



Harmony in Motion: Tai Chi for Healing – A Gentle Path to Ease Pain, Alleviate Anxiety, and Boost Immunity

**Experiential Workshop
with**

**DR. MICHELLE GREENWELL, BA Psych, MSc CAM, Ph.D. CIH
(Complementary and Integrative Health)
Tai Chi Master and Movement Specialist from
The Greenwell Center for Holistic Health**



January 12, 13 and 14, 2024

Friday, January 12th

"Revitalize Your Core: A Tai Chi Journey to Energy, Vitality, and Mind-Body Wellness"

Embark on a transformative exploration of your core through the art of Tai Chi in this empowering workshop using the power of the seated form. Gain a deep understanding of how movement awareness, recognizing limitations, and integrating Tai Chi into daily routines can unlock the tremendous power within.

Discover the intricate connections between your core and the rest of your body, focusing on the feet, hands, posture, leg strength, neck alignment, and breath. Experience the harmonious synergy of these elements as they contribute to enhanced mental clarity, improved breathing patterns, and a soothing effect on electrical challenges like restless legs and nerve pain.

This workshop goes beyond the physical, extending its benefits to support your immune system. Join us for a holistic journey to rejuvenate your core, fostering energy, vitality, and overall well-being.

8:30 a.m. Registration

9:00 a.m. to 1:00 p.m. with a tea/snack break mid-way

Location: West K Dance Studio, 2035A Louie Drive, West Kelowna

Open to all levels and abilities, no experience necessary. Chairs provided.

About our Workshop Facilitator:

Michelle Greenwell is an avid Tai Chi enthusiast with over 30 years of experience with the Moy Tai Chi form for Tai Chi, Sabre, Lok Hup, and the Seated Form. She has been a dance educator of over 4 decades and has presented wellness and movement workshops all around the world. Her doctoral work in CIH (Complementary and Integrative Health) included a focus on the relationship of the spine to emotions, the organ systems to muscle function, and the fascia, tendon, and ligament connections of inner harmony. For decades, she has been leading online and in-person programs that prioritize the specific needs of the class participants with optimizing organ system function. Her passion for the seated form of Tai Chi has seen its evolution into a full program for all persons to learn and grow from. Although it can be a stepping stone for health recovery, Michelle delights in using the increased body awareness and movement options gained by taking a seat in class. You can find her resources here: <https://linktr.ee/dancedebut>

Saturday, January 13th

Morning Workshop

9:00 am Registration and open Tai Chi practice

9:30 – 12:30 pm workshop with tea/snack break

Graceful Hands: Unleashing Power in Tai Chi, Sabre, and Lok Hup Sets

Embark on a captivating exploration of the profound impact of hand movements in the realms of Tai Chi, Sabre, and Lok Hup sets. Together, we will delve into the artistry of hand positions and their transformative influence on your body's experience, promoting stronger posture, balanced hips, shoulders, and jaws, and enhancing flexibility through the spine.

Discover the nuanced power of each hand position, understanding how they intricately contribute to the overall harmony of movement. Gain insights into the subtleties that can unlock a deeper connection between mind and body. Whether you're a beginner or seasoned practitioner, join us as we unravel the secrets of graceful hands, empowering you to elevate your practice and enrich your journey towards physical and mental well-being.

12:30 – 1:20 pm Lunch with open Tai Chi practice

Afternoon Workshop

1:20 – 4 pm with tea/snack break

Fluid Foundations: Unlocking Tension Through Tai Chi Movement Patterns

Embark on a transformative journey focused on the intricate dynamics of the foot, knee, and hip in the realms of Tai Chi. In this special section, we will unravel the mysteries of movement patterns inspired by the snake, don yu, tor yu, and commencement, allowing a deep exploration into the realms of your body.

Discover the subtle interplay between these joints and uncover hidden tension points affecting alignment, strength, and flexibility. Through mindful exploration, you will cultivate awareness, gaining insights into the unique signatures of tension within your body. Learn how to liberate and open the pathways for greater flow and balance.

Join us for an immersive experience where the opening of your foot, knee, and hip becomes a gateway to release tension, fostering a more harmonious connection between mind and body. This workshop is designed for practitioners of all levels seeking to enhance their Tai Chi practice and overall well-being. No experience required in Sabre or Lok Hup.

