



K.E.Y. NEWS

The KEY to Health through Energy Medicine: Kinetic Energy YINtegration

Upcoming Events!

March 2016

Intend2RaeD8

Tea Celebration
March 20th
Port Hawskbury

- details to follow

Qi YINtegration

Level 1
Sunday, March 6
12 - 4 pm
Old Manse - Mabou
\$65, \$25 for those repeating

Introduction to Stepdance

Saturday, March 12
4:30 - 5:30.
Judique Community Hall
Hard sole shoes and a
water bottle.

This Months Topic: *What is Qi YINtegration anyway?*

“Qi YINtegration™ is a movement program that re-educates the Physical Body to open up the Qi and link the free flow energy with the Mind, Emotions and Spirit to increase the Health of the Whole Person.” A part of The K.E.Y. to Health with Energy Medicine™ program, Qi YINtegration was the program initially built through my CAM studies, (Complementary and Alternative Medicine), at Akamai University. I identified a need for people to understand the most basic level of movement to help change poor posture and movement habits that could open up new possibilities for strength, flexibility and energy. The Level 1 course has seen some incredible results from the students, and the content includes: How to Muscle Test; Set 1 Feet First System™; Hand Rub; Intro to Standing; Intro to Sitting; Breathing; How to properly go up and down the stairs with strength and alignment; Rotation of the spine; How to use “No Effort” for recuperation and ease of movement; How to do a physical assessment of the body; and How to Build a daily plan using Qi YINtegration to support movement and energizing.

Students have noticed a new level of strength, an openness or increase in flexibility, pain reduction, better sleep, decrease in stress, better breathing, reduced pain in the feet, better balance, an ease with stairs and sitting and more.

With two years of instruction in Inverness County, there are some very proficient students making great strides in their personal self care. If you would like to get started, join us for the special one day workshop listed above. And, join us for a class...we are in Belle Cote on Mondays, Port Hood on Tuesday, Mabou on Thursdays, Inverness on Fridays and Port Hawkesbury on Saturdays. Just send an email to get started!

Social Media Connections

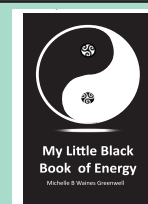
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Now Available!

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

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