

Warm Water Ai Chi

Jan 25 - Apr 11, 2012

Ai Chi is a mind/body relaxation class,
let the stress melt away.

Class Dates Winter 2012

Jan 25	Mar 7
Feb 1	Mar 14
Feb 8	Mar 21
Feb 15	Mar 28
Feb 29	Apr 11

No class: Feb 22, Apr 4

Wednesdays

6:30-7:30 pm

*APSEA pool facility
5940 South Street
across from the IWK*

Wednesdays 10 week session \$165

fees include HST

The pool is 95 degrees.

The moves are similar to T'ai Chi, particularly conducive to relieving stress. Lights are low, the only sounds are the flowing water and gentle 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.



It's my delight to be able to continue offering Ai Chi at a new facility.

Classes are now held at the Atlantic Provinces Special Education Authority pool facility.

Just across the street from the IWK on South street. Drive into the parking lot.

The pool entrance is between the two APSEA buildings, down the sidewalk, on the left.

Full session fees are collected during the first two weeks of the session. Be sure to get them in so we all can relax and enjoy the rest of the term together.

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