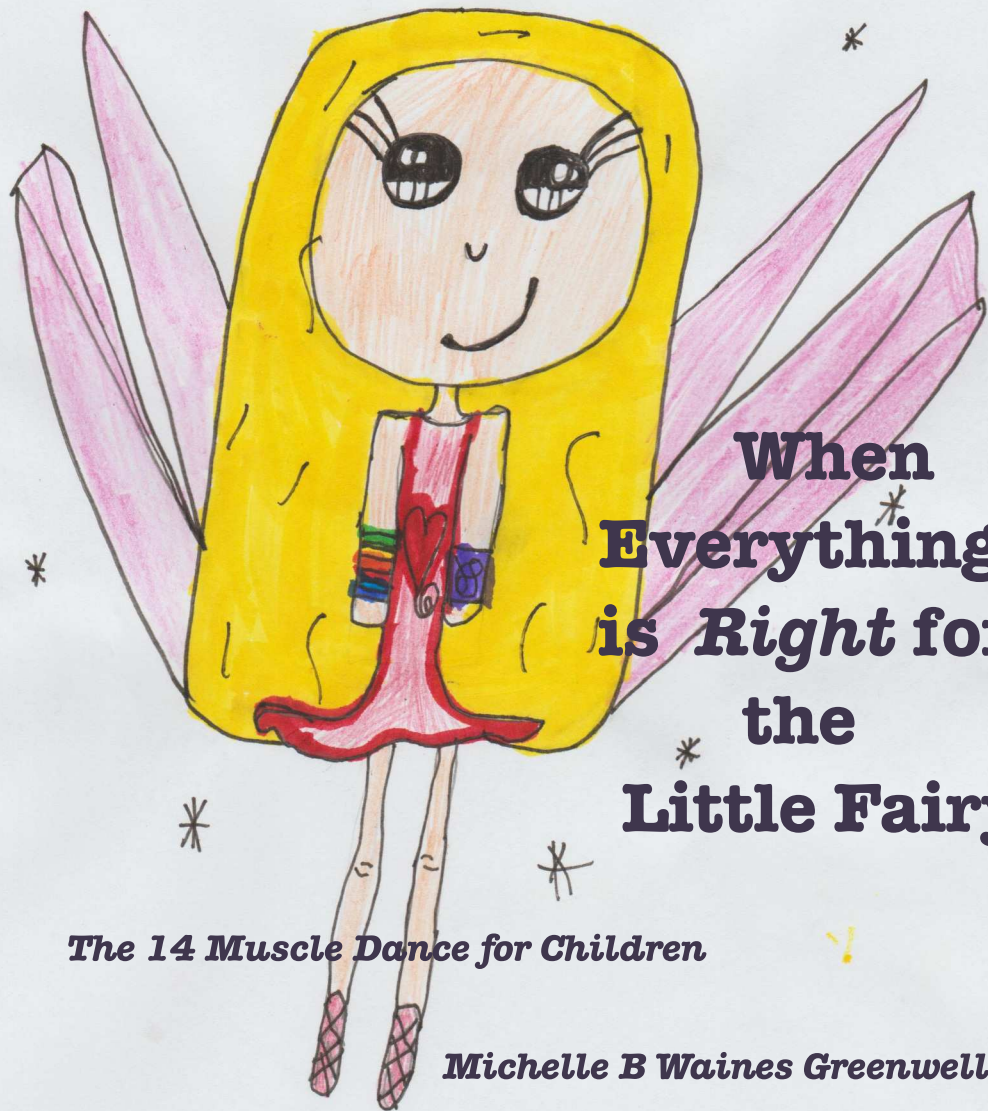


A 14 Muscle Dance for Children



Michelle B Waines Greenwell



**When
Everything
is Right for
the
Little Fairy**

The 14 Muscle Dance for Children

Michelle B Waines Greenwell

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To learn more about the 14 Muscle Dance, please see the videos shared on YouTube: Michelle Greenwell

A child is sitting on a light-colored rock in the center of the image. The child is shown in silhouette, with their hair in a ponytail and wings visible behind them. They are looking towards the right. Above the child, a large tree with dark branches is filled with many leaves in shades of teal and red. The background is a deep blue night sky with small white stars. The ground is a lighter blue with some white spots, suggesting grass or a path. The overall style is painterly and whimsical.

