



Expressionz Cafe

# THE SCHOOL OF LIFE

FALL 2011 / SPRING 2012 PROGRAMS

All programs are held at Expressionz Cafe, 9938 – 70<sup>th</sup> Avenue (1 block west off 99<sup>th</sup> Street). To register call 780.437-3667

## **GERI-ANTICS! Drama & Improv for Seniors (50+)**

Instructor: Michele Miller

**FREE** introduction class Thursday Sept 15th 2:00-3:00pm.

Have you ever wanted to be in a Carol Burnett skit, or a “Golden Girls” episode, or maybe you’d like to play Improvisation Games like they do on TV (and right here in Edmonton!)? If the answer is ‘yes’ then we’ve got the class for you! GERI-ANTICS! is a new drama class open to Adults 50 years and older where you will not only act in those hilarious TV skits, but also in world-famous Neil Simon plays like “The Odd Couple.” This *laugh-a-minute course*, taught by Broadway veteran Michele Miller, will teach you the skills to analyze and perform a scene and/or monologue; plus, you’ll play so many Improv Games (*improvisation games*) that you’ll develop a treasure trove of skills right at your fingertips. The *guaranteed* results of all this fun are improved self-esteem, enhanced acting abilities and wonderful new friends.

**Dates:** Fall semester: Thursday Afternoons, September 22<sup>nd</sup> – December 1<sup>st</sup> (10 weeks) (No class October 27<sup>th</sup>)  
Spring semester: Thursday Afternoons, April 5<sup>th</sup> – June 7<sup>th</sup> 2012 (10 weeks)

**Time:** 2:00 – 4:00pm

**Investment:** \$185 +GST per Semester

## **DRAM-O-RAMA! (For Adults 18+)**

Instructor: Michele Miller

**FREE** introduction class Sunday September 18th 2:00 and 2:30pm.

Here’s that acting class you’ve been looking for: A playful, creative, fun-filled acting class, which simultaneously offers you an intense and inspiring experience in dramatic education. You will learn all this in a respectful, supportive environment along with your peers. Course covers the following: Stage logistics and terminology, Improvisation Games, Monologue and Scene Study, Character Study, Audition preparation, Performance skills, Resume and Repertoire building...and More Improv!

**Dates:** Wednesdays, September 21<sup>st</sup> – November 30<sup>th</sup> (10 weeks) (No class October 26<sup>th</sup>)

**Time:** 6:30 – 8:30 pm

**Investment:** \$200 +GST

## **V.I.N.E. CHOIR (Age 16+)**

Instructor: Karen Porkka

**FREE introduction class Sunday September 18<sup>th</sup> 3:00 and 3:30.**

Vocal Improvisation Network of Edmonton is building a choir of voices who wish to learn to improvise. Working with structures and musical concepts (rhythm, melody, harmony, etc), pieces will be spontaneously created together resulting in moving melodies and grooves that make your soul sing. No previous musical experience is necessary, but being comfortable using your voice is helpful and a sense of play is essential!

**Dates:** Semester I - Mondays, October 3<sup>rd</sup> – November 7<sup>th</sup> (4 wks) (No class Oct10th or 31<sup>st</sup>)  
Semester II – Mondays, November 14<sup>th</sup> – December 5<sup>th</sup> (4 wks)

**Time:** 7:30 -9:30pm

**Investment:** \$100 + GST per Semester

## **WOMEN'S IMPROV NIGHT**

Instructor: Patti Hawreliak

Some say LAUGHTER is the best medicine, while others say it makes their heads fall off. Either way...you can't deny its power. That great creative force that dwells within, lurking, waiting for just the right moment to burst forth HAAAAHA from the depths of the belly, leaving you feel relaxed and well, *unwound* - AAAHHH. Doesn't that feel better?

This is a social evening with the girls. It is created for beginners. It is non-threatening, and no skills or experience are required. The only goal is to lighten up and have a good laugh in a safe & creative environment.

**Dates:** Wednesday, September 14<sup>th</sup> and/or October 14th

**Time:** 7:00 – 10:00pm

**Investment:** \$15.00 Drop in or even better RSVP to [exprez@telus.net](mailto:exprez@telus.net)

## **LIBERATEYOUR CREATIVITY WORKSHOP**

Instructor: Yvonne Racine, Coach for Life Beyond Belief

Are you ready to Liberate Your Creativity and move beyond the limiting beliefs that keep you stuck and frustrated? Clear away the debris of limiting beliefs, concepts, assumptions and stories accumulated over a lifetime. Return to the natural flow of innate creativity.

