

## **2612 – Ai Chi Healing and Imagery**

**Intermediate / Pool Workshop**

**Sanibel, FL / Tuesday, June 23, 2020 – 12:45-4:00 pm – 3.0 credit hours**

(Classroom: 12:45-2:15 pm / Pool: 2:30-4:00 pm)

**Faculty: Patty Henry-Schneider, MS, LPC / Anne Alper, MA**

**COURSE DESCRIPTION:** Ai Chi is more than physical exercise. It is an integrative practice that brings together body and mind and contributes to a sense of well-being. If one takes an interdisciplinary, multimodal approach to Ai Chi, it enriches the experience and creates more possibilities for healing and personal growth no matter the stage of life. As part of our Ai Chi practice, we can utilize the names of the movements to set our intention of health, thus setting the goals toward which we will constantly move.

### **COURSE OBJECTIVES:**

- 1) Comprehend the importance of bridging mind and body-based therapies.
- 2) Come to a basic understanding of mental health from an interpersonal neurobiological point of view.
- 3) Explore the characteristics of a healthy mind and understand the parallels with the Ai Chi process.
- 4) Recognize the domains of integration that reflect harmony within the mind and learn how to promote these during the Ai Chi progression.
- 5) Examine ways of tailoring the focus of the Ai Chi class to the needs of different individuals and groups.
- 6) Comprehend similarities and differences among the variety of Ai Chi postures and be able to include that in one's teaching.
- 7) Examine a collage of each movement as a deck of flash cards in order to help participants deepen the healing potential of Ai Chi.
- 8) Explore additional expressive arts to truly enrich the multimodal opportunities into which Ai Chi can expand.

**FACULTY: Patty Henry-Schneider MS, LPC,** is a psychotherapist certified in EMDR and a certified Ai Chi instructor. She has encouraged movement toward wellness by including body, mind, and spirit in the journey toward mental health. Creating a bridge between providers of aquatic therapy and providers of mental health services has become her passion.

**Anne Foley Alper, MA,** is an Aquatic Fitness Instructor, serving the older senior population with myriad abilities and aging considerations. She also conducts creative writing sessions via telephone with Wounded Warrior Project clients. As an Expressive Arts consultant, Anne weaves intermodal activities (movement, drawing, improv, and writing) to help clients gain insight, develop, and grow in mind, body, and spirit.