



# AI CHI

*MILAGRO AQUATICS LLC*

**HEALING POWER OF WATER**

Renee Budagher

Where are you?

Rate you levels

0 = none

10 = maximum amount

Energy Level 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Relaxation Level 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Range of Motion Level 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Pain Level 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Breathing Level 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Focus Level 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Balance 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Laughter 0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

First thing each morning,  
I try on my bathing suit.

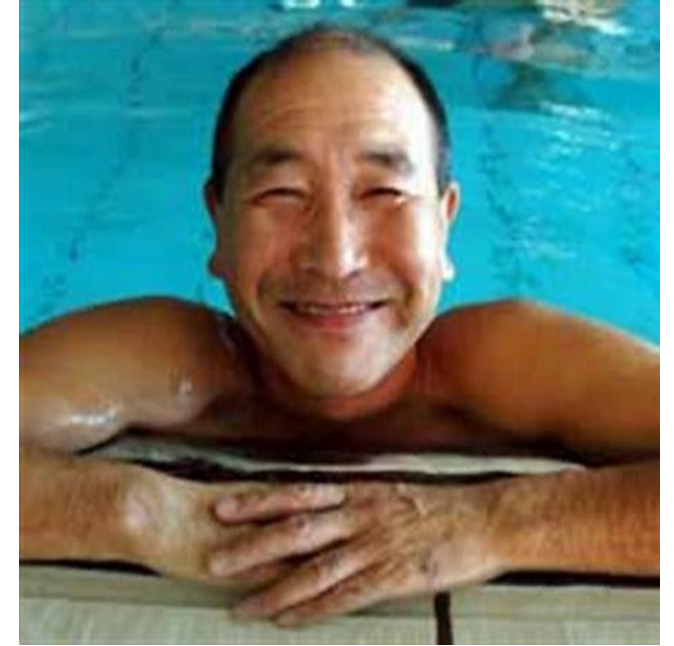




That way,  
nothing worse can happen  
the whole rest of the day.



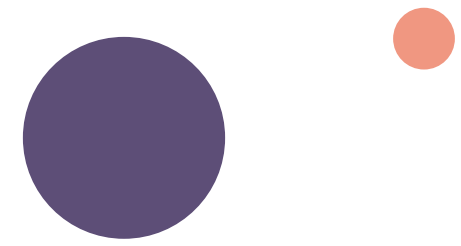




- Ruth Soya, MS, ATRIC, founder/president of ATRI, is an internationally known speaker, author and consultant. She is the founder of six different businesses including the Aquatic Therapy & Rehab Institute, the Aquatic Exercise Association, Living Right Magazine, America's Certification Trainers, Armchair Aerobics Inc., and the Fitness Firm. A leader in the health and wellness industry, she also draws on her vast experience as an entrepreneur to teach others what it takes to assume the risk of business and enterprise. Ruth is the author of numerous articles and 15 books on her specialties of wellness and business. She is the recipient of numerous awards including the Sevier-McCahill Disability International Foundation Award; and the John Williams, Jr. International Swimming Hall of Fame Adapted Aquatics Award. Known for her high energy and practical teaching approaches, Ruth has brought thousands of people over the years to understand the benefits of water exercise

- 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 also 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.

- “Ai Chi entered my life at a perfect time. I’ve always been busy “MOVING” and couldn’t take time for stillness. Had Ai Chi been a stillness program I wouldn’t have become involved with it. I learned Ai Chi from Mr. Jun Konno, the originator, and worked hard using the program as a physical (more “moving”!) way to relaxation.
  - As Ai Chi worked its wonders and taught me to relax I realized I was getting more form each session rather than less as I did in my fitness programs. If I ran a mile each day my body would adapt and I would gradually get fewer and fewer benefits from the work-out. The opposite proved true with Ai Chi. Instead of getting fewer relaxation benefits as my body adapted to Ai Chi, I got more! I started to notice the way my body was moving, my breathing technique, my mind wandering, and I found books to read about what was happening.
- 
- There are times now when I realize that my body is doing one thing, my mind is somewhere else, and my spirit is stuck on a challenge I encountered years ago. As I try to bring my being together I find I’m more focused, happier and my “moving” workouts are more effective. There’s something happening that I don’t understand but I’m enjoying the learning process so much that I want to share it with you – my family and friends.”