Location: Kees Tae Kwon Do, 2109C Louie Drive, West Kelowna

All levels and abilities welcome. Seated variations will be provided where needed.

Tea Break will include our exclusive "Lucky Dragon" green tea. A tea ritual is part of Tai Chi practice, learn more about how this special blend supports the mind-body connection with ingredients special to the Okanagan Valley.

Check out our special Saturday night event with the amazing David Hickey of Crystal Bowl Journey - below

Sunday, January 14

Morning Workshop

9:00 am Registration and open Tai Chi practice

9:30 – 12:30 pm workshop with tea/snack break

Harmony Within: Empowering Organ Systems with Lower Dan Tien Mastery

Embark on a profound exploration of the lower dan tien, unlocking the secrets to empowering your organ systems through specific movement patterns such as Move Hands Like Clouds, Spine Turn, and Golden Cock standing Right and Left. Delve into the art of cultivating Chi from the belly and experience heightened awareness throughout your entire body.

In this enlightening workshop, learn how intentional movements from the lower dan tien can expand the flow of Chi, revitalizing your organ systems and fostering a harmonious balance within. As you refine this skill, discover the potential to build and store more energy, infusing your day with increased vitality. Suitable for all levels, this workshop offers practical insights and techniques to integrate into your daily life.

12:30 – 1:20 pm Lunch with open Tai Chi practice (Pizza and Salad provided)

Afternoon Workshop

1:20 – 4 pm with tea/snack break

Flowing Harmony: Tai Chi Flow for Ease, Recovery, and Joy

Embark on a journey of fluidity and tranquility in our Tai Chi Flow workshop segment. Explore the graceful integration of movement and breath to create seamless transitions between patterns, allowing a harmonious flow to permeate your practice.

Dive into the art of Tai Chi at 40% effort, designed to accommodate individuals during injury or recovery. Additionally, discover how Tai Chi can be a powerful ally during times of stress, providing a calming and centering effect. This workshop is tailored for those who may struggle with remembering set patterns, offering a pathway to gain confidence and joy in your practice.

As you immerse yourself in Tai Chi Flow, you will not only refine your physical movements but also cultivate personal insights into creating Qi for enhanced health and well-being. By the conclusion of the workshop, you'll leave with a daily self-care plan crafted through your unique experiences, empowering you to integrate the benefits of Tai Chi into your daily life. Join us for an enriching exploration that transcends the physical, fostering a holistic approach to wellness.

Location: Kees Tae Kwon Do, 2109C Louie Drive, West Kelowna

All levels and abilities welcome. Seated variations will be provided where needed.

Tea Break will include our exclusive "Orchard Bliss" Rooibos and Honeybush tea. Learning more about the power of herbs to enhance your Tai Chi, we will explore how this blend focus' on the orchards of the Okanagan Valley.

Rest and Rejuvenate on Saturday night!!!

January 13th 7:00 pm.

Kees Tae Kwon Do, 2109C Louie Drive

Harmony in Sound: Crystal Bowl Concert with David Hickey of Crystal Journey

Embark on a transformative sonic journey with David Hickey of Crystal Journey as he guides you through a mesmerizing Crystal Bowl Concert. Immerse yourself in the ethereal vibrations and harmonious resonance of crystal singing bowls, creating an experience that transcends the boundaries of traditional music.

As the crystal bowls are played with skillful mastery, their pure tones and frequencies will wash over you, inducing a state of deep relaxation and inner balance. Each note resonates with the potential for healing and rejuvenation, promoting a sense of peace and tranquility.

Allow yourself to be carried away by the immersive soundscape, as David Hickey weaves a tapestry of crystal vibrations that resonate with the energy centers of the body. This concert is not just a musical performance; it's a therapeutic experience for the mind, body, and spirit.

Join us for an evening of profound resonance and sonic serenity, where crystal bowls become instruments of healing, restoration, and connection with the essence of sound. Open your heart to the transformative power of music and let the crystal tones guide you on a journey of inner harmony and well-being.

