



WABA - Worldwide Aquatic Bodywork Association

WATSU INDIA™ - INSTITUTE FOR AQUATIC BODYWORK INDIA



Logbook Watsu India™

Addendum

Version 2017

**Brief Description of Courses
offered by Watsu India™**

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Logbook Watsu India™ Addendum

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Legend

Please check the legend and its detailed descriptions in order to have an overview and more clarity about the credits students will receive for different courses.

WABA	Registration	
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Registration

“Registration” Yes or No shows whether a course is recognized by WABA and/or Watsu India.

Watsu Hours

These courses are part of WABA’s and Watsu India’s core program to become a Watsu practitioner.

Land Bodywork Hours

These courses are part of WABA’s and Watsu India’s core program to become a Watsu practitioner and for WABA to become a Tantsu practitioner.

Elective Hours

These courses are part of WABA’s and Watsu India’s core program to become a Watsu practitioner.

Some elective courses with Watsu India, from which students can choose, are either not recognized by WABA or only credited as supplementary courses. That’s the reason why the total number of hours to become a Watsu practitioner is slightly higher with Watsu India than with WABA.

Supplementary Hours

These courses do NOT count as hours to become a Watsu practitioner. However, they are added to your personal transcript on WABA’s International Registry as “Aquatic Bodywork Supplemental Hours”.

Adapted Watsu®

A 3-day course for people with special needs, on the surface only.

In this course, you will learn how to apply the techniques of Watsu to people with special needs or disorders, whether physical or psychological. You also learn how to use the pool noodle and to work with people, who are particularly rigid or afraid to be held either for cultural reasons or fear of water.

In the regular Watsu, you learn how to create the necessary confidence to allow a person to relax in your arms. In this course you learn, on land and in water, the indispensable basis about the functioning of the human body, so that you can adapt and give a pleasant session to people with special needs.

Prerequisite: Watsu 2 or Watsu 1 plus 200 hours of aquatic bodywork training.

Adapted Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 25 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Ai Chi Introduction

A 1-day course.

Ai Chi (Japanese for Heart Energy) which combines principles of Tai Chi, Shiatsu (stretching of meridians) and Watsu is a warm water based sequence of movements performed with soft background music. It starts with simple breathing, builds up to bigger movements and finally involves the whole body coordination.

The big range of benefits Ai Chi provides include mind & body relaxation, increased balance, pain management, improved range of motion & general mobility, strengthening of core muscles, increased metabolism and blood circulation, mental alertness etc. It also contributes to reduction of stress, insomnia, depression, fatigue, anxiety and encourages the body into a state of relaxed awareness.

Ai Chi is open and beneficial to complete beginners as well as practitioners and therapists of other forms of bodywork on land or in water.

Prerequisite: no previous experience required.

Ai Chi Introduction gives 6 hours of credit for registration as an elective with Watsu India.

WABA	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	6
	Supplementary Hours	

Anatomy for Aquatic Bodyworkers

A basic knowledge of anatomy is required for a Watsu practitioner, working with a client's body in many different ways.

This class offers a theoretical and experiential overview of a model of traditional anatomy for Watsu. The course focuses on the planes and axes of movements, the mechanics of articulations, physiology, metabolism, and on the muscles and their lengthening. The theory and practice take place on land and in water. Through massages and specific exercises, we learn the functionality of various body structures and the possible applications in Watsu.

About one third of the course is dedicated to theory, one third to practice on land, and one third to practical applications in water.

Prerequisite: Watsu 2 or Watsu 1 plus 200 hours of aquatic bodywork training.

Anatomy for Aquatic Bodyworkers is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Assistant Training Course (ATC) Watsu® & OBA®

Watsu India organises an adult-learning course geared towards aquatic bodywork practitioners, who would like to become assistant teachers in Watsu & OBA (Oceanic Bodywork Aqua).

