

SIGN CHI DO: How it got its name?

SIGN: The word *sign* was chosen to depict the use of sign language gesture. There are several different types of sign language, all of which have been used in this program at one time or another to help bring out a deeper understanding of the words. (We have used a combination of American sign, monastic sign, religious sign, Auslan Australian sign and others.) This is not intended to be course in sign language, it is intended to be used as a tool to help integrate the mind, body, spirit in a way that has never been done before.

Incorporating sign language gestures with breathing and movement allows us to exercise both the body and the brain at the same time. The actual signs are embellished in order to bring out the deepest meaning of each word or phrase.

CHI: The word *Chi* was chosen to depict the universal application of this program. It refers to inner energy.

Do: Means *the way*. Dr. Anne is also a D.O., Doctor of Osteopathic Medicine and created this program as one that is derived from a medical perspective.