

***The Story of Aqua Motion Movement™***  
***Written by Kathleen Haden & John Anthony***  
***Founders of Aqua Motion Movement™***

**Liquid water, the source of life on our planet, without it we can not survive. We are conceived and born in water, and made of up to 70% water. Our brain consists of 80% water; blood is 50 % water, and lungs 75% water. Sound is the noise we make as humans; being alive, awake, and energetic. Aqua Motion™ is sound therapy and body work in the water.**

**Aqua Motion™ takes body work off the table and into the water. Not only are you 5 times lighter in the water, water is more than 700 times denser and 55 times more viscous than air. <sup>1</sup> The perfect medicine for over stressed injured muscles, rehabilitating or those looking for something new and different to add to a wellness routine. It is easier for the practitioner to decrease injuries to their own body by practicing in water.**

**Aqua Motion™ is a two part program; each part can stand on its own. The first part is an active release stretch program where the client actively participates in this very beneficial component. Foot to head active release stretching in warm water identifies and releases impingements, calcifications, scar tissue, old, and new injuries, arthritic or sore muscles.**

**The second part is a flotation based therapeutic program incorporating sound therapy. This part of the therapy adds the relaxation and massage component to your Aqua Motion™ experience.**

---

**Science is now discovering what the ancient man knew all along. That sounds, tones and frequencies have the power to change our cells and DNA on a molecular level. It is Aqua Motions™ aim to add the emerging technology to our program, aid the human condition, while healing and changing the quality of the water on our planet.**

**Aqua Motions body work techniques may quickly reduce pain, restore flexibility and create profound relaxation. Overused muscles often cause the conditions treated with Aqua Motion. The three elements of Aqua Motion, therapeutic sound, restorative movement and soothing waters are available to you. It can be incorporated into health and wellness regimens in many ways from a residential hot tub, a pool, or as a therapeutic tool in the hands of a therapist.**

**Warm water is ideal for promoting deep relaxation and for freeing the joints and muscles of the body from the compressive and constrictive effects of gravity. Aqua Motion completely stretches muscle and soft tissue through their full range of motion. When the whole body is in continuous movement each move flows gracefully into the next, relaxation is maximized and pain is decreased. Without pain the body can move beyond previous limitations. These movements help to stretch connective tissue and restricted areas. The buoyancy water provides takes weight off vertebrae and allows the spine to be moved in ways impossible on land. This gentle, gradual movement relieves the pressure on the spine and nerves. The combination of buoyancy and resistance along with warm water and underwater music with Rife frequencies is Aqua Motions dynamic therapy.**

**[www.aquamotionmovement.com](http://www.aquamotionmovement.com)**

---