This course is offered by our experienced teacher, who over more than a decade of practicing and teaching Watsu and OBA has gained a deep knowledge of teaching these aquatic bodywork techniques.

While remaining respectful to the spirit of learning Watsu by Harold Dull and of OBA by Kaya & Nirvano, he has developed his own vision and methodology.

In this Assistant Training Course you will learn basic principles of teaching, such as the theoretical and practical teaching methodology for adult-learning, and apply them to aquatic bodywork modalities like Watsu & OBA.

Prerequisite: Practitioner of Watsu, OBA or other WABA recognised aquatic bodywork modalities.

ATC Watsu & OBA is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 30 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	30
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	30
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Couples in Flow

A 2-day course.

Welcome couples, on this 2 day journey of relaxation, connection and celebration on land and in warm water.

We offer you a safe space and simple explorations where you can rediscover one another in new ways of intimacy. You are going to learn easy applicable skills to hold space for each other, fun ways to be together and connect with others in the group.

This course is inspired by aquatic bodywork (like Watsu, Liquid Flow etc.), Tantsu (simple ways of holding and massaging on land), free dance, deep listening... and our innate longing to play, to connect and simply be.

Space is limited to 6 couples.

Prerequisite: No previous experience required (also no need to know how to swim!)

Couples in Flow gives no credit for registration with WABA or Watsu India.

WABA	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Healing Dance[®] 1

A 6-day course.

Healing Dance is an aquatic bodywork modality developed by Alexander Georgeakopoulos, an American ballet dancer and bodyworker. It is characterized by waves and spiral movements in water, and is generally more dynamic than Watsu.

In Healing Dance 1 the entire session takes place above the surface of the water, yet it elicits many of the same responses experienced in an underwater session. The form follows the natural tendencies of the body moving in water in a variety of waves, circles and figure eight's with the legs free to experience the sensation of the water flowing past. Positional sanctuaries, releases, creative stretches, and transitions, including the Matador and Vortex, are part of this level.

Students learn the principles of relating and mirroring, moving by example, generating a rhythmic field, and applying advanced body mechanics to be able to travel smoothly across the pool to create "virtual currents".

Prerequisite: Healing Dance Introduction or Watsu & Liquid Flow Basic or Watsu Basic.

Healing Dance 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration as an elective with WABA and with Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplementary Hours	

Healing Dance® 2

A 6-day course.

Healing Dance 2 builds on the moves and positions already learned in Healing Dance 1 and adds in spirals, some effective bodywork techniques and new mini- sequences.

Also included in this class are exercises to help students adapt and improvise in their work. Ideas for sequencing a Healing Dance session are discussed, and the concept of channeling movement is explored. It delivers the fullness of Healing Dance’s surface repertoire giving participants the tools and confidence to dance with their receivers.

Prerequisite: Healing Dance 1.

Healing Dance 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration as an elective with WABA and with Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplementary Hours	

Inner Watsu®

This 7-day workshop is for experienced water students only, who want to dive deeper in the different layers of Watsu.

“When your psychological energy returns beyond the period of the first childhood and penetrates in the heritage of your ancestral life, it is here that your deep spiritual world, whose existence you had never suspected, opens itself wide.” C. G. Jung

This beautiful quotation of Jung indicates the direction of the deep inner work that is carried out during this Inner Watsu seminar. Through an interdisciplinary approach and discussion on issues related to aquatic bodywork and personal growth, you will deepen your experience and understanding of working with human beings in warm water.

You will also learn about introducing Watsu to clients and about the role of the chakras (especially the heart chakra) as instruments of psychosomatic awareness. You will deepen your knowledge of Watsu for disabled clients and people with special needs. You will explore underwater work in new ways, and savour the joy of speaking about Watsu in relation to pregnancy, birth, respiration, and sexuality.

Please be aware that this is a deeply touching course; therefore avoid other activities during the time of the course.

Prerequisite: Watsu 2 or equivalent courses.