*To all the children who strive to be their
best...may the tools in this book be with
you for all that you choose to do!*

M. J. Smith 13

A Note from the Author

This book was inspired by the International Kinesiology College's Balancathon Challenge in September 2018. Touch for Health Kinesiology is one of the most widely recognized Kinesiology tools in the world. It continues to build the dream of Dr. John Thie to see every household and family using Touch for Health™ daily for their self care.

The 14 Muscle Dance is the action of the 14 muscles related to the 14 systems in the body, based on the knowledge gained from Traditional Chinese Medicine, Chiropractic care and the experience of 40 years with the Touch for Health system. These actions have been linked to a storyline to help younger dancers remember the moves.

At the bottom of each page is directions for parents or teachers to guide the movements. Each Primo Vascular System or Meridian is listed with its corresponding muscle. The action is described and the number of repetitions suggested for the move.

The Meridians are paired based on their association to an Element system which assists with the flow of energy through the body. The writing in the book is color coded for this identification.

Central and Governing System are first and are separate from the 5 Elements. They are written in black and begin the balance of yin and yang throughout the body.

Earth Element: Stomach and Spleen

Fire Element: Heart and Small Intestine

Water Element: Bladder and Kidney

Fire Element: Circulation and Triple Warmer

Wood Element: Gall Bladder and Liver

Metal Element: Lung and Large Intestine

By following the movement patterns in the book, the body moves to create a free flow of energy that supports each of the muscles, the Primo Vascular System and the 5 Elements.

Using these actions at the start of the day, before an activity, after an activity or before bedtime brings the free flow back to the body for optimum energy and vitality. We have many other tools that we use in Touch for Health™ and in Specialized Kinesiology techniques to support health and wellness.

Enjoy using different music to do the movements to, adding some props, or singing as well.

For more information please visit:

www.dancedebut.com

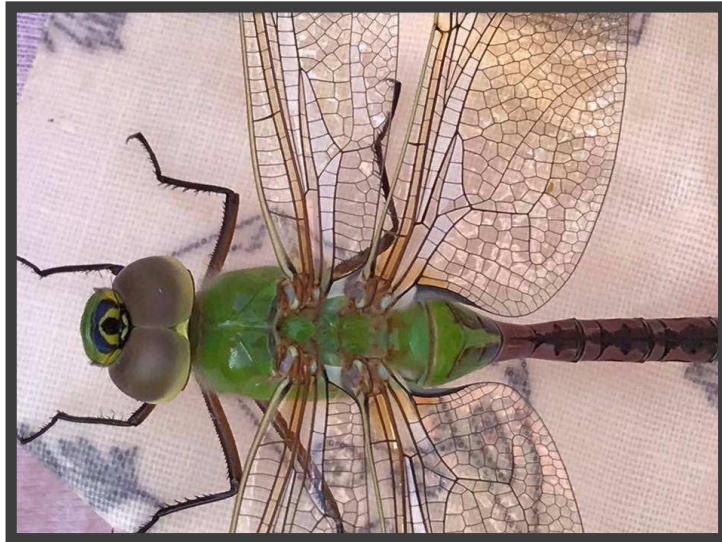
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Once upon a time there was a little garden fairy who wanted to be the greatest fairy dancer, but was scared of not being good enough. If only fairy wings could be as wide as the dragonfly to bring lift for high leaps.



Central Meridian: Supraspinatus

Move the arms from down in front of the body, out towards the corners, starting with a small wave of movement and waving bigger each time - 4 sets with both arms together.