# Pearls From Ruth



# Pearls from Jun

“The inspiration for Ai Chi came from my observations of the Japanese taste for exercise. Oriental people are not into dynamic, forceful exercise – they prefer something with lower intensity and gentler movement.

Watsu, which is very popular in Japan, is done on a one-to-one basis and is more a therapy than a form of movement. It demands close contact between the therapist and the client and I found that many Japanese people didn't like that aspect of it; they liked the idea of moving slowly through the water, but weren't comfortable with the one-to-one setting.

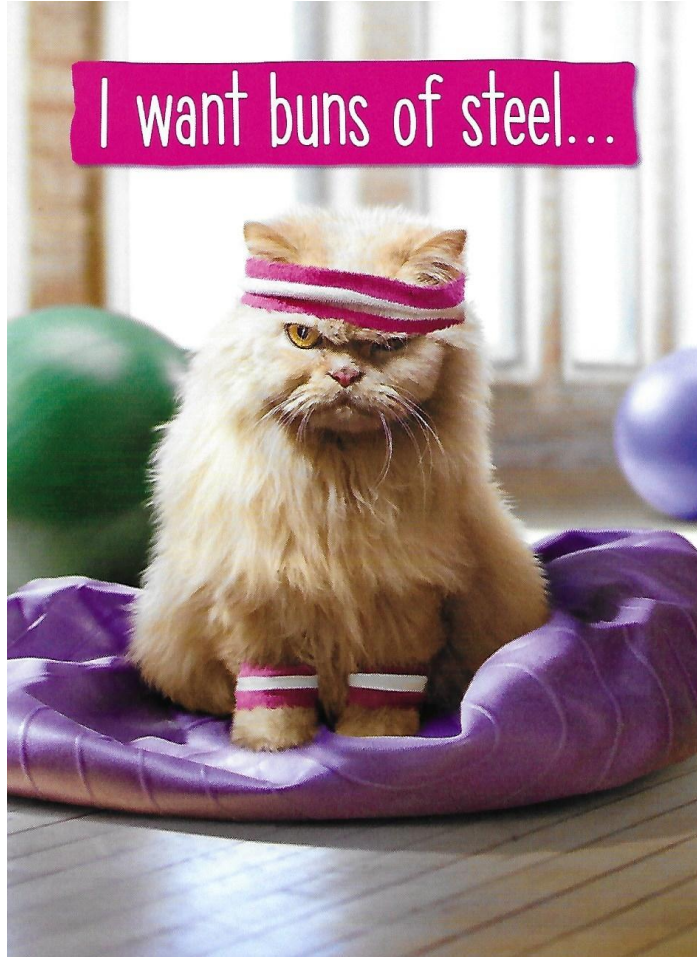
Ai Chi was originally the way of creating a stepping stone to Watsu, but it now stands alone as a form of exercise. Thousands of Japanese practice Ai Chi.

Studies at the Universities of Tsukuba and Tokai in Japan looked **at oxygen consumption during Ai Chi and found that it rose by 4 – 7 %.** **The breathing technique improves oxygen flow to the brain,** which may help to reduce the onset of neural diseases such as Alzheimer's.

The physical benefits are excellent, but the power to survive another stress-filled day is incredible. Ai Chi offers that sigh we give when we're at peace. The **slow**, contemplative movements are beneficial for stress sufferers, helping to lower blood pressure and induce a feeling of calm.”



I want buns of steel...





But I also want buns of cinnamon.

