

PROGRAM DETAILS

Integrated Hydrotherapy for Neuro clients L1 (IHDN 1)

at Aqua Active, Ram Inthra 14, Lad Phrao district, Bangkok,

Instructor : Asst. Prof. Dr. Prapas Pothongsunun

28 September 2026

08.00.-08.30	Registration		
08.30-09.30	Factors of effective movement	1.0	hr.
09.30–10.30	Conceptual approach in Halliwick 10 point program	1.0	hr.
10.30–10.45	Morning break		
10.45–12.00	Concepts of Applied PNF in Aqua	1.25	hrs.
12.00–13.00	Lunch break		
13.00–14.00	Conceptual approaches in Neurological disorders	1.0	hr.
14.00–15.30	Pool practice: Static and dynamic stability	1.5	hrs.
15.30–16.45	Pool practice: Specific conditions.	1.25	hr.
		Sum	7.0 hrs.