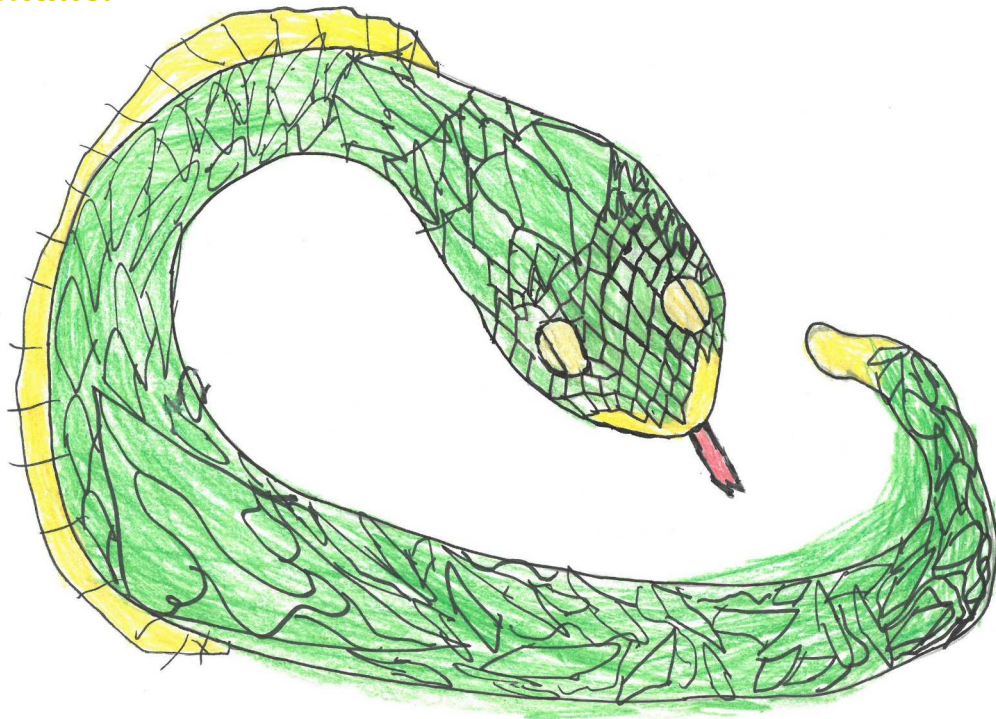
Pausing to look at a butterfly, the little fairy wondered if maybe their triangular wings might be stronger for balancing and posing.



Governing Meridian: Teres Major

With hands behind in the small of the back, open and close the elbows folding back and then coming out to the side. Do 4 sets with both arms together.

Along came the garden snake and the little fairy watched as the snake wove through the grass with such ease and power. Maybe the fairy's arms could help make movements look strong and smooth and flowing like the snake.



Stomach Meridian: Pectoralis Major Clavicular

Extend the arms out in front with thumbs facing down. Pulling one arm around to the side, repeat with the other hand to the other side. Make 4 sets of sweeps. Like wading in water.



The little fairy looked up into the sky and imagined being a kite, able to soar high above the ground. If wings could stretch wide perhaps the wind could lift the little fairy high above trees to perform above all the other dancers.

Spleen Meridian: Latissimus Dorsi

With both hands down at each side with thumbs facing backwards, open the arms together straight out from the side and return to the side. Do 4 sets of these.

There were so many actions a fairy could do with hands and wings. Dancers needed arms for expression and action. The little fairy was very glad to have wings and arms to dance with.



Heart Meridian: Subscapularis

Raising the right hand with the elbow bent, and turning the left hand down with the elbow bent, switch the arm positions at the same time. Do 4 sets of these.



The little fairy thought about the kinds of legs that could help out with the wings. Lifting one knee and then the other the strength of the legs felt important. The little fairy wanted to be able to fly high, but to also climb as well. The legs would need to have strength too.