# Ai Chi and Me



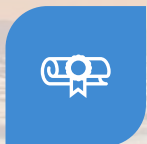
ATRI  
CERTIFIED



AEA CERTIFIED



AI CHI  
TRAINER



AQUASTRETCH™  
CERTIFIED



AQUATIC  
PROFESSIONAL  
15 YEARS



RECIPIENT OF 2018  
INTERNATIONAL  
DOLPHIN AWARD



# Aquatic Physics

Gravity





# Water Buoyancy

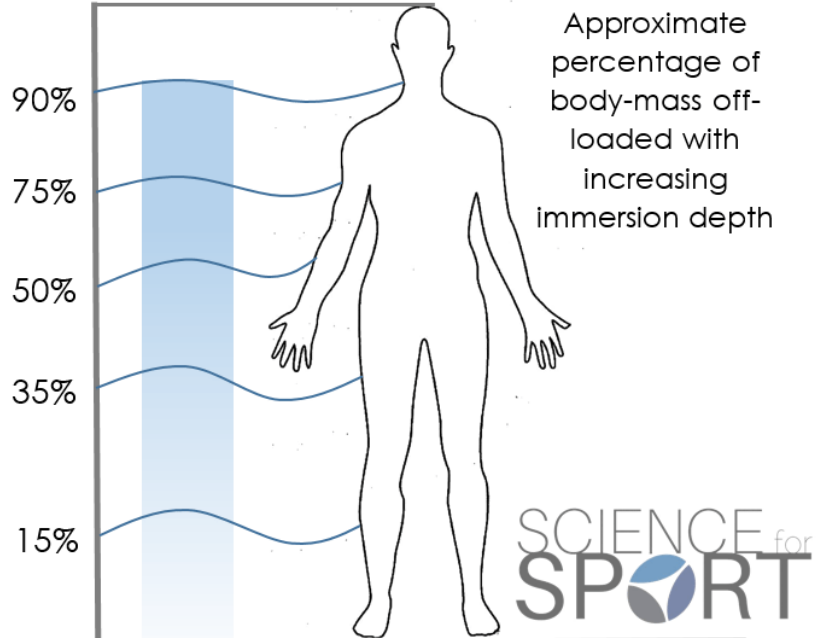


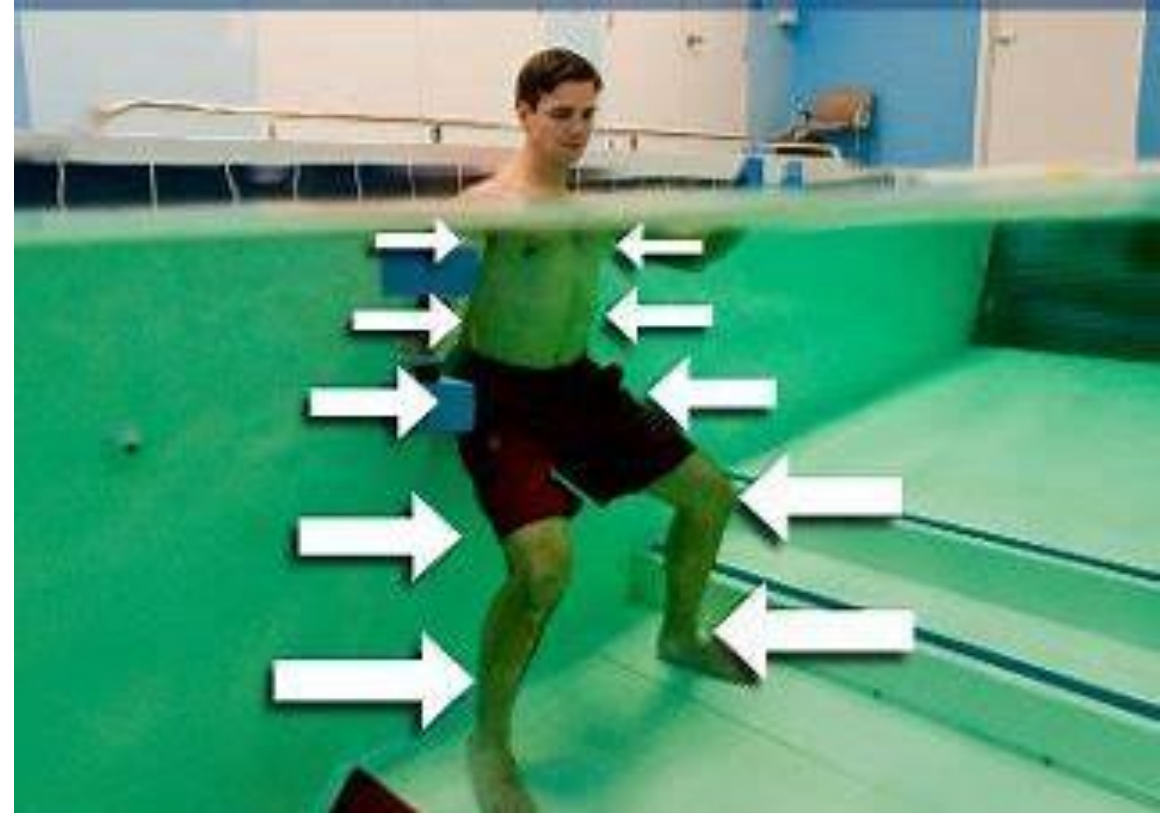
Figure 1 - Approximate percentage of body weight with immersion depth.



