



Warm Water Ai Chi

April 12 - June 28, 2010

No class May 24, Victoria Day

Mondays

6:30 - 7:30 pm

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

Class Dates Spring 2010

Apr 12	May 10	Jun 14
Apr 19	May 17	Jun 21
Apr 26	May 31	Jun 28
May 3	Jun 7	

Ai Chi is a mind/body
relaxation class.

Therapeutic healing for
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 pro-
rated 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 11 week session \$165

fees include HST

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

