

2616 – Ai Chi Unravel / Ai Chi in 3

Intermediate / Pool Workshop

Sanibel, FL / Tuesday, June 23, 2020 – 7:45-11:00 am – 3.0 credit hours

(Classroom: 7:45-9:15 am / Pool: 9:30-11:00 am)

Faculty: Anne Pringle Burnell, ATRIC – Ai Chi Unravel

Katrien Lemahieu, MSEN, ATRIC – Ai Chi in 3

Ai Chi Unravel

COURSE DESCRIPTION: Explore a blend of twister-like positions and Ai Chi movements in multi-planar exercises to become more malleable. Allow freedom of the layers of muscle surfaces and tendons, to slide, wriggle, compress, and hydrate the fascial sheath. Ai Chi patterns reinforce the multi-dimensional motions for arthritis, Parkinson's, MS, orthopedic issues, and chronic pain.

COURSE OBJECTIVES:

- 1) Experience three motions for release in the upper body.
- 2) Explore the paths of the lateral lines and their role in locomotion.
- 3) Determine the four arm lines for shoulder stabilization and range of motion.
- 4) Experiment with animal-like body yawns on land to release tightness in the superficial front line.

FACULTY: Anne Pringle Burnell, ATRIC, created the programs: Peyow® Aqua Pilates and Stronger Seniors®. She is an education provider and holds the following certifications: CAFS, Ai Chi, AEA, Arthritis Foundation, ACE, AFAA/NASM, and AquaStretch™. She is an Instructor Trainer for Stott Pilates/Merrithew Health & Fitness. She teaches at the Galter Life Center/Swedish Covenant Hospital, Peninsula Chicago, University of Illinois-Chicago, Core Evolution.

Ai Chi in 3

COURSE DESCRIPTION:

New Age Music (3/4 music) adds something special to 3-dimensional work in water, and because of the use of Ai Chi exercises in shallow water (all planes and axes), the combination gives a new influence that changes a lot. The biggest thing is that it does not change the tempo of the music (we will work on 128 bpm), but the three counts gives you the opportunity to work in an even bigger ROM than the original tempo. Speed or acceleration is therefore lowered and bring a new attractive way of doing the original Ai Chi. In Europe, we have lots of colder water pools. Our body and mind workouts know a more up tempo way of execution, so we had to find our way in it. As soon as I started doing Ai Chi with 3/4 music (with the same bpm!), participants started to feel the bigger ROM, without losing the feeling of lower tempo or speed. The influence it had was amazing! The combination of Ai Chi with the music adds a certain energy that can be shared with all.

COURSE OBJECTIVES:

- 1) Follow the basic Ai Chi progression with 3/4 music.
- 2) Explore the concepts of flow time, uptime, float time and downtime.
- 3) Experience the trunk stability movements with guidelines on proper pelvic mechanics.
- 4) Follow an exercise progression for an average, apparently healthy adult which can be modified for special situations.

FACULTY: Katrien Lemahieu, MSEN, ATRIC, has 20-plus years of experience in aquatics and has been a presenter worldwide since 2005. She studied physical education and holds a degree in Special Movement Education with an emphasis in Motoric Remedial Teaching and a focus on pediatrics. She has developed three e-learning programs on aquatic fitness (AquaMagicMoves) and is CEO of two educational institutes for aquatics: *Kataqua* for aquatic fitness and *ProOzo* for swimming. She is the organizer of the annual European Aquatic Fitness Conference (EAFC).