This [one day workshop](#) will guide you through the Liberation Process developed by Yvonne for the specific purpose of dismantling the illusion of limiting beliefs. The workshop will take you through each step of the process allowing you to understand and experience the power of the process for yourself, unleashing the creativity that is waiting to be expressed through you. As you free yourself of the limitations of your story you will be able to use the process to allow more creativity, more peace, more life, more success. If you sense this is for you, join us for a day of fun, learning and wonder. Questions or comments are welcome at [info@yvonneracine.com](mailto:info@yvonneracine.com) [www.yvonneracine.com](http://www.yvonneracine.com)

**Date:** Saturday October 22nd

**Time:** 10:00 am to 5:30 pm

**Investment:** \$90.00 with advance payment. Bring a buddy (or 2 or 3) for \$80.00 each with advance payment. At the door admission will be \$100.00. Seating is limited so be sure to register early.

You can register and pay via Paypal online at [www.yvonneracine.com](http://www.yvonneracine.com); call Yvonne at 780-913-6466; or drop in to Expressionz during office hours and pay by cash, cheque, debit or credit card.

## **OTHER EVENTS & PROGRAMS OFFERED** at Expressionz Cafe



**GREEN MARKET PLACE** - a hands-on sustainability event organised by [Green Crusader](#) to create awareness of sustainability and climate change, promote eco-conscious products, green services, eco-friendly projects, fair trade products, locally made products, earth-friendly initiatives, and green success stories to millions of shoppers.

**EVERY SUNDAY launch date: Sept. 18, 10am - 5pm at Expressionz Cafe**

**Free public entry.** Loads of interactive activities, speakers & entertainment - go to [www.greencrusader.onefireplace.com/](http://www.greencrusader.onefireplace.com/) for details!

To sell or exhibit contact 780.709.0965 or [greenshopperexpo@greencrusader.ca](mailto:greenshopperexpo@greencrusader.ca) (artists – locally produced – NFP – small businesses welcome) . You can also volunteer and support a hands-on community approach to sustainability.

### **Kundalini Dance – FREE introduction class Sunday September 18<sup>th</sup> 12:00 to 1:00pm**

a cutting edge transformational practice developed and taught by its founder Antara Decker since 1992. Come and explore the shamanic art form that combines spontaneous movement with breath work and earth energy healing. Next series begins September 19<sup>th</sup>. Facilitated by Vireo Karvonen-Lee 780.417.0646 or [vireo3@shaw.ca](mailto:vireo3@shaw.ca)

**Sound Hearts** – an intentional use of sound to Restore, Harmonize and Balance. Facilitated by: Anna Beaumont, Belle Hodge and Karen Porkka. Next sessions: September 11<sup>th</sup> and December 11<sup>th</sup> 4:30-5:30pm. Drop in – admission by donation.

### **Tai Chi – FREE introduction Thurs. Sept. 15<sup>th</sup> 1:00 and 1:30 and Sun. Sept. 18<sup>th</sup> 1:00 and 1:30**

Tai ji quan is a very old chinese system of health and martial arts which promotes relaxation, improved flexibility, balance, immune response, bone density and reduces blood pressure and heart rate. Next series begins Tuesday Oct 4<sup>th</sup> 6:30 – 7:30 \$75/month. To register and for more information: Michael T. Caley 780-633-2794

**'Ba Duan Jin' Chinese Yoga – FREE introduction Thurs. Sept. 15<sup>th</sup> 1:00 and 1:30 and Sun. Sept. 18<sup>th</sup> 1:00 and 1:30**

Many cultures have cultivated and used the Force for thousands of years. It has been called: prana (India), ki (Japan) qi (China – pronounced 'chi'). The Chinese arts of Qigong help students from 12 to 90 develop the deep level of calm needed to perceive qi, to play with qi and to use qi in their daily lives. **Ba Duan Jin** (Eight Section Brocade of movements) is a series of eight forms/positions that opens students to the perception of qi and a sense of deep calm. Two possible class times per week – one morning class, one afternoon class. Dates and times to be set up with interested groups (seniors, homeschoolers, homebusiness owners) \$150 +gst per 8 week session. To register and for more information: Michael T. Caley 780-633-2794

**Alkeme Yoga – FREE introduction class Sat. Sept. 17<sup>th</sup> 10-11am**

Sally has been practicing Feldenkrais and yoga for the past 18 years. She is a registered international Yoga Alliance instructor; a graduate of the Quantum Yoga teacher training program with Lara Baumann. This yoga class is geared toward all individuals wishing to escape the grip of stress and its attendant ills – adrenal fatigue, stress diseases, strained relationships, anxiety, and insomnia. We will learn a methodical method of increasing and directing energy in the body.

Drop in Classes Every Mon & Tuesday 11-12. Additional classes (10 classes) pre-registration necessary: Saturdays 10-11am, Wednesday 7-8pm. To register and for more information: Sally Thistlethwaite 780-445-9774



## EXPRESSIONZ CAFÉ

Centre for the Eats & Arts

Room Rentals - Special Events - Market Place - Café - Catering - All Ages welcome.

9938 - 70<sup>th</sup> Ave. Edm. AB. T6E 0V7

[www.expressionzcafe.com](http://www.expressionzcafe.com) (780) 437-3667