



K.E.Y. NEWS

The KEY to Health through Energy Medicine: Kinetic Energy YINtigation

Upcoming Events!

February 2016

Touch for Health

Level 3
Class and Practice Session
Sunday, February 7th
2- 6 pm
Fine tuning the 42
muscle tests

Sound Essence Bath with Singing Bowls and Hapi Drum

Saturday February 13th
Judique Community Hall
\$23, 4:30-5:30

Wellness for Dancers with Michelle Greenwell

The Tap Dance Centre
Toronto!

Sunday February 21st
www.tapdancecenter.com

This Months Topic: *Why is Balancing Muscles so Important to my Health?*

Touch for Health has been my main tool of health for almost 15 years. There are two components that drew me to its power: Balancing muscles and Identifying Emotions holding me back. There is a direct correlation between balanced muscles in the body and the functioning of brain and development. What does that mean? By balancing the muscles in the body to create symmetry there is a feedback loop to the brain that can function optimally. This information allows the body to sort movement, strength, flexibility, coordination, learning, language and more. And, that is just what is happening on the outside mechanics of the body. This symmetry also assists the organ systems in the body to function optimally as well as each muscle is linked to an organ system and a set of specific functions for the body. Touch for Health has the opportunity to use 14 muscles, 24 muscles and 42 muscles. All of these balances are quick and easy, and can be done in a matter of minutes. This is a quick tune up each day to keep the body working optimally. Circuits Alive Muscle Tuning is another system that also creates the same opportunity, and it uses 88 muscles for balancing. I have taught many levels of these systems, and I marvel at all that it opens up for participants in their learning.

So, as you consider taking up an exercise activity to lose weight or build strength, consider taking a Touch for Health class and learn how to add a Muscle Tuning Balance to your warm-up. Your workout and your results will be rewarded greatly with the symmetry gained in balanced muscle functioning, and the flow of energy through the systems for greater support overall. Or, if you want to experience what a Touch for Health session is like, book a private appointment to have your body assessed and balanced. It is an eye opener and you go home with tools that help you do more for yourself on the go!

Social Media Connections

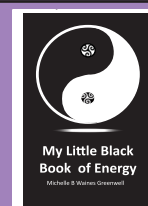
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- Intend2RaeD8
- The KEY to Health with Energy Medicine

NEW RELEASE!

E-book and video
footage now available
in our store!

www.dancedebut.com



Now Available!

In this book, Michelle covers
many helpful tools that will
help you energize your body
in very simple ways!

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