"Wow, swimming IS great exercise! The bathroom scale I put down here shows I'm 20 pounds lighter!"



"I've been under a lot of pressure."



# Hydrostatic Pressure



# WHAT IS AI CHI?

- “Ai Chi can be characterized as a series of continuous ***slow*** and broad movements, accomplished without force. It consists of movement patterns of the arms; arms and trunk; and arms, legs and trunk; with gradual narrowing of the basis of support combined with deep breathing. Movements are supposed to take place at breath rate, about 14 to 16 times per minute.
- Ai Chi has elements of both Qi Gong (a more static and symmetrical posture during the initial 6 arm movements) and Tai Chi Chuan (more focused on continuously changing the center of gravity within the basis of support in the latter part). The classical purpose within Eastern theory is to balance energy by stretch of certain meridians.” (Clinicalaichi .org)



# HOW DO YOU DO AI CHI?

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**HOW YOU DO IT IS**

**HOW IT IS MEANT  
TO BE.**

# Ai Chi & Your Body

The internal  
Organs

The Lungs

The  
Intestines

The Bladder

The Kidneys

Stomach

Liver

Heart

Spleen

# POSTURE

## BAD POSTURE

VS

## GOOD POSTURE

### ✗ HEALTH

Back pain, often caused by extended hours of poor posture, is becoming increasingly common because of the amount of time we spend hunched over smartphones and slouching in front of computers.

### 💔 FEEL

Slouching not only makes you look tired, but it also makes you feel sluggish, fearful and self-conscious.

### 📢 COMMUNICATION

Poor posture communicates to those around you that you may be bored, nervous, fearful or self-conscious.

### 📷 APPEARANCE

Besides the obvious hunchback syndrome, slouching can make you look unhealthy, unattractive, and even a couple pounds heavier.

[www.lumobodytech.com](http://www.lumobodytech.com)



### Did You Know?

Posture is the number 1 reason for doctors visits and missed work-days after the common cold.

**A Lumo Lift a day could literally keep the doctors away!**

### + HEALTH

Practicing good posture engages your core, opens up your diaphragm to help you breathe better, and gives your organs the room they need to aid in digestion.

### 💓 FEEL

Straightening up and maintaining good posture can actually help increase energy, productivity, and even reduce stress.

### 📶 COMMUNICATION

Simply pulling your shoulders back, chin up and back straight communicates confidence, presence and openness and helps you own the room.

### 📷 APPEARANCE

Holding yourself upright and in good posture can help you look younger, more vibrant, and attractive.

