

Workshop Clinical Ai Chi®

Course date: Saturday, May 26, 2012

Description: Ai Chi is an excellent continuation of the Halliwick balance activities. In general it is done in groups, using music to enhance relaxation in combination with breath control. More specifically, balance and tension of connective tissue are addressed using repetitive large movements.

Clients with a wide scope of impairments can learn and participate without problem in the (Clinical) Ai Chi programmes.

This workshop will provide in-depth instruction in the use of Ai-Chi techniques in a clinical setting for orthopaedic, neurological and rheumatic impairments. The emphasis will be on extensive instruction and practice time in the pool.

Adaptations will be given for clients with impaired balance

At the completion of this module participants will be able to:

Objectives:

- Understand the physiological immersion effects on relaxation and their therapeutic applications in balancing and influencing connective tissue.

- Follow the regular Ai Chi sequence

- Use Ai Chi in a clinical setting for patients with orthopaedic, neurological and/or rheumatic impairments

- use Ai Chi as a method to address edema in e.g. clients with mastectomy

Target group:

All therapists, who work with aquatic therapy, particularly with active relaxation concepts and fall prevention programmes

Lecturer

Anne Bommer, Senior Lecturer Clinical Ai Chi (IATF). Anne works in the Fondation Clair-Bois in Geneva and had her training with Mr. Jun Konno, founder of Ai Chi. She also is an official Ai Chi Lecturer of Jun Konno's Aquadynamics Institute in Yokohama, Japan.

She will be assisted by Urs Gamper and Johan Lambeck

Language:

Theory: English and German in parallel sessions

Practice: English with consecutive translation in German

Tuition:

CHF 240.00

Supplementary information:

- Participants shall receive a Letter of Attendance
- A handout (English or German) is provided
- A CD with the Ai Chi sequence is available for sale

