

## **2648 – Ai Chi Meridians**

**Intermediate / Land Workshop**

**Sanibel, FL / Wednesday, June 24, 2020 – 1:30-4:45 pm – 3.0 credit hours**

(Classroom: 1:30-4:45 pm)

**Faculty: Donna Lewen, BA, ATRIC**

**Jun Konno, ATRIC**

**COURSE DESCRIPTION:** Just as the body has many different physical systems – immune, endocrine, lymphatic, cardiovascular, etc., we are also an energetic system. The meridians are 14 tangible pathways that carry energy into, through, and out of your body. Without even being aware they exist, they can serve you well when you learn to ask in their language for an energy boost. Meridians are energy pathways that connect the dots. Learn to use advanced Ai Chi techniques to enhance the stagnated energy in the meridian pathways, ultimately freeing the body/mind/spirit, and releasing stagnant emotions.

### **COURSE OBJECTIVES:**

- 1) Determine the location of the meridians.
- 2) Discuss Traditional Chinese Medicine and how it interrelates with Ai Chi movement.
- 3) Explore the benefits of each meridian.
- 4) Practice Ai Chi.

**FACULTY: Donna Lewen, BA, ATRIC**, has dedicated her life to aquatics for more than 25 years, and currently works with aging adults and persons with disabilities. She was an Arthritis Foundation Trainer for over 20 years, a consultant at Ability360, and an AquaStretch™ Facilitator/Trainer. She was the recipient of the 2016 ATRI Aquatic Therapy Professional Award, the 2012 ATRI Tsunami Spirit Award, and the 2013 Arthritis Foundation Regional Public Service Award-University of Pittsburgh Community Service Award. She continues her studies in Energy Medicine, and is a Reiki Master/Trainer. Beyond her active practice, she offers intuitive guidance and wellness coaching.

**Jun Konno, ATRIC**, is a highly successful entrepreneur in the aquatic industry, a decorated swimming coach, author and international speaker on aquatics. He is an advisor to AEA and one of AEA's International Training Specialists. Jun is the founder and president of the Aqua Dynamics Institute, a consulting firm for fitness clubs and swimming schools in Japan.