



Warm Water Ai Chi

January 11 - March 29, 2010



Mondays

6:30 - 7:30 pm

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

Class Dates Winter 2010


Jan 11	Feb 8	Mar 8
Jan 18	Feb 15	Mar 15
Jan 25	Feb 22	Mar 22
Feb 1	Mar 1	Mar 29

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 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 12 week session \$180

fees include HST

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