi 1 & 2: 4 sessions each (1 hour per) @ \$28.
3. "Way of Chi" Session: 30 min for \$20.

This is an individual, private session. Suitable for the person who needs their Chi cleared and balanced. A unique Chi machine, optional scalp tingle massager and Chi pad are used with gentle stretches, music, guided visualization and optional aromatherapy.

MEDITATION

Time: Tuesday's 7:15pm - 8:15pm
Location: United Church
Date: October 11th - November 1st
Cost: \$28/ month (\$7.00per session)

Drop in: \$7 per session (please phone ahead)

Description: Come join us for an hour of relaxation. This is for beginners as well as for previous participants. We will explore breathing, sound & visualization to increase sense perception and awareness. We will also bring our energetic bodies into alignment by focusing on our energy centres while toning their specific frequency signatures.

Requirements: Wear loose comfortable clothing. Bring blanket and pillow if needed.

Minimum number of participants = 8

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COURSE INFORMATION

MOVING TO MUSIC (FOR AGES 50+)

Time: Sundays 2:00 - 3:00 pm
Location: Big Horn Golden Age Club
Start: Oct. 16 Ongoing
Cost: Free!

Description: If you love music and a catchy beat, come join us as we have fun being creative, moving to ethnic music from Africa, South America and Gypsy Lands, improves balance, coordination and flexibility. Class consists of warm up, specific body moves and floor stretches to close. Yoga mats provided.

Requirements: Wear loose comfortable clothing in layers. No partners needed. No experience necessary, but a basic level of fitness is advised.

Signing of waiver required or doctor's note if needed.

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** Register your name at the Rec Centre.*

SENIORS TAI CHI (FOR AGE 50+)

Time: Mondays 10:30 am - 12:00 pm
Location: Big Horn Golden Age Club
Start: Oct. 3 (On going)
Cost: Free

Requirements: Wear loose comfortable clothing in layers. No experience necessary, but a basic level of fitness is advised.

Important: Please register 1 week ahead of start date, to avoid program cancellation due to lack of sufficient enrolment. Please note that missed classes are not refunded, transferred or carried forward, unless due to circumstances beyond the participant's control.

Sponsored by Grande Cache CALC.

** Register your name at the Rec Centre.*

Facebook: If you are on facebook, check out the "Living Awareness" site for class updates, inspirational photos, videos, articles and sayings, as well as guidance to like-minded, synergistic sites. If you like us, let us know and you can also become a friend.



COPE (Community Outreach Program Enhancement)

Fall/Winter 2011/2012 Programs:
Baby, Think it Over

Focusing on Grade 8 students, the goal of this program to improve communication and decision making skills among adolescents by teaching the responsibilities of parenthood. COPE strives to engage students and parents in dialogue and a positive experience, within the home environment.

Potential benefits of participation include helping students avoid unwanted pregnancies and sexually transmitted infections, a reduction in family violence, and an increase in awareness of home budgeting and healthy choices. Through the use of computerized infant simulators, students have the opportunity to learn about the demands and responsibilities of parenting as a teen and experience realistic infant care. COPE is pleased to have available not only the infant simulators, but also a Fetal Alcohol Syndrome Manikin, a Drug Addicted Demonstration Infant, and a Shaken Baby Simulator, to enhance the students knowledge of prenatal care, and healthy parenting choices.

Health Promotions

Various health promotion materials are acquired and distributed by the COPE Program Coordinator to local businesses and agencies at different points in the year. Up coming campaigns this fall/Winter are listed below. - September 2nd to 8th, Suicide Prevention Week - October 2nd to 8th, Mental Illness Awareness Week

- December, FASD and Alcohol Awareness Campaigns

For more information or to volunteer contact:

COPE Program Coordinator Phone: (780) 827.5099

Email: cope@telusplanet.net