Small Intestine Meridian: Quadriceps

Lifting the right leg with a bent knee, bring the knee up to the height of the hip and lower. Repeat on the left leg. Do 4 sets of these.

Not all the creatures in the garden had feet that they could move separately from their legs, but the little fairy could. Swinging the foot from side to side in time with the music of the garden made beautiful rhythms.



Bladder Meridian: Peroneus

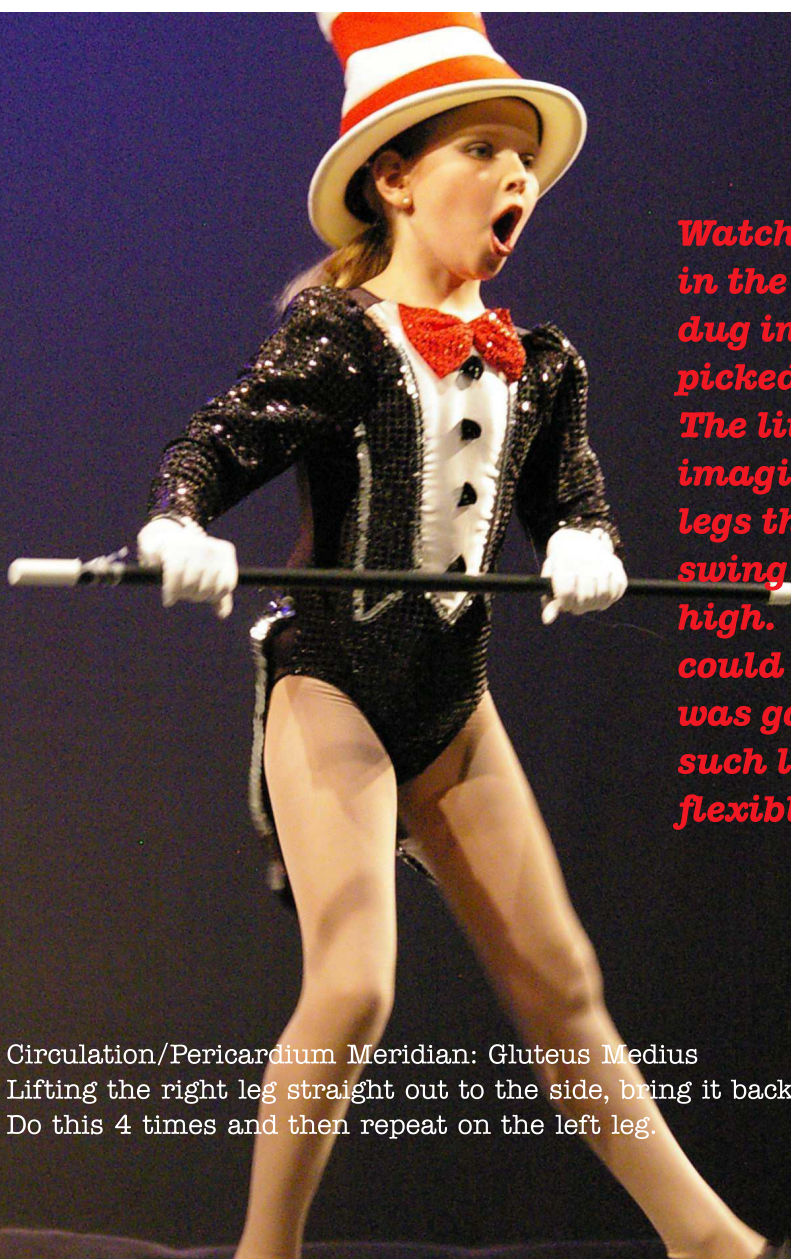
Lifting the right foot toes. Open them out to the side with the heel still on the floor. Turn the foot to twist in towards the center and then twist it back out to the side. Do 4 sets with the right foot and then do 4 sets with the left foot.

