

# AI CHI...AI CHI...WHAT IS AI CHI?

Discover a relaxation technique with an active, yet calming approach to health. Lose yourself in a meditative world where gravity seems to disappear while you improve your range of motion, circulation, flexibility, balance and coordination as well as concentration and focus. Ai Chi promotes relaxation and enhances both physical and mental well being

Physical strength and fitness are not required to perform it, and Ai Chi can be learned and practiced by people of all abilities and ages. People with physical disabilities, as well as those recovering from injuries or surgery, can benefit by practicing Ai Chi movements. Many also find that the supportive nature of the water helps them to move in ways that would be difficult or impossible on land.



*Ai Chi promotes relaxation and enhances both physical and mental well being.*

Ai Chi incorporates yogic breathing techniques and principles of land-based T'ai Chi, and has similarities to Water Shiatsu (Watsu). Using conscious breathing as a bridge to connect the mind and the body, Ai Chi becomes a catalyst for relaxation and meditation. Ai Chi offers an increase in balance, flexibility, stability, range of motion, strength, focus and concentration. The primary intention of this simple, relaxed exercise is not the accomplishment of the movements alone, but the inward focus, concentration and relaxation that is achieved.

Ai Chi begins with a focus on breathing and then adds upper extremity movement. Trunk stability and lower extremity movements are incorporated next; finally coordinated full body movements are introduced. Integrating breathing patterns with these movements is the central core of Ai Chi. The soothing and buoyant properties of the warm water are just as integral to the process because they further the body's ability to relax.

**Ai Chi Classes now offered twice a week on  
Saturday mornings at 9:00 am and Monday evenings at 6:15pm.**

**Class sizes are limited please call to register 239-777-2475.**

**[C2christycarlson@hotmail.com](mailto:C2christycarlson@hotmail.com)**

**[www.transformational-breath.com](http://www.transformational-breath.com)**