Powered by **LUMO**



incorrect  
posture

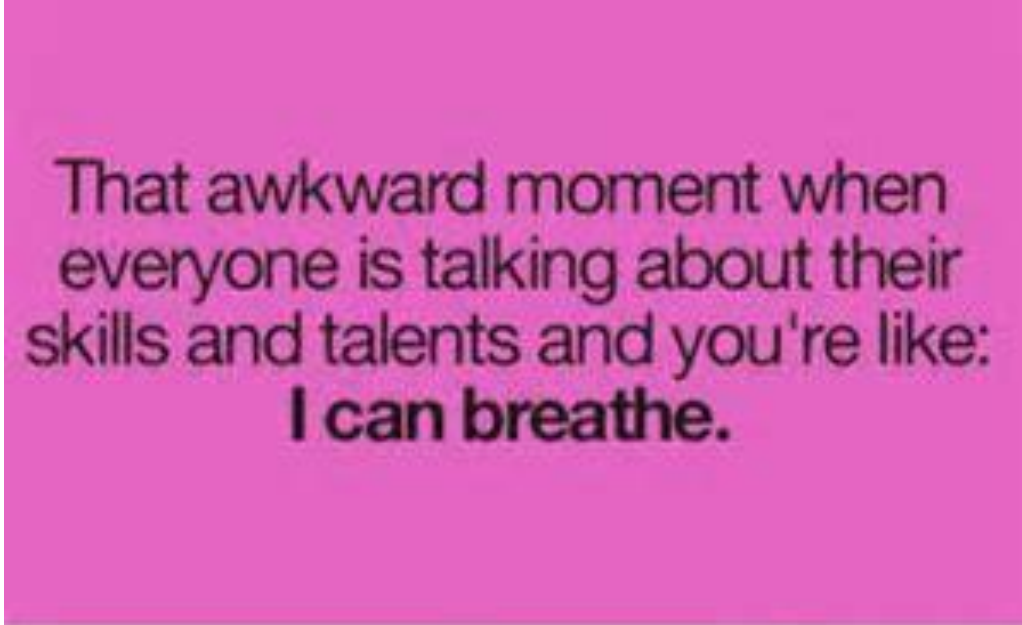


correct  
posture



# To Breath or Not To Breath

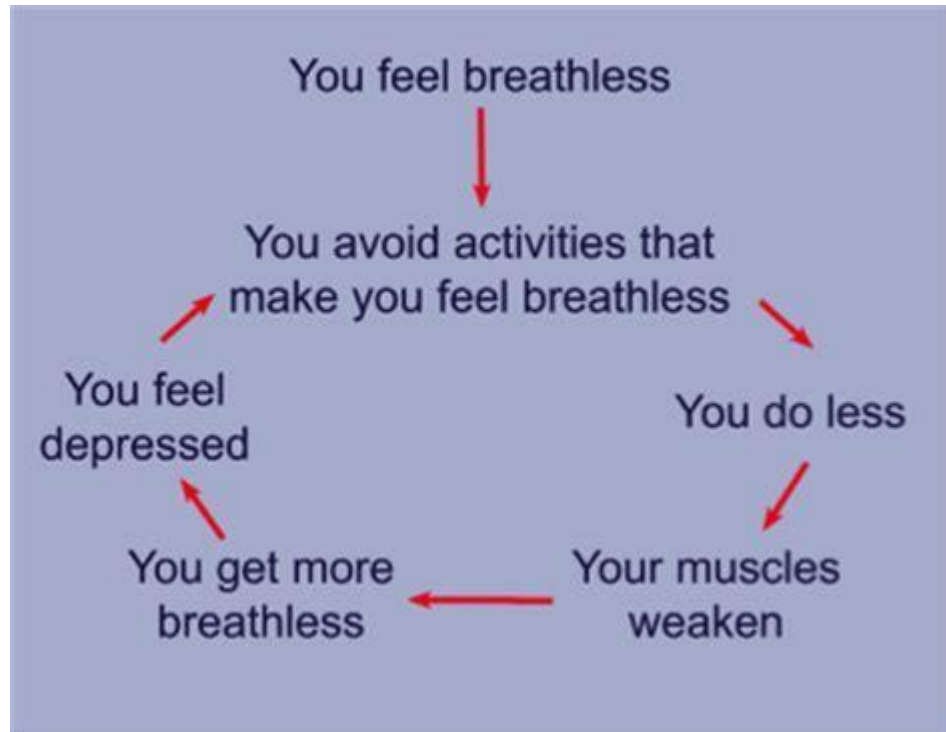
- Place your hands on your lower rib cage. Tongue behind your top front teeth (this forces a diaphragmatic breath) as you inhale, exhale squeezing a sponge upwards.
- Diaphragmatic (lower abdominal) when executed correctly there will be a lateral expansion of the rib cage.
- Optimal breathing nasal (inhalation/exhalation) smooth, deep, even, quiet, and free of pauses.



