



The Feet First System:

Set 1: 6 Basic Rubs on the foot for gait integration, foot sensor awareness, muscle strength, balance, stability, grounding.

Set 2: 14 Additional Techniques for Babinsky reflex foot power, emotional release, K1 energy boost, enhanced foot sensor awareness, digit differentiation, lower leg muscle activation.



Qi YINtegration:

A synthesis of

- Specialized Kinesiology Muscle Testing and Tools
- Whole Body dynamics with Tai Chi and Qi Gong.
- Energy Bio field Assessment
- Movement integration
- Increased vibrational frequencies
- Promotion of energy building for vitality and health.

Retreats, Workshops, Groups and Private Sessions Available

The Old Manse

4614 Route 252, Mabou, NS B0E 1X0
902-945-2967

info@dancedebut.com

www.dancedebut.com

www.invernesscountyhappenings.com

Youtube: Michelle Greenwell

Facebook: Dance Debut
Feet First System
Qi YINtegration
The K.E.Y. to Health with Energy Medicine
Intend2RaeD8 (Tea)
Inverness County Happenings



"With ease and grace I walk forward into the life that I dream of."

Set Specific Intentions and activate with movement

The K.E.Y. to Health with Energy Medicine: Kinetic Energy YINtegration



Workshops, Classes, On-line Seminars, Retreats and Personal Sessions



Qi YINtegration™



Dance YINtegration™



Heart of the Hand™



Tai Chi 7™:

An introduction to Qi YINtegration: The basics of movement, postural assessment, energy enhancement techniques, Innate Matrix Memory, introduction to the 5 Element Set with Sound and Color, stairs for power and setting intentions. 10 week miniseries.

Qi YINtegration™

Set 1: Understanding movement from a whole body perspective with a link of brain and body, introduction to muscle testing for oneself and others, a toolbox for shifting energy dynamics in the body.

Set 2: Linking the inner workings of the body, the microcosm, with the energy field that surrounds the body, the personal macrocosm, and linking that to the universal macrocosm. This includes an introduction to the Elements, Meridians, Chakras, Auric Field, Hara Line, 5 Element Emotions, and Energy Assessment. Whole body movement is enhanced with the 5 Element Tai Chi Set with Sound and Color.

Set 3: Enhanced Energy Assessment that includes the Assemblage Point, The Figure 8 Pattern of movement and energy enhancement, Brain Body dynamics with the Hyoid Bone, Cloacals, Shock Absorbers (joint assessment), Color, Sound, and more.

Set 4: Linking of Microcosm with Energy Field Macrocosm with Finger Modes, Time of Day, Point of Input, Activation Point, Holographic assessment to the cell structure, 5 Element breathing, creating healthy habits and holistic healing. Refinement of the 5 Element Tai Chi Set.

Qi YIN cont...

Set 5: Understanding the Chakras. Structure and Full Chakra assessment for the 7 Basic: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye or Brow, and Crown. Each Chakra will be explored for its nature, related herbs, gemstones, emotions, patterns and more. Plus an introduction to Kundalini. Kundalini Hookup Pattern with the addition of gemstones. Chakra breathing patterns and ionization.

Set 6: Connecting with the 5 Additional Chakras: Memory Retrieval, ID point, Legacies, Movement Matrix, Access to the Energy Egg and connection of the Energy Field with the Joints and the Spiritual Points. Introduction to the Universal Fan Set with Chakra Expression.

Set 7: Exploring the Auric Field and the 12 Layers within. Tai Chi Floor Dance with chair adaptations. Developing kinetic awareness of the fields through hand assessment, intuition, vision, and enhanced senses. Holographic assessment technique, and vibrational remedies.

Set 8: Infinity reflection. A chance to integrate all levels of Qi YINtegration learning for personal development and relationship dynamics. Intention, meditation in motion, and spiritual goal setting. This level is a 3 day retreat offered once a year for personal reflection and growth.

Qi YINtegration in Practice: On line webinars, video access, Handbooks for each set, and workshop gatherings, plus weekly classes.



Innate Matrix Memory:

An enhanced combination of tools to release emotional blockages and free up the moving matrix of energy communication within the body. This includes Injury Recall Technique basics.



Dance YINtegration™

- How do we learn?
- What are your warmups really doing for you?
- Ocean Oasis Full Body Warmup
- Foot Facts
- Dancing with Intention
- Movement matrix with music
- Rhythmic healing

*Workshops, Private Sessions and Specialty Classes



Heart of the Hand™

Coming soon...

About Michelle Greenwell:

With over 3 decades in the Dance, Education and Healing Industry, Michelle continues to develop and share movement and healing opportunities through the modalities she loves.

Michelle delights in seeing a release of pain, a shift in strength, and an opportunity for exquisite performance as a result of her technique sharing.

Her modalities link brain and body in a way that inspires everyone's unique gifts for living with energy and vitality.