


Asahi-Health®
- New Model for Health Related Physical Activity
Timo Klemola


What is Asahi-Health®?

- simple, no thresholds, health exercise of many levels
- preventative and treating, similar to physiotherapy



What is Asahi-Health®?

- movement is slow, calm and safe
- no need for special equipments
- suitable for independent exercise at home
- increases balance, leg power, coordination, harmonizes the "body-mind"



Background

- developed by four Finnish karate/ taiji instructors
- Chinese health exercise forms
- Japanese and Chinese martial arts
- bodyawareness exercises
- western medicine
- the optimal posture of the body: ergonomics



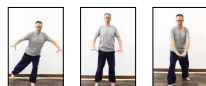
The Principles of Asahi

- "opening" the whole body from head to feet: physiotherapeutic effect
- conscious optimal alignment in all movements (centerline): ergonomics
- the movement is carried by breathing: opening the breathing capacity; calms the mind
- conscious movement controlled from inside; sensitivity of the body: bodyawareness



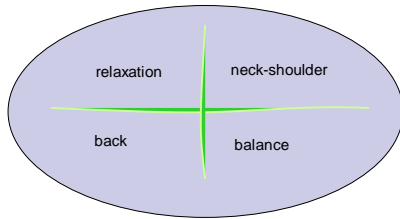
The Principles of Asahi

- separate balance exercises and leg power exercises
- whole body movement exercises especially the back, pumping movement
- relaxation exercises
- breathing exercises



Asahi-class

- duration 10 – 60 minutes
- simple movements, no learning pressures



Asahi as a New Model for Health Exercise

- 1. traditional concept: health is absence of sicknesses
- 2. wellness-concept, more holistic approach to human being
 - physical exercise
 - food
 - environment
 - spirituality

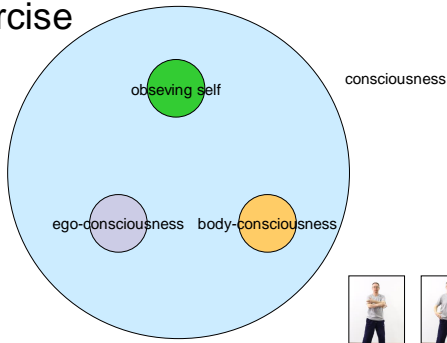


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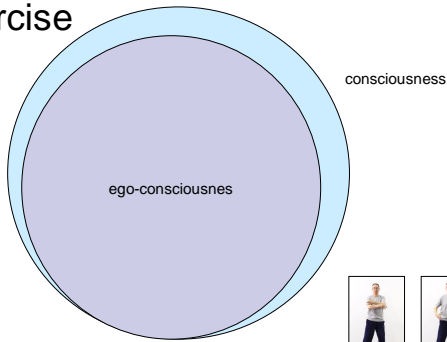
- people begin to know how to take care of their bodies: now they should be thought to take care of their minds, too ☺
- 3. a jump to new paradigm: consciousness skills (mindfulness-skills) should be part of our wellness thinking
- philosophically and psychologically well-founded way of thinking about the spirituality of human beings that includes the body and bodyawareness
- this way we can show how movement and exercise has a spiritual function; from dualism of body and mind to the concept of "bodymind"
- the three basic elements of our consciousness: ego-consciousness, body-consciousness and the observing self



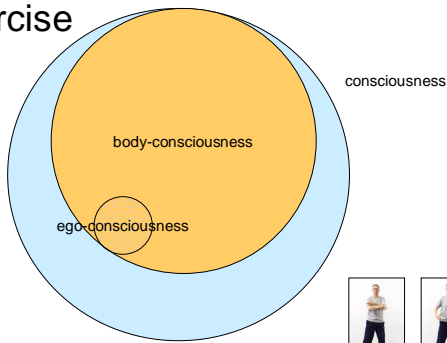
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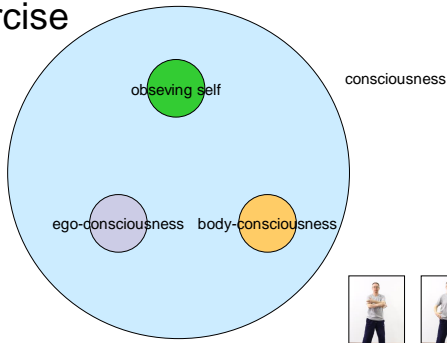
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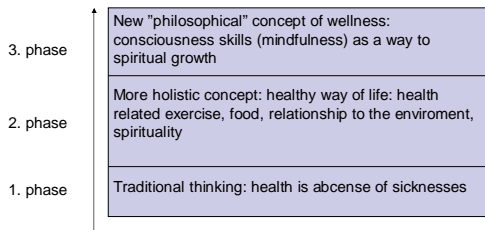
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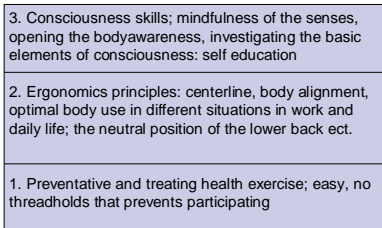
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Asahi as a New Model for Health Exercise



The Three Levels of Asahi-Health



Thank you!

Look at asahi-exercises here: www.visioi.net/30
www.asahi.fi

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