That awkward moment when everyone is talking about their skills and talents and you're like:  
**I can breathe.**

more awesome pictures at [THEMETAPICTURE.COM](http://THEMETAPICTURE.COM)

# Do Not Stop Breathing.....there is more!



- Inefficient breathing has the potential to cause a chemically driven loop, potentially causing already painful dysfunction worse.
- Research demonstrates breathing exercises can enhance parasympathetic tone, and decrease sympathetic nervous activity, improve respiratory and cardiovascular function, decrease the effects of stress, and improve physical and mental health.

# JUST SAYING

We should have a way of telling people their breath stinks without hurting their feelings like, "I'm bored, lets go brush your teeth!"



ROTTENCARDS

Is it rude to throw a breath mint in someone's mouth while they are talking?





# SLOW DOWN?



- Balance Deficiencies – is sometimes caused by fear of falling. Researchers wonder whether the fall begets the fear, or the fear begets the fall.
- “40% of falls result in hospitalization and, of those hospitalized, only half will be alive one year later. Falls begin the propagation of events starting downward decline so teaching balance is all-important.” (Wolinsky 1997)
- By moving slowly in Ai Chi, muscles can be identified that are helping when they should not be, i.e... gripping the toes and tensing the neck, shoulders are common reflexes when we feel unstable, yet chronic practice of these motions will eventually interfere with a healthy gait cycle and balance.
- Slowness allows reflection and self-observation especially with fear of movement patterns.

4' 4"

4' 2"

NO DIVING

# Is Ai Chi For you?

Auditory  
Impairments

CP (Cerebral  
Palsy)

CVA

Cervical Spine

Children

COPD

CAD (coronary  
Artery Disease)

DD  
(Developmental  
Delayed)

Diabetes

FMS  
(Fibromyalgia  
Syndrome)

Tract  
(Gastrointestinal  
Tract)

Hip Knee  
Replacement



# IS Ai Chi for YOU?

LBP (Low Back Pain)

MS (Multiple Sclerosis)

Obesity

Older (Sedentary Adults)

Osteoporosis

Pain

Prenatal

Rheumatology Arthritis

Shoulder Problems

Visual Impairments

Cancer

Reconstruction after Breast Surgery

# Again Is Ai Chi For YOU?

- Improved Posture
- Social interaction and breaking down barriers
- Post Mastectomy
- Scleroderma (“with scleroderma we believe that Ai Chi can affect the connective tissue fibers to reduce or slow the disease process.”)
- Cognitive therapy
- Balance

# Benefits. Do you want any of these?

Flexibility, range of motion and general mobility increases

Increases metabolism, caloric consumption

Increases blood circulation

Improves the circulation of energy along important myofascial meridians

Massages vital organs

Improves liver efficiency

Decreases stress, insomnia, depression, anger, fatigue, anxiety and confusion

Increase mental alertness

Creates “design sense” and therefore, improves kinesthetic sense

Breathing creates most of the benefits



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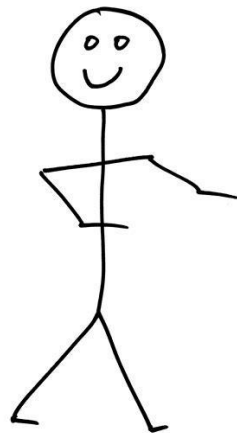
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AI CHI AND ME



What do you want?



**Let's Build a pool!**





**Thank You**