

Ai Chi

Flowing Aquatic Energy

Ai Chi is a water-based total body strengthening and relaxation progression. The progression starts with breathing, then upper extremity movement, trunk stabilization, lower extremity movement, and lastly coordinated total body movements.

Ai Chi can be used to treat:

- 1) Pain Management
- 2) Prenatal Exercise
- 3) Post Mastectomy Exercise
- 4) Stroke Rehabilitation
- 5) Back Pain
- 6) Orthopedic Problems
- 7) Arthritis
- 8) Fibromyalgia

Benefits of Ai Chi

- 1) Performing the flowing movements will increase range of motion and mobility. This will allow you to become more flexible and pliant. Decreasing stiffness will decrease the chance for injury.
- 2) The flowing movements with breath control will encourage relaxation. This in turn increases blood circulation and metabolism. It works like a moderate aerobic program so you actually get aerobic benefits from this exercise doing something without strain. In studies it has shown that just with submerging oneself up to their shoulders in water their oxygen consumption increases by as much as 28%. Metabolism is increased when oxygen consumption is increased.
- 3) The naturalness of movement in the water calms the mind. This in turn decreases stress, anger, depression, and insomnia. It reduces fatigue, anxiety and confusion.
- 4) The movement in water with the music is used to locate and free the body of stress points. It encourages relaxed awareness.
- 5) Benefits mental alertness. You have continual focus on deep breathing while doing these movements. You are relaxed but always concentrating.
- 6) Creates a design sense. This means your body is moving in the way it was designed to move. You also become very aware of how your body is moving. The slowness of the movements allows you to gain confidence in how your body is able to move.