Inner Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Instructor Training Course (ITC) OBA®

Instructor Training Course (ITC) Oceanic Bodywork Aqua (OBA): Step 1 - Liquid Joy (OBA Basic Instructor)

Your learning goals during course are to be able at the end of your training to:

-) prepare and offer intro and basic OBA courses; perform individual tasks and provide the expected training; organize, guide and assist participants in line with ATC's vision;
-) provide a suitable learning environment, which promotes co-operation based on equal relationships; create conditions for both welfare and safety of participants throughout the training;
-) ensure quality teaching in order to foster a positive impact for developing personal skills;
-) promote their courses and adapt to the market realities of their region.

Additional requirements such as supervisions, assistant and co-teaching courses may be required before you can start teaching.

At the end of this training (and after positive evaluation) you will be entitled to offer OBA Basic and OBA Introduction courses.

Prerequisite: OBA practitioner plus Assistant Training Course or an equivalent class.

Instructor Training Course (ITC) OBA is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 30 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	30
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	30
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Instructor Training Course (ITC) Watsu®

This teachers' training course is based on Watsu India's vision, gained over decades of practice, while respecting the spirit of learning Watsu by Harold Dull

Learning goals of ITC WATSU

-) prepare and offer intro and basic Watsu courses; perform individual tasks and provide the expected training; organize, guide and assist participants in line with Watsu's vision;
-) provide a suitable learning environment, which promotes co-operation based on equal relationships; create conditions for both welfare and safety of participants;
-) ensure quality teaching in order to foster a positive impact for developing personal skills; promote courses and adapt to the market realities of your region.

You will be entitled -- after a positive evaluation -- to offer Watsu Basic and Watsu Introduction courses.

Additional requirements such as supervisions, assistant and co-teaching courses may be required before you can start teaching.

Prerequisite: Watsu practitioner min. 1 year, Watsu Assistant Training Course (ATC) or equivalent.

Instructor Training Course (ITC) Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 70 hours of credit for registration with WABA and Watsu India

WABA	Registration	Yes
	Watsu Hours	70
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	70
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Liquid Flow Essence

A 7-days course.

Liquid Flow is inspired and based on the forms and qualities of Watsu, Oceanic Bodywork Aqua (OBA), Healing Dance, and WaterDance.

This high level intermediate course with the main Liquid Flow sequence is for students and practitioners, who wish to dive deeper into the beauty of aquatic bodywork. During the course, you will expand your knowledge with a focus on flow and continuity of movement, which provide possibilities for improving your therapeutic work and holding space for a sense of timelessness. In combination with work on land, you will experience the profound, multilayered effects of this powerful, yet softening, work

Prerequisite: Watsu & Liquid Flow Basic or Watsu Basic & OBA Introduction or level 1 of other under water modalities.

Liquid Flow Essence is part of the Watsu India training program and gives 50 hours of credit for registration as a supplementary class with WABA (Worldwide Aquatic Bodywork Association) and as an elective with Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	50

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplementary Hours	

OBA[®] 1 – Fluid Body

A 3-day course, mainly focused on underwater work.

OBA 1 – Fluid Body concentrates on basic skills for working with a client under water.

It also offers a process of discovery and learning how to engage with the element of water and its healing properties in a playful and relaxed way.

In addition to gaining practical skills in the Oceanic Bodywork Aqua techniques, which you can intensify by giving and receiving sessions, the theoretical process on land helps you to consolidate what you have learnt in the pool.

Prerequisite: Watsu Basic & OBA Introduction, or Watsu & Liquid Flow Basic.

Oceanic Bodywork Aqua (OBA) 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 25 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

OBA[®] 2 – Oceanic Body

A 7-day course, fully focused on under-water work.

OBA 2 focuses on learning more complex techniques, refining your intuitive responses and preparing for working professionally with people in water.

