



# K.E.Y. NEWS

The KEY to Health through Energy Medicine: Kinetic Energy YINtigation

## Upcoming Events!

August 2015

### August 22nd - 23rd!

Alberta Dance Educators  
Association - Team Motivate

• **Sat, Aug 22nd** 10:50 - 11:50 am  
(What are warmups really doing for  
your body)

• **Sun, Aug 23rd**

8:30 - 9:30 am (Tai Chi and  
the dynamics of moving)

9:40 - 10:40 am (How do we learn?)

10:50 - 11:50 am (Feet First System)

### August 24th - 27th!

Hanna, Alberta at the Hanna Learning Centre

- Qi Yintigation Set 1 and 2 and understanding the energy assessment in-depth
- Touch for Health level 1 - 4
  - Feet First System
  - Private Sessions

### COMING SOON!

Book launch for my  
newest book  
“My Little Black Book of  
Energy”  
- Michelle Greenwell

## This Months Topic: *Movement is Key to our Health*

- Our bodies are extremely smart. They have an integrated system established that operates both internally and externally to energetically set us up for health. It is our job to make sure we provide all the necessary details to make this health possible.
- Our brain functions as well as we move. As we move and integrate the right and left sides of the brain, as well as move the shoulder and hip seams with an opening and closing sequence, we are sending messages back to the brain. This increases our memory, our function, our coordination, our strength and our flexibility.
- Our lower legs function to assist pushing the blood and lymphatic fluid from our feet back to our core of the body. We need to be moving, bending, walking, sitting, stretching and more to move the lymphatic fluid and to create a pumping action through the knees, ankles and all the muscles and tissues in between.
- Our hands and feet are reflective of the flow of energy and blood. If we move our limbs and contract and extend tissue, we are able to promote circulation and articulation. This movement creates an opportunity for the energy lines that pass through our fingers and toes to be activated. This action stimulates the organ systems and nourishes many aspects of the tissue throughout the body. Even if one is sitting, a little squeezing of the fist, or a little toe tapping can go a long way.
- Our eyes, ears and neck are all integrated for the proprioceptive system to function for balance, stability, and centering. We need to be using the eyes, lifting and turning the head, listening, talking, singing, and moving to bring about full awareness through this entire system.

*So, as you sit on the beach, read a book, relax in the hammock, or work at the computer, remember to take time to move. Motivate the body to be the best it can be, and motivate yourself to give the body the best you can give. Enjoy the summer fun and being outdoors as much as possible.*

## Social Media Connections

### Like us on Facebook

- Michelle Greenwell
- Dance Debut Inc.
- Tai Chi Cape Breton
- The KEY to Health with Energy Medicine
- Feet First System
- Qi Yintigation

Check out our website  
for updates and the  
online shop!

[www.dancedebut.com](http://www.dancedebut.com)

### Stay Tuned!

Exciting new  
opportunities are  
coming soon!

### Well Wishes

*Anyone needing a little energy boost? Drop Michelle a line and she will add you to her Weekly Energy Balancing sessions - and send a little energy back your way!*  
[info@dancedebut.com](mailto:info@dancedebut.com)

### Voucher

*August - receive an Assemblage Point balance with the Sound Essences at your one on one session.*  
Call to book: 902-945-2967