

The Transformative Power of Water



Aquatic Integration & *Ai Chi*

*Gentle Aquatic Therapies
Introduced in Ashland!*

*Sunday, June 27th
11:00 am – 5:00 pm*

*An Open House
On Land & In Water*



Cameron West is the creator of *Aquatic Integration*, a new approach to hydrotherapy which combines eastern meridian and point work with myofascial release, proprioceptive neuromuscular facilitation and breathwork. *Aquatic Integration* is highly effective in restoring sensory perception and motor control as well as increasing range of motion and reducing muscular spasticity and has proven a profoundly effective tool in pain management.

Cameron facilitates trainings in *Watsu* & *Aquatic Integration* around the world. She offers a certification program in AI for massage therapists, physical therapists and others.

Ai Chi is a water-based total body strengthening and relaxation progression that bridges East and West philosophies and integrates mental, physical, and spiritual energy. It combines Tai-Chi concepts with Shiatsu and Watsu techniques, and is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad movements.

Schedule a private aquatic session with Cameron

Open House Schedule

11:00 am – 12 noon

*The Transformative Power of Water
An informal forum led by Ronen Geffen*

12 noon – 1:00 pm

*Ai Chi Demonstration in the Warm Pool
Observe or Participate: call to reserve a spot*

1:00 pm – 2:00 pm

*Aquatic Integration
Demonstration with Cameron West
15 minute sessions followed by Q&A*

2:00 pm – 5:00 pm

*15-minute Aquatic Integration Sessions
with Cameron, Sharon & Ronen*



*Open House hosted by Sharon Dvora & Ronen Geffen,
Ashland aquatic bodyworkers & licensed massage therapists.
Sessions take place in their private warm water therapy pool.*

For location & more information:

541 621-2431

*Sharon & Ronen are announcing the opening of
their year-round aquatic practice in Ashland!*

Visit us on the web — <https://sharondvora.wordpress.com>