

THE POSSIBLE SOCIETY OF CALIFORNIA
FOR IMMEDIATE RELEASE
November 10, 2005

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Aqua Ch'i™: Local Water Exercise Program Featured on National TV Nov.17th /Dec. 12th

Northern California. Aqua Ch'i™, a powerful yet gentle exercise program introduced in 2003 at the Berkeley YMCA warm pool, has provided a road to relief and a pathway to wellness for hundreds of Bay Area participants. Interviewed while performing Aqua Ch'i in a beautiful Berkeley backyard pool, nine participants on Hallmark's New Morning report dramatic improvements to their health and well-being.

Testimonials. At first, Ilana Trumbull, an acupuncturist and Qigong teacher, was skeptical about the water practice. But after giving birth in January 2004, and experiencing the rocky road of physical and emotional postpartum recovery, Trumbull returned to class and was amazed to find how Aqua Ch'i brought balance to her week and increased her energy.

Kate Barnett, who has spent the past few years largely confined to a wheelchair, is now walking. Cynthia Hazell, retired social worker who had three surgeries for cancer, suffered heart problems and severe pain as a result of radiation and chemotherapy. After 5 years taking serious pain medication every 5 hours, she is now largely pain free.

Development. Bett L. Martinez, Qigong Teacher and wellness educator, began practicing meditative movements in water to deal with lingering effects of multiple fractures in a car accident, including osteo-arthritis. Grateful for her personal response, she was inspired to create a simple yet comprehensive program under the auspices of a non-profit organization, The Possible Society of California, with seed funding from a Breast Cancer Research Group .

In keeping with the aim of Aqua Ch'i, to be available, affordable and accessible, the program can be found in a number of YMCA's and community warm pools throughout the Bay Area. Call 510-526-0312, email well-being@pacbell.net or go to www.possiblesociety.org for a schedule.

Aqua Ch'i will be featured on NEW MORNING, Hallmark's channel 75, at 7 a.m. November 17 & December 12.