

## **Workshop Ai Chi by Jun Konno**

Saturday, May 4<sup>th</sup>, 2005

Rehabilitation Clinic Valens (Bad Ragaz), Switzerland

### Description:

Ai Chi, a combination of T'ai Chi, Shiatsu and Watsu, 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. Balance and joint mobility are enhanced, using specific meridian stretches

Ai Chi becomes increasingly popular all around the world. People with a wide scope of impairments can learn and participate without problem in the (adapted) Ai Chi programmes. It is another way to work with groups of patients, which is recognized not only in Japan but Mr. Jun Konno will teach an Ai Chi workshop.

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

### Objectives

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

- Understand the physiological immersion effects on relaxation and their therapeutic applications
- Use Ai Chi techniques in a clinical setting for patients with orthopedic, neurological and/or rheumatic impairments
- Follow the basic Ai Chi progression, the Wall Ai Chi, Ai Chi Ne and be introduced to the concepts of moving with nature.
- Experience the trunk stability movements with guidelines on proper pelvic mechanics during Ai Chi

### Jun Konno

Creator of Ai Chi, is one of Japan's a foremost swimming coaches and fitness consultants and the President of Aqua Dynamics Institute (Japanese chapter of AEA/ATRI). Since 1986, he has worked to promote aquatics in Japan and is Chairman of the Executive Committee for Japan's National Aquatic Conference and Japan Aquatic Therapy Symposium.

Programme:

09.00 – 10.00 Theory  
10.00 – 10.30 Break  
10.30 – 12.30 Demonstration by Jun Konno  
                    Basic Ai Chi  
12.30 – 13.30 Break  
13.30 – 14.30 Ai Chi Ne  
14.30 – 15.00 Demonstration with patients  
15.00 – 15.30 Break  
15.30 – 17.30 Wall Ai Chi and Ai Chi Combination

Tuition: CHF 240

Information and subscription:

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Website: [www.study-valens.ch](http://www.study-valens.ch) (also for information about the Aquatic Therapy Course Package, May 23 – June 3, 2005.)

Supplementary information:

- The workshop will be given in English with additional translation in German
- Participants shall receive a certification as Ai Chi instructor
- A lunch and beverages are included