



Staying Connected – Mindfulness, Nutrition, Movement



**Michelle Greenwell**  
President of CanBeWell  
& Founder of Dance Debut Inc.

Michelle Greenwell is a **BioEnergetic Wellness Facilitator** who spends her days motivating and assisting others in their mindful activities.

A doctoral candidate in **Integrative Health**, she also has a MSc in Complementary and Alternative Medicine, as well as a BA in Psychology. Her specialty is in using **movement and intention** to assist the body to activate its **innate potential for healing**.

## Tai Chi

1. **Commencement** – stand with feet together and relaxed and raise and lower the hands with deep breaths.
2. **Grasp Bird's Tail** – sedating emotion (finger in wrist) and calming the mind hand positions (finger in center of palm) – 3 pushes: fingertip into hand, bow and arrow, palm to palm, open, two hands push forward.
3. **Tai Chi Bubble Bath** – create a ball of energy and circle it around the body and then pat down the edges. Great for energizing.



### Resources:

- YouTube and Facebook:
- Tai Chi Wellness and the Seated Form Series
- Prerecorded specific videos
- Live at 5 Daily during our isolation days
- Weekly classes in 5 communities: Flyer located under Articles at [www.dancedebut.com](http://www.dancedebut.com)

## BioEnergetic Wellness Tools

1. **Emotional Stress Release** – (ESR's) – Fingertips on forehead and deep breathe.
2. **Cook's Hookups** – 2 Figure 8 Postures:
  1. Cross right leg over left and link right hand over left, tongue on the roof of the mouth and breathe.
  2. Put feet side by side and touch fingertips together and hold in front of belly button, breathe.
3. **Psychological Reversal** – tapping into corner of pinky fingers at the hand  
*"Despite \_\_\_\_, I deeply and profoundly love and accept myself."*
4. **Emotional Freedom Technique (EFT)** - Seven points to lightly tap for about 20 seconds each: 1. Between the eyebrows 2. End of the eyebrows 3. Top of Lip 4. Bottom of Lip 5. At collar bone 6. At side of ribs (monkey hands) 7. Top of head (anterior fontanel). Repeat sequence as needed until calmness is sensed.

### Michelle offers:

- **private sessions, online classes, workshops, mentoring and retreats**  
Email: [info@dancedebut.com](mailto:info@dancedebut.com) to book an appointment or sign up for a program
- **Events** are posted on Facebook: The KEY to Health with Energy Medicine, and the calendar on [www.dancedebut.com](http://www.dancedebut.com), or [www.invernesscountyhappenings.com](http://www.invernesscountyhappenings.com)
- **Mini workshops:** Check out the H.U.G.S. Program on [www.dancedebut.com](http://www.dancedebut.com)
- "My Little Black Book of Qi: Qi YINtegration": Download Michelle's **ebook** with videos from the shop on her website.
- **Touch for Health Levels 1 - 4** (now online) and **"Beyond EFT"**
- **NEW: BioEnergetic Wellness Self-care Mini-Workshop**

N.B. For more information on EFT – Check out the Ortner's website:  
<https://www.thetappingsolution.com/tapping-101/>

### Resources:

[www.canbewell.org](http://www.canbewell.org)  
Website and Facebook  
Public Newsletter  
Workshops, Webinars, Community  
Chats, Classes  
Member Newsletter



## Therapeutic Touch®

1. **Meditation** – Spine and Emotion Meditation, Centering Meditation
2. **Centering/Grounding** – Tree, Waterfall, Sand/Mud
3. **Intention** – Creating opportunity through a guided compass
4. **Sweeping** – Creating a waterfall action with your hands
5. **Offer vs Giving** – How a shift in energy happens can be experienced by how it is offered. It is like a suggestion rather than a command or a “take that” kind of action.

### Michelle offers:

- **Foundations of Therapeutic Touch®** (Level 1) online,
- **TT for Families** (a mini course for friends and family to assist each other with self-care).  
**May and June classes online**

#### Resources:

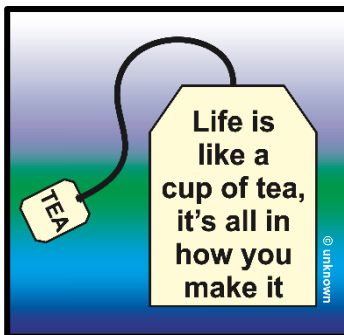
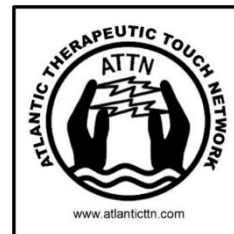
Facebook: Atlanticttn

Meditations  
Technical Tips  
Events

Vimeo: Videos and Meditations

Website: [www.atlanticttn.com](http://www.atlanticttn.com)

Port Hawkesbury Practice Group:  
Evergreen Club second Thursday of  
the month



### Want to try something a little different?

Consider a specialty Tea Blend! We have 10 special blends with three layers of intention to support and calm the system. Check out Tea with Intention in the shop at [www.dancedebut.com](http://www.dancedebut.com).

We can deliver to your door!


From the research of Lynne McTaggart's Intention experiments, she has found the following phrase to have the most impact when sending intention to those we love. There are phrases that you can offer to the person needing assistance, and there are phrases that they can offer themselves in assistance. I have included photos as well in the posters for a personal touch!

Balance. Vitality. Passion

# All is Possible

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"Our intention for Bev is that she is immediately, completely and permanently healed of all of her symptoms of Cancer so that she has restored her body to its natural state of being happy, healthy and well in every way."



love


We Support Bev's Speedy Recovery with Global Love!

Balance. Vitality. Passion

# All is Possible

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"My intention is that I immediately, completely and permanently heal of all of my symptoms of Cancer so that I have restored my body to its natural state of being happy, healthy and well in every way."



love

I am blanketed by the love of family and friends!