To learn more about David Hickey, who has just moved to the Kelowna area from Ontario, check out: crystaljourney.ca. With 22 years of touring Canada and the U.S. and over 1700 shows, his music is one profound experience. Performing for Tai Chi Cape Breton, as well as Dance Debut Inc, (with Michelle Greenwell), with several return concerts, this is the first time that Wine Country Tai Chi Society will be hosting his incredible gifts. For those wanting to try a little Tai Chi to the music, he will open the space for your explorations in the second set. David will provide 2 – 45 minute sets with a 20 minute tea intermission.

The tea served for this special event will be "Mission4Change CommuniTEA" blend by the Cape Breton Tea Company. A unique herbal combination, the story of this tea will be shared, and the power it is creating for communities and connections.

Please bring a mat, blanket, and pillows to make you comfortable. You can watch David play, or you can lie back and relax and let the sounds drift over you.

Ready to Transform yourself with this incredible workshop weekend? Join us by filling out the registration form and reserving your spot with your payment.

Workshop Fees:

WCTCS Members:

Zen Level: Full 'Harmony in Motion' workshops plus David Hickey concert	\$147
Inner Harmony Level: Full 'Harmony in Motion' workshops	\$117
Dragon Level: Saturday and Sunday workshops only	\$97
Silk Level: Saturday workshops only	\$57
Jade Level: Sunday workshop only with lunch	\$67
Bambo Level: Friday only	\$27
Crystal Level: David Hickey concert only	\$45

Non Members:

Registration fee for workshop attendance, plus level above	\$30
David Hickey concert only	\$45

At Wine Country Tai Chi Society we welcome anyone interested in learning more about Tai Chi for Health and Wellness. Everyone works at their own level of experience and ability, being mindful of what is best for your health recovery and rejuvenation. If you are new to Tai Chi, observe patience for your personal growth and understanding. We will be releasing patterns of movement that no longer serve you, and new patterns can create some challenges in movement while learning new possibilities. We welcome questions and feedback and encourage everyone to work on movement patterns without bringing the body into any pain patterns. If in doubt, please ask your instructor for more information on anything you need assistance with to understand the topics being covered in this workshop series.

Workshop fees are non-refundable after January 7th. The Friday workshop has a size limit, this class will be filled, first come, first served.

Our Resources:

www.winecountrytaichi.ca [Facebook Business Page](#) [Facebook Group Page](#) [Instagram](#) [YouTube](#)

Harmony in Motion: Tai Chi for Healing - A Gentle Path to Ease Pain, Alleviate Anxiety, and Boost Immunity

Workshop Registration Form and Waiver for the Wine Country Tai Chi Society

January 12, 13 & 14, 2024 West Kelowna, B.C.

Name: _____

Address: _____

City: _____ Province: _____

Home Phone: (____) _____ Other Phone: (____) _____

E-mail address: _____

Voluntary Release and Waiver

In consideration for being permitted by *Wine Country Tai Chi Society* to participate in this Workshop

I, _____ (print name),

for myself, my spouse, heirs, legal representatives and assigns, hereby assume all risks for such involvement and release and discharge the *Wine Country Tai chi Society*, its affiliates, agents, officers and employees, from all liability, claims, demands, actions and causes of action whatsoever, whether known or unknown, arising out of or relating to any loss or damage that may occur either directly or indirectly from my participation in such activity.

I enter into this VOLUNTARY RELEASE & WAIVER willingly and with full knowledge and understanding that by my signature below, I am expressly releasing the *Wine Country Tai Chi Society* from any liability arising from instruction or use of facilities and equipment while engaging in the *Society's* activities.

Signature _____ Date _____

Guardian Signature _____ Date _____
(Signature of parent or legal guardian required if student is less than 18 years of age)

WCTCS Members: (please circle)

Zen Level: Full 'Harmony in Motion' workshops plus David Hickey concert	\$147
Inner Harmony Level: Full 'Harmony in Motion' workshops	\$117
Dragon Level: Saturday and Sunday workshops only	\$97
Silk Level: Saturday workshops only	\$57
Jade Level: Sunday workshop only with lunch	\$67
Bambo Level: Friday only	\$27
Crystal Level: David Hickey concert only	\$45

Non Members: (please circle)

Registration fee for workshop attendance, plus level above	\$30
David Hickey concert only	\$45

Payment Method:

E-Transfer winecountrytaichi@gmail.com Total \$ _____
 Cheque to "Wine Country Tai Chi Society" Total \$ _____
 Cash Total \$ _____