

Welcome!

We are an online community of kind people who are interested in Feeling Great, Moving with Ease and Integrating Strategies for Overcoming the various Obstacles of Physical Wellbeing!

Classes focus on Therapeutic Exercises within a Holistic Understanding of Biomechanics.
(Biomechanics = Living Anatomy+ Physiology)

Below, there is Information about the program, the 'who, what, where, why, when and how' if you will... Yet if you have any questions, please don't hesitate to contact Claire

Send a message now? claritysage3@gmail.com or text 613-332-7103

These classes are specifically designed so that you can be who you are on your own Continuum of Awareness and work with your own Set of Abilities and Limitations.

Each class is different!

Every class is a unique experience. You will learn, you will grow, you will develop awareness, you will change, you will feel different. I encourage you to come to as many as you can!

Each class has consistencies that build on a foundation of principles to serve where you are at.

We meet two or four times per week, for short or longer classes. We meet on Zoom. If you are using a phone or an iPad to connect, download the app for best connectivity.

It is my Goal to:

Teach you exercises that serve you during the good times... and the bad.

Guide your Awareness to develop so that you may understand more of the complexities of your present experience.

Empower your sense of influence and navigation ... your Choices Matter!

Your tissues will become more hydrated, more resilient, you will feel better, and this all contributes to more balance of Perspective and Sense of Ease.

Upcoming Sessions (4 weeks long):

April 7 - May 1st

May 5th - May 29th

June 2nd - June 26

613-332-7103

claritysage3@gmail.com

Details of Monthly (4 week session) Memberships

Introductory/Foundation (short classes)

\$60 +hst (\$67.80)

8 classes / series (Tuesdays and Thursdays @10:30am)
each class 30-40 min in duration

Get Familiar with the Basics
Review, Repeat, Retain,
Focus on the Basics! An 'Awareness' Class

Perfect for busy schedules and for those who desire shorter exercise sessions.
Ideal for those who are new, or returning, to a therapeutic exercise component of
lifestyle ... or have low attention spans! :)

Integration/Core (short plus long classes)

\$90 +hst (\$101.70)

8 classes / series (Wednesdays and Fridays)
each class 60-75 min in duration
also attend the shorter/foundation classes if you wish!
(so, 16 classes in total/series. Wow!)

A full hour gives us longer time for a more thorough 'workout'.
More time to warm up, activate, cultivate, marinate, revisit, refine and then relax!
Lol, that sentence made me laugh!

Accelerator/1:1

\$400 +hst (\$452)

16 classes/session: access to all classes!
4 private one hour sessions/weekly
in-person (if local) or via video call
support for your individual strategy of care and forward-oriented
trajectory inc. goals, mindset, lifestyle, etc for
Balance, Achievement and Ease

Drop - In is not available.

If you would like to join mid-series please contact Claire
and we can discuss pro-rating the fee for the partial session

Recommended supplies:

yoga mat
folded blanket (firm, not too plush or cushy) or 1-2" thick book
2" foam block or SM styrofoam such as these: (inc photos)
camera - Ideally join us with your video on/enabled so that I can see you
as you participate in class. We will primarily work in either seated
or laying down positions so please arrange camera accordingly.
comfy clothes that feel good to move in and are overall warm/cool enough

With Claire you will learn simple strategies for developing awareness of how you use and move in your body.
Develop functional patterns of recruitment to activate your core, move from your center, integrate your breath, move your body with unity and integration meanwhile aware of the many moving parts.

Come try it out!

Payment:

- cash is Amazing if you live locally: I can pick up or we can make arrangements or even put in mail if you're going to post office anyways...!
- otherwise E-transfer is preferred or cheque in the mail.
- Mastercard/Visa (secure payment via SquareUp) is option also.
- participant can cancel membership at anytime; no refunds if during middle of session
- receipts /statements issued via email

primary correspondence is via email;

let me know if you would prefer your class links to be sent via messenger to text.

If you miss a class there may be threads of experience, knowledge, integration missed.

Chances are we will revisit them another day. Beauty of theme for the week.

We get to explore the theme well inc. with repetition and new/refreshed info each day for deeper integration

Before You Join your First Class, have you

___ completed and submitted the Health History Form and Waiver? (link)

___ paid, or arranged payment, with Claire?

___ joined the Generative Balance FB group? (optional)

___ downloaded the zoom app to your phone, iPad, etc... ?
(not necessary for Macs and desktops / runs automatically)

___ received the Zoom link for your class?

Depending on your chosen session/series, you will have one link for the short class series and/or one link for the long class series; emailed to you every Monday for the weeks classes.