The environment of the group allows to integrate your own experience and to learn how to give and to receive, how to lead and to surrender. These are central aspects in understanding and experiencing how OBA works.

Successful completion of this course enables you to give practice sessions to friends and family.

Prerequisite: OBA 1 or Liquid Flow Essence or Waterdance 1.

Oceanic Bodywork Aqua (OBA) 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 60 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	60
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	60
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

OBA[®] 3 – Cosmic Body

A 7-day course, mainly under water.

During these 7 days, you will repeat and deepen what you have learned in OBA 1 & 2 (formerly called Aquawellness 1 & 2) and deepen your insight into giving an OBA session.

You will also be introduced to the latest, more advanced techniques and learn about the benefits of working with a series of sessions in order to experience the profound "aquatic body wave".

You'll have time to deepen your personal growth and continue your learning path in a safe space of love and support. It will as well continue your journey back to your origins into the endless depths of your inner ocean.

With this course, you will complete the main steps of your learning process as OBA Bodyworker.

Prerequisite: OBA 2 or Waterdance 2

Oceanic Bodywork Aqua 3 (OBA 3) gives 60 supplementary hours of credits with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	60

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	60

Shiatsu for Watsu®

A 6-day course.

Shiatsu is a form of natural healing that originated within the oldest healing system known to humanity. It is a method of restoring and maintaining health by adjusting and balancing the body's primary communication system - the energy system.

About 50% of this course is on land. We will offer a simple protocol of Shiatsu, learning to apply pressure along the 12 main Meridians (energy pathways), and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises will let you discover your own energy system, to become more sensitive to the energy in your partner's body and to transmit that into the water.

To become a registered Watsu practitioner, you need to have at least 50 hours of Shiatsu or Tantsu, another method of land-based bodywork.

Prerequisite: Watsu 1 or equivalent course.

Shiatsu for Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Tantsu® 1

A 6-days course, on land only.

During the first 4 days, you will learn the basics of Tantsu: cradling someone in a comfortable holding, which gives access to a deep level of relaxation and stillness.

The micro-movements that appear will guide your moves, stretches and rotations of shoulders, arms, hips and legs, thereby releasing blockages in the energy flow.

The following 2 days will take you deeper into body-listening and exploration of various possible body movements. You will also learn about meridians, hara, and the connection between mind and body.

This course will teach you Tantsu as a joyful expression of caring love.

Prerequisite: no previous experience required.

Tantsu 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	50
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	50
	Elective Hours	
	Supplementary Hours	

Water & Dance

A 2-day course for ALL lovers of movement and flow.

We will playfully explore and express through movement and dance on land and in warm water, on our own or with partners and the group. From self connection to allowing movements to emerge, no one deciding where to go, the doors open for non verbal communication and deep sharing.

On land connecting to our deeper longings, we give the body permission to find its own ways into expression and possibly contact with others.

Warm water with the sense of weightlessness and a model of fluidity invites us to let go and to experiment our own organic and fluid way of moving.

Prerequisite: No previous experience required

Water & Dance gives 15 supplementary hours of credit for registration with Watsu India.

WABA	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	15

WaterDance 1

A 6-day course, mainly under water.

In WaterDance we explore the breath in various ways. Having an intimate relationship with our own breath is a good base for any healing touch and deep connection. Active and passive breathing exercises and meditations will reveal how respiratory behaviour can affect both the thoughts and the emotions.

In the water, we will begin with learning how to put water-frightened or -traumatized people into a soft, slow and safe contact with the underwater world. The very "first submersions" are devoted a great deal of attention, patience and time. In the course of the training, the movements of the " WATA Short Form" are shown and practiced.

On land, we will also examine our ability to really listen to another person and meet them where they are. We will use the community circle as well as smaller groups and possible paired grouping.

Prerequisite: WATA Fundamentals, Basis Seminar, Watsu 1, Healing Dance, Watsu & Liquid Flow Basic or Watsu & OBA Basic, or any other WABA recognised warm water modality.

