

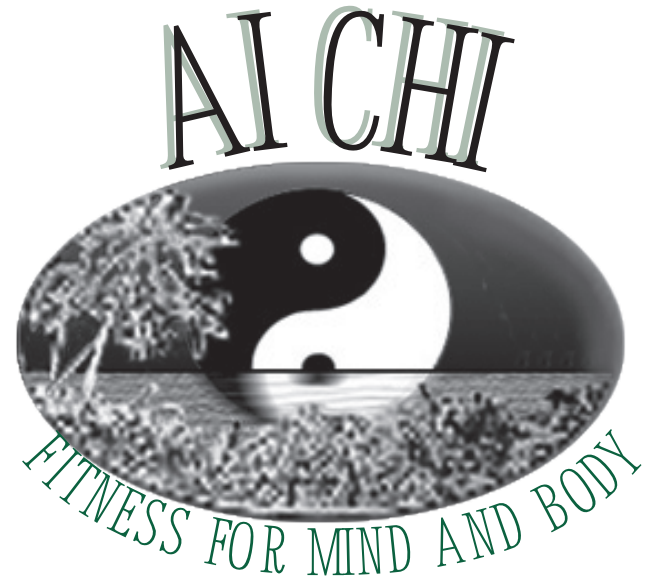
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Located at:
**Avera St. Luke's Physical &
Aquatic Therapy Center**
721 First Avenue NE
Aberdeen, South Dakota 57401

Avera 
St. Luke's Hospital

305 South State Street
Aberdeen, SD 57401



Avera 
St. Luke's Hospital

Look no further.

AI CHI

FITNESS FOR MIND AND BODY

WHAT IS AI CHI?

Ai Chi is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in flowing, continual patterns.

THE BENEFITS OF AI CHI...

- Improves flexibility
- Improves core (abdominal) strength
- Relaxation
- Improves pain management
- Improves joint mobility
- Increases metabolism
- Improves blood circulation
- Decreases stress
- Decreases insomnia

For further information please contact Vicki at
Avera St. Luke's Physical Therapy
(605) 622-5979

BACKGROUND:

Ai Chi is a Japanese warm water exercise and relaxation program based on Tai Chi concepts combined with Shiatsu & Watsu techniques.

Ai Chi was created by Mr. Jun Konno from Yokohama, Japan and brought to the United States by Ruth Sova, MS, ATRIC.

It is performed at shoulder depth in a warm water pool to relax the muscles and improve flexibility.

Ai Chi is perfect for total body relaxation and is an efficient exercise program to improve mobility and caloric consumption with flowing movements and simple breathing in the water.

ABOUT THE INSTRUCTOR:

Vicki Holley is a certified Ai Chi Instructor. She is also a certified Tai Chi instructor and Mind/Body Personal Trainer. Vicki has a bachelor's degree in Fitness Management from Northern State University. She is also an ACE-certified Personal Trainer.

APPLICATIONS:

Ai Chi is appropriate for individuals with the following:

- Chronic pain
- Arthritis
- Fibromyalgia
- COPD
- Balance deficits
- Diabetes

Flowing movements integrate mental, physical & spiritual energy.

“WILLOW DOES NOT BREAK UNDER
WEIGHT OF SNOW”

Japanese proverb

STRETCHING
BALANCE
DEEP BREATHING
strengthening