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Artist-in-Residence, Electric Church

Movement Class: Voices of Foster Care

2024 Curriculum Proposal — Healing Arts & Wellness

Developed by Ami Brown, CMT, CYT — Ami's Body Café

Presented by The HIP Team

Program Overview

Ami's Body Café integrates physical movement, personal development, and creative arts to support emotional balance, resilience, and holistic well-being. This curriculum is designed for the *Voices of Foster Care* program and centers on healing-centered engagement, cultural sensitivity, and active learning.

Traditional Western classroom methods do not apply here. Each participant is both a learner and a contributor. Classes are collaborative, experiential, and designed to empower students to take an active role in their own healing process.

The program improves mental health through movement, breathwork, journaling, art, and holistic wellness practices tailored to each participant.

Program Snapshot

Weekly Healing Arts classes are developed dynamically and may include:

- Yoga
- QiGong

- Tai Chi & Medical QiGong fusion movements
- Creative movement for trauma response
- Healing / Preventative Medicinal Art Therapy
- Hot & Cold therapies
- Mind-body connection exercises
- Creative journaling & writing
- DIY personal spa product workshops
- Art and music as learning tools
- Cooking demos / healthy snack preparation
- Trauma-responsive creative practices

Classes are adjusted to accommodate all participants and their needs.

This curriculum may be delivered as:

- An ongoing weekly program
- A special retreat
- A recurring podcast series

Healing Philosophy

QiGong establishes positive biofeedback between the nervous system and endocrine system, enhancing the body's innate healing and immune responses. When a participant is ready for a custom treatment plan, individualized bodywork and specialized movements are introduced based on their conditions and interests.

Initial consultations (1–2 hours) gather personal history, movement limitations, sensitivities, sleep patterns, appetite, medication/alcohol intake, and other relevant information. Intake is collected individually, and group observation helps shape the curriculum.

The program builds community through a holistic and culturally sensitive approach to food, movement, and healing, grounded in Indigenous learning styles.

Assessment & Rapport Building

The first four weeks focus on:

- Building rapport
- Understanding each participant's needs
- Reviewing intake profiles
- Identifying contradictions for movement or bodywork
- Observing sleep, appetite, medication/alcohol intake
- Noting physical routines
- Observing color, sound, odor, and emotional presentation

Exploration includes:

- Childhood experiences
- Relationship patterns
- Work history
- Emotional tendencies
- Personal preferences

These observations help identify each participant's **Causative Factor (CF)** — the elemental imbalance influencing their emotional and physical well-being. Movements and healing practices are then tailored to restore harmony between elemental forces inside and outside the body.

Tam Healing System & Tong Ren Therapy

The curriculum incorporates:

- Tam Healing System
- Tong Ren Therapy
- Traditional Chinese Medicine (TCM)
- Modern Western neurological understanding

These systems enhance acupuncture, massage, and energy healing. Students learn self-massage techniques for pain, insomnia, restless leg syndrome, and chronic disorders. Licensed practitioners may needle points; all students may use Tui Na (acupressure/medical massage).

Pulse and tongue diagnosis help clarify symptoms and guide treatment plans. Students learn to observe their own bodies and record insights in journals.

Class Structure & Methodology

The **Healing Tribes 99-Day Healing Program** includes weekly 45-minute classes.

Each class includes:

1. Review of the previous week
2. Introduction of one new movement
3. An art component
4. Journaling and reflection
5. Reinforcement of daily self-practice

Participants track:

- Movements learned
- Emotional responses

- Physical sensations
- Personal goals

Ami provides art supplies, spa materials, and resources. A budget and facility support are required.

Healing Art Workshops

Workshops may include:

- Cooking demonstrations
- Healthy snack preparation
- DIY healing spa products
- Development of personal self-care practices

Participant Journaling

Participants create personal journals to track:

- Movement goals
- Emotional insights
- Physical changes
- Self-care routines
- Weekly reflections

Handouts may be colored or illustrated as part of the healing process.

Retreat Planning

Group healing retreats may be planned and customized for facilities, organizations, or community groups.

To schedule a retreat with Ami Brown, contact: [Healing Tribes — Coffy Town Storefront](#)