Some creatures had short legs, like the beetle, while the ant had segmented legs. The little fairy looked down to see that the legs below were long and strong. Stretching them out to the front and turning them felt good. Leaping and running with long legs was very fun.



Kidney Meridian: Psoas

Lift the right leg straight and forward with the toe turned out to the corner. Swing the whole leg from the front straight back past the hips., and then swing it forward again. Bend the knee of the other leg if it is needed for balance. Repeat on the left leg. Do 4 swings on each leg from front to back to front.



*Watching the giants
in the garden that
dug in the dirt and
picked the flowers.
The little fairy
imagined having
legs that could
swing wide and
high. Yes, fairy legs
could do that too. It
was good to have
such long and
flexible legs.*

Circulation/Pericardium Meridian: Gluteus Medius

Lifting the right leg straight out to the side, bring it back to the body.
Do this 4 times and then repeat on the left leg.



The little fairy was proud of the wings that fluttered out behind. These wings really did feel good. *They were easy to move and had so much power. The little fairy would never want to give up flying.

Triple Warmer Meridian: Teres Minor

With both hands raised up to the sides with elbows bent, make a "w" shape. Close the hands towards the body turning the palms of the hands towards the chest, and then reopen the hands to the sides. Do this 4 times.

There are many ways to move and place arms. The little fairy was full of joy to know that the arms could do anything they wanted. With a bounce of the knees the little fairy began to hop to the garden music with just little arm movements to start.



Gall Bladder Meridian: Anterior Deltoid

With palms facing to the floor, lift the right arm up to belly button height and then lower as the other hand raises in opposition. Do 4 sets of these.

Looking around for more creatures to watch, the fairy stretched the right arm overhead to see beyond the field, then stretched the left hand overhead to see beyond the horizon. This rainbow action was so easy.

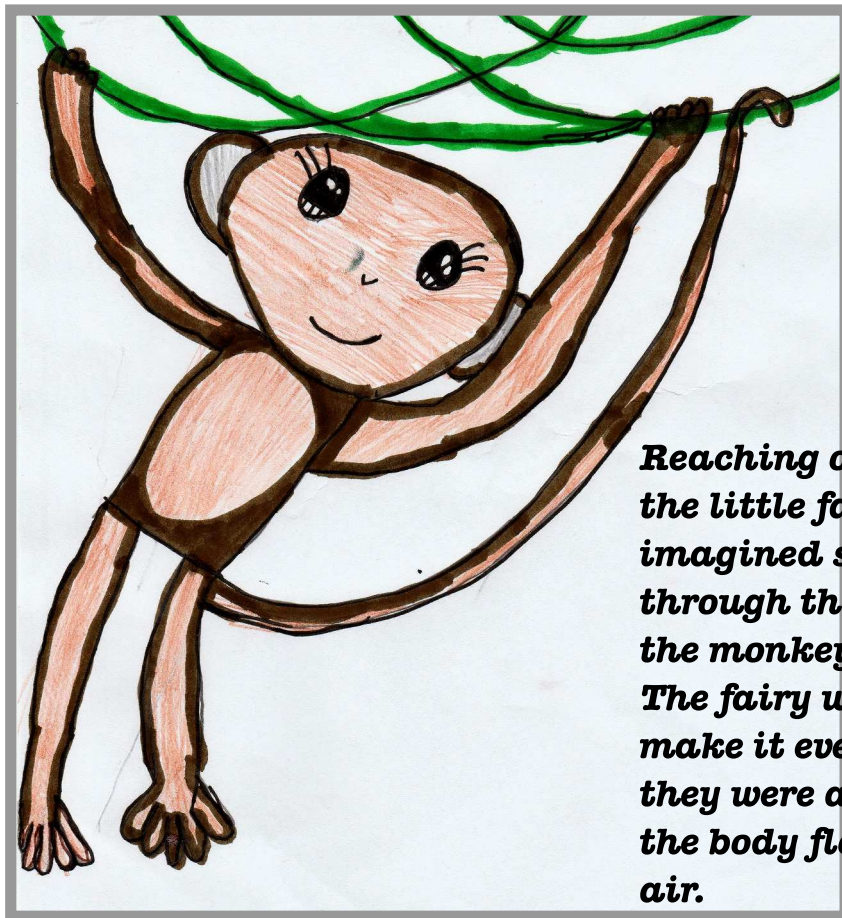


Liver Meridian: Pectoralis Major Sternal

Hold the right arm out straight in the front with the thumbs down.

