Ai Chi Body/Mind/Spirit Adaptations (216)
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Course Description
Learn physical movement, breath work and spiritual development techniques that can be implemented prior to teaching Ai Chi, during your practice to ultimately increase the Ai Chi instructor’s vibrational rate. As a result, your patients/clients will not only affect the body, but the mind. Myofascial meridians, Chinese Meridians, Yin Yang Theory, Visualization and Meditation will be implemented along with breath work. The Ai Chi Visualization Journey changes the Ai Chi focus and takes the Ai Chi experience to a different level. It is a bodymind healing experience. In the lecture you will hear an explanation of the Visualization Focus with its four pathways (Preparing, Healing, Cultivating and Applying). The Visualization was created in response to practitioners who wanted ideas to deepen their teaching and for Ai Chi participants who wanted advanced relaxation techniques they could use on their own.

Oriental Healing & The Meridians
Just as the body has many different physical systems – immune, endocrine, lymphatic, cardiovascular, etc., We’re also an energetic system. The meridians are fourteen tangible pathways that carry energy into, through, & 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. Basically, your meridians are your body’s bloodstream. Meridians affect every organ and every physiological system: immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic. Similar to the way an artery carries blood, a meridian carries energy. If a meridian’s energy is blocked, the system it feeds is in jeopardy. Each meridian is named after the primary organ it services. In simple terms, the meridians are a highway of energy. Your meridians will be running smoothly if they are unobstructed. These energetic pathways can be referred to as nadis or meridians.

Myofascial Meridians & Chinese Meridians
Deep Back Arm Line → Small Intestine Meridian
Superficial Back Arm Line → Triple Energizer Meridian
Superficial Front Arm Line → Pericardium Meridian
Spiral Line → Stomach Meridian
Lateral Line → Gallbladder Meridian
Deep Front Line → Liver Meridian
Superficial Back Line → Bladder Meridian

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Yin Yang Theory
As we work the right and left side of the body, we also must keep in mind we need to find balance “homeostasis” from the yin (female) and yang (male) aspect of the body. So in traditional Oriental thought, “As above/So Below”, “As in Front/So Behind”, “As to the Right/So the Left”. You may often find releases in the contralateral limb with this type of work. Yin Organs produce, transform, regulate & store fundamental textures, the qi, blood, essence, spirit & fluids. Yang Organs receive, breakdown waste, absorb food & transform and excrete unused portions. Upper Extremity Yin Organs (UE: lung/pericardium/heart) are opened with each Ai Chi movement with hands supinated while Upper Extremity Yang Organs (UE: small intestine/large intestine/triple warmer) are opened with each Ai Chi movement with hands pronated. Lower Extremity Yin Organs (LE: spleen/kidney/liver) are opened with each Ai Chi movement with hip extension and Lower Extremity Yang Organs are opened with each Ai Chi movement with hip flexion.

Eliminate Congestion using Alignment, Breath & Clearing Your Mind
Alignment - Begin by standing outstretched. Visualize a connection lifting the top of the head to the heavens. Then visualize a connection from the sacrum to the earth. The upward lift and downward pull opens the center of the body and fills the body with life-force energy. Aligning the spine creates space between the vertebrae. This helps to release any compression on the nerves, ultimately causing pain or discomfort. Additionally, the organs are allowed adequate space to function ideally and optimize the flow of blood and lymph.

Breath - Adjust and deepen your breath. The breath is the most powerful tool for gathering life-force energy and mobilizes the revitalizing resources to heal the body. It’s also easy to practice. We will begin with breathing in shorter on the inhalation and exhaling longer on the exhalation. (In for 3, hold for a moment or two, exhale for 4.) Examine the breath, and how it can be used as the fulcrum. The energy channel that runs from the base of the spine to above the top of the head will be used to extend the spine, and increase the flow of energy. Prepare your patients/clients for your Ai Chi session with a breathing
and movement exercise to get grounded and be ‘present’ in your Ai Chi experience, ultimately creating a sense of inner peace and well-being.

**Clearing The Mind** - Combine the focus of your breath into a positive experience. Simply breathe in smiley faces, and physically smile. A gentle smile engages the limbic portion of the brain, which is the part of the brain and its neural structures that are involved in emotional behavior. This supports feelings of well-being.

**Activation of the Vagus Nerve Through Movement**

In order to improve immunological, physiological and hormonal functions of the body, we have a nerve that connects to and from the brain. Our nervous system is intricate, and each nerve supplies sensory and motor information to the relay stations in the brain (neurons) to perform critical activities. One of the most important nerves in the body is the Vagus Nerve. **Neck Extension, Neck Flexion and Neck Retraction** exercises may ease the pressure in the tendons or tense muscles that press on the Vagus Nerve that could lead to hyper or hypoactivity of nerves.

**The Ai Chi Visualization Journey**

The Ai Chi Visualization Journey changes the Ai Chi focus and takes the Ai Chi experience to a different level. It is a bodymind healing experience. There’s no focus on the physical being but, instead, on putting all parts of the being together in order to hear. In the lecture you will hear an explanation of the Visualization Focus with its four pathways (Preparing, Healing, Cultivating and Applying). The Visualization was created in response to practitioners who wanted ideas to deepen their teaching and for Ai Chi participants who wanted advanced relaxation techniques they could use on their own.

**Detaching from the Signal through visualization (chromatherapy)**

**Ai Chi Pool Experience**

1. Cleansing
   1. Instructor/Group with Chromatherapy Visualization
   2. Breath Work Part 1
   3. Breath Work Part 2
   4. Myelin Sheath Health
   5. Guided Imagery

2. Grounding - the “Loop”

3. Partner/Isolate Left Lung/Isolate Right Lung = Group Breathing Cadence


5. Legs Crossed for Balance/Increase Cellular Strength/Back Extension

6. Soothing/Fascial Line Stretch (Wrist hyper-extension/Flexion)

7. Gathering

8. Freeing
6. Body & Mind Journey
1. Shifting
2. Accepting
3. Accepting with Grace
4. Rounding
5. Balancing
6. Encircling the Chi
7. Surrounding
8. Nurturing
7. Final Closing Movements
1. Shoulder horizontal abd/adduction ‘with breath’/Heart - Centered
2. Thank Heavens/Earth/Mother Nature
3. Prayer Position Xiphoid

Bibliography - FOR A COMPLETE BIBLIOGRAPHY
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