

What is it?

AQUATAICHI® is an ever developing method of aquatic bodywork, which adapts Taichi and Chikung to water. The dialogue between the person and the water creates a relationship, through experiences of the senses, that promotes further comprehension and in-depth study of Taichi concepts.

AQUATAICHI® proposes a fan of physical activities which enters into another environment. An environment different from that of our daily lives, creating an enriching experience which causes personal growth.

AQUATAICHI® deeply respects the concepts of Taichi and its adaptation respects all the styles of the Taichi practices. AQUATAICHI objective is to provide a personal in-depth exploration. Taichi participants will recognize and increase their personal experiences through the relationship with the water, independently of the specific Taichi that they may practice on land.

The water cultivates a three dimensional movement which activates a different conscious state. The bioenergetic study, which is connected with traditional Chinese medicine and various styles of Zen floatation, provide a meditative aspect to AQUATAICHI®.

AQUATAICHI occurs in bodies of water with temperature ranging from 30-34° and with the depth of around 1'20 cm. During the practice sessions of AQUATAICHI®, individual or group exercises, allows experiences to be created which further causes an exchange of concepts leading to analysis. The method provides elements that increase land work and compliments the work of those linked to the aquatic world.

AQUATAICHI® objective is to provide one more tool, to help cultivate personal growth and capability to increase personal wellness.

Specific Characteristics of AQUATAICHI:

- Joint mobility in standing position is one of the main characteristics of this modality, with the focus of always moving without pain.
- Constant evaluation of personal progress through exercises of "cinestesia" with its relationship with biomechanics and our senses.
- Displacement exercises help develop and increase spatial awareness, balance, and principals of inertia.
- Relative evaluation exercises encourages growth in dexterity of coordination and dynamic movements.
- The active exercises balance muscle tonus, stimulates a profound and active relaxation.
- Postural readjustment exercises take advantage of the antigravity law. The rebalancing of lines of gravity during standing and the use of the economic laws of straight muscle chain-links permits this.
- Inter-joint exercises helps with elongation of the crossed chain-links.
- Respiratory exercises and biomechanics of the vertebral column.
- Bioenergetic exercises help with movement and the increase of the vital energy.