

Warm Water

Ai Chi

Apr 27 - Jun 29, 2009

(no class May 18, 2009 Victoria Day)



Mondays

6:30 - 7:30 pm

*NS Rehab Pool, 3rd floor,
entrance at University Ave,
outpatient door.*

Class Dates Spring 2009

Apr 27	Jun 1	Jun 29
May 4	Jun 8	
May 11	Jun 15	
May 25	Jun 22	

Summer 2009 \$45
Jul 6 Jul 13 Jul 20

Ai Chi is a mind/body relaxation class.

Synchronize breath,
body and mind,
let the stress melt away.

The pool is 96 degrees.

The moves are similar to T'ai Chi.

The lights are low, there's no music, just the guided contemplations while progressing through the forms.

Ai Chi is for anyone with arthritis, joint limitations, aversion to cold water and in need a relaxing hour with friendly folks.

Flexibility, stability, joint range, core strength and balance develop effortlessly in contemplative movement in 96 degree bliss.

*A note about fees:
This class is my passion and is supported solely by class fees paid by participants. There are no partial or prorated fees available. Individual classes are \$20 to try out the first time and that may be applied to the terms' fees when you sign up for the full term. In the event of lengthy illness or vacation, participants would pay the \$20 drop in fee / class to complete the term. Fees are collected during the first two weeks of the session.*

Mondays 9 week session \$135

fees include HST

Pam 435-6387, info@healthyart.com, www.healthyart.com