

## Good Vibrations - Exploring our Energetic World

Students in grades 4-6 are invited to explore the fascinating world of energy within and all around us. Energy is everywhere and expresses itself in many forms. In this class we will explore the world of energy, frequency, light, sound, and vibration. Taught by retired elementary school teacher Susan Pidgeon, topics will include:

**Cymatics** - the study of making sound and vibrations visible, shaping matter.

**Water Crystal Experiments** by Dr. Masuru Emoto and Veda Austin. We'll even be able to learn water crystallography from its creator!

**Geometry in Nature and its Connection to Ourselves**

**Fibonacci Sequence** - how this mathematical series of numbers can be found throughout nature and within our own bodies

**Fractals**- a pattern that repeats forever, and every part of the Fractal, regardless of how zoomed in, or zoomed out you are, it looks very similar to the whole image.

Structures in Nature and the correlation to our own bodies and health

**Qigong** - considered a moving meditation, qigong is an ancient Chinese practice that involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being

**Heart rate variability** and the heart's electromagnetic field

This course will be an interactive and hands-on learning experience. Classes will be held weekly on Tuesdays from 3:15-4:15. Parents must provide transportation home. To register, please fill out and return the form below by Friday February 17th. First class will be Tuesday February 28th and will run weekly through early June. I look forward to the opportunity to work with your children!

Sue Pidgeon

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## Good Vibrations - Exploring our Energetic World

I give \_\_\_\_\_ permission to join the Good Vibrations/ Exploring  
(student's name)

Our Energetic World enrichment course, held on Tuesday afternoons from 3:15-4:15. I will arrange to provide transportation home.

\_\_\_\_\_  
(parent/ guardian's name)

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(parent/ guardian's signature)

Parent's best contact phone number \_\_\_\_\_

Who has permission to pick up your child \_\_\_\_\_

Please list any food or other allergies your child may have

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