Making an arch moving the arm over the head, finish behind the body.

Do this action with one hand and then the other 4 times. Move the eyes overhead and to look back as well.



***Reaching out in front,
the little fairy
imagined swinging
through the trees like
the monkeys could do.
The fairy wings could
make it even easier if
they were able to help
the body float in the
air.***

Lung Meridian: Anterior Serratus

Lifting the arms out to the front above the head with the shoulder pulled forward, raise and lower each arm in a scissor action with relaxed knees bouncing along.

At last the little fairy stretched each leg and knew the answer. The body was perfect just how it was. The legs had power and were able to turn and stretch and push. The wings could move separately from the arms and hands. It was the best of all worlds to have so many talents. The little fairy pushed with the feet, stretched with the arms, opened the wings and flew up over the treetops. Yes, the best of all worlds indeed!



Large Intestine Meridian: Fascia Lata

Lift the right leg straight out to the corner with the toe turned in. Swing the leg across the center towards the left side. Repeat with the left leg. Do 4 sets alternating legs. Fly over the tree tops how the body wants to move.

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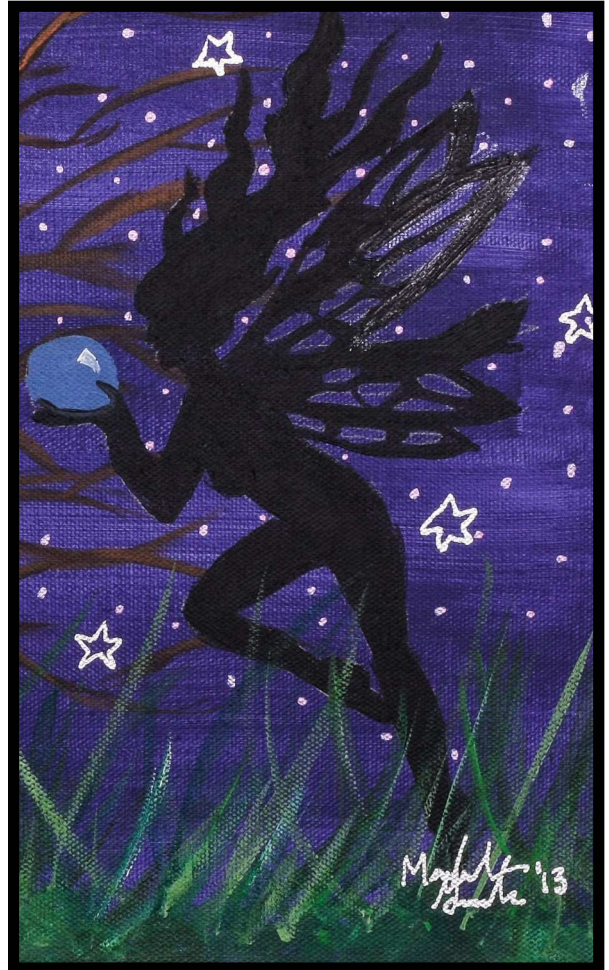
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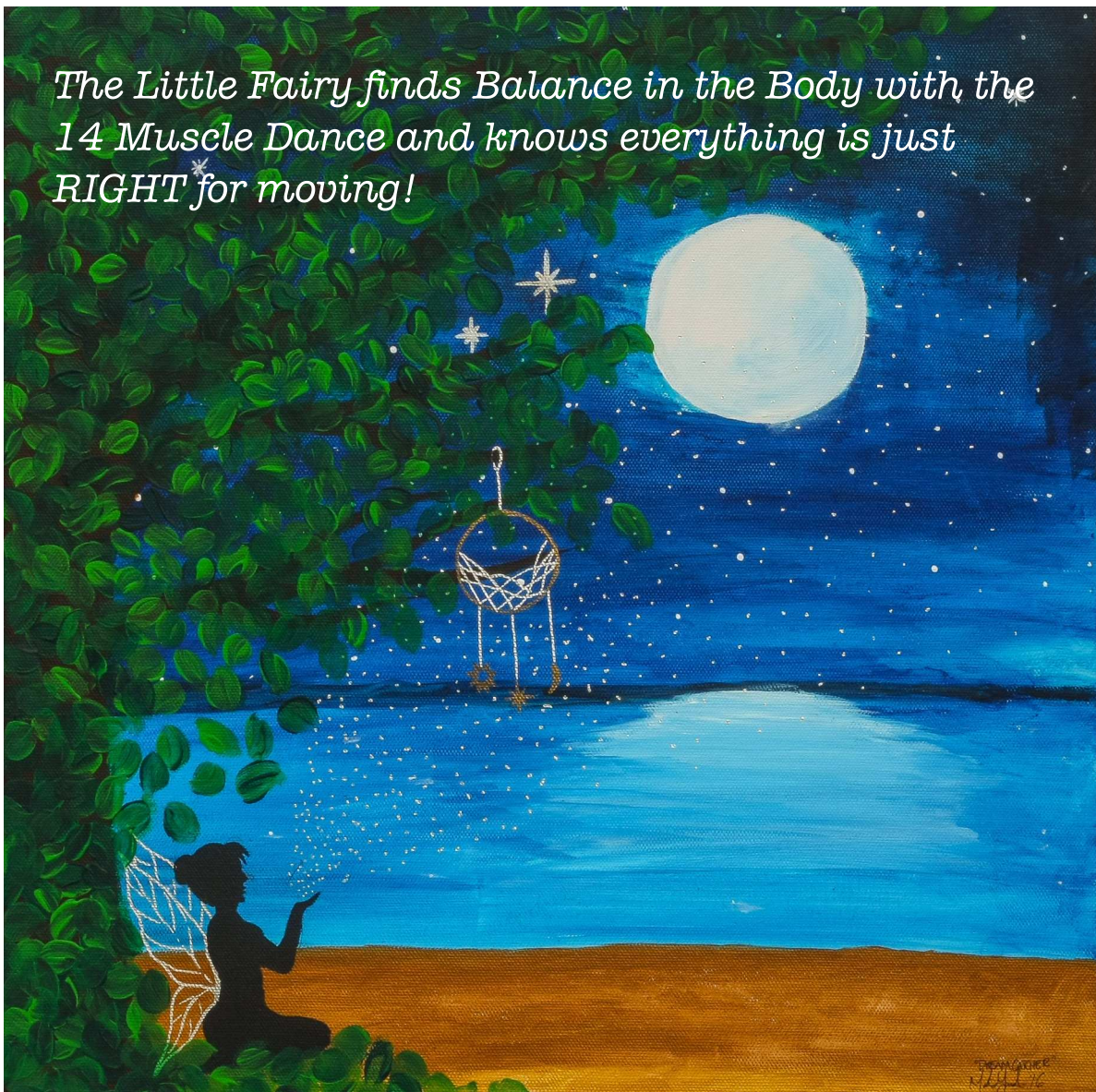
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*The Little Fairy finds Balance in the Body with the
14 Muscle Dance and knows everything is just
RIGHT for moving!*



When Everything is Right for the Little Fairy

***A 14 Muscle Dance for
little dancers to use as
a warmup. With just a
few simple actions the
whole body can come
alive and be ready to
perform and play
through the love of
dance and Specialized
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