

Anne Bommer

Clinical Ai Chi & Baduanjin

In her courses, Anne Bommer aims at the competent use of Ai Chi and Aqua-T-Relax. Competency exists not only of applying a correct technique, but also showing an empathic attitude towards the alliance between patient and therapist.

This combination is of utmost importance in her daily work in the Foundation Clair-Bois Lancy in Geneva, Switzerland since 2007. She is responsible for aquatic therapy for the clients: children and youth between 10 and 20 years, with severe multi-system impairment (visual, auditive, intellectual, neuro-musculoskeletal, social).

Anne originally studied interior design architecture between 1981 and 1989, but then switched to swimming, being very sportive throughout her life. She started working as swimming teacher at the municipality of Geneva in 1992. She then developed interest in other ways to use water and became Watsu practitioner in 2002. Also in 2002 she met Jun Konno in Valens, Switzerland and felt that Ai Chi “was made for her”. Since 2004 she is a certified Ai Chi lecturer - of Jun Konno’s Aquadynamics Institute – in the Association IATF, which she combines with a lectureship in Aqua-T-Relax, developed by her for IATF.

Anne has taught mostly Ai Chi, in countries like Switzerland, Greece, Cyprus, Spain, South-Africa, Mexico, China, Qatar, India and Colombia. She also co-authored chapters on Ai Chi in various textbooks about aquatic therapy and of the web-based publication www.clinicalaichi.org

In 2016 Anne has been appointed as Chair of the Disability Group, IATA–China.