WaterDance 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA. The course is also part of the WaterDance learning program and gives 50 hours of credit for registration with Watsu India.

WABA	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

WaterDance 2

A 6-day course, mainly under water.

In WaterDance 2, we build on and deepen the work of WaterDance 1, taking the same principles and material, expanding on them with a fuller repertoire of underwater moves and techniques. We continue to listen and to deeply connect to the breath, which is the linking thread throughout every WATA session.

We also explore "WATA's Extended Form", which involves new moves and ways of linking sequences. The expanded techniques guide us deeper into a space of dance, fluidity, and grace. By the end of the course, we have learned enough material to give full secure sessions and to initiate a profound healing work.

Prerequisites: WaterDance 1.

WaterDance 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA. The course is also part of the WaterDance learning program and gives 50 hours of credit for registration with Watsu India.

WABA	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

WaterDance 3

A 6-day course, mainly under water.

Free-Flow-Dance: Are you ready to take the next step into a new dimension?

In WaterDance 3, we invite you on a journey, which will lead you to more creativity and spontaneity. In Free Flow, you expand on the WaterDance 1 and 2 foundations taking your repertoire of movement into the realm of true dance. You will be guided to create your own underwater moves and learn to link them in endless new ways. We intend to open a space in which we focus and absorb the moment with all of our senses. With this kind of presence, our dance will be directly connected with our partner; it becomes creative, spontaneous, playful and perhaps different from all that we have done so far with WaterDance.

Breath and rhythm are for both the giver and the receiver important guidelines. In this class, we will listen carefully to the intimate relationship of breathing, rhythm and movement. When we succeed to be deeply connected with the essence of breath on the most profound level possible, spontaneous moving impulses will be created, expressing the poetry of the soul of both the giver and the receiver.

Prerequisites: WaterDance 1 & 2.

WaterDance 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA. The course is also part of the WaterDance learning program and gives 50 hours of credit for registration with Watsu India.

WABA	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® & Breathing

A 2-day journey of exploring and discovering your breath and its applications in Watsu.

You will discover how to integrate the practice of Watsu qualities and the power of working with the breath.

Several topics will be discussed such as the link between breathing and yourself as a giver, but also breathing and energetic connection with the receiver. You will study the anatomical basis of our respiratory system to better understand its functioning.

To incorporate these elements into your water work, you will practice, explore, share your feelings, and practice again and again...

Prerequisite: Watsu Basic or Watsu & Liquid Flow Basic.

Watsu & Breathing is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 15 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® & Elements of Vipassana

An intensive 7-day residential retreat, during which we stay for the entire time in isolation and silence.

An important part of aquatic bodywork is about simply BEING instead of DOING something particular. Meditation is one of the best ways to enter into that state of being. Vipassana, which means to see things as they really are, is one of India's most ancient meditation techniques. It was rediscovered by Gautama the Buddha more than 2500 years ago. Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between body and mind, which can be directly experienced during meditation. Watsu brings giver and receiver to a new level of connection and consciousness that involves our whole being.

In this retreat, we combine elements of Vipassana meditation with the depth and practice of Watsu to encourage the search for our inner emptiness. Through isolation and silence, we will enter into a deep contact with our inner self. This journey of observation and self-discovery can bring us to the roots of our mind and dissolve mental and emotional impurities, giving us back balance, love and compassion.

Prerequisite: Watsu 1 or equivalent course.

Watsu & Elements of Vipassana is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 supplementary hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	50

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	50

Watsu® & Liquid Flow Basic

A course of 6 half days.

Watsu, the part where the client's face stays always on the surface, introduces the body mechanics required to work with someone immersed in water in order to create a profound state of both physical and mental relaxation. During the Liquid Flow part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in the water. You will experience floating other people and being floated, on the surface and under water, creating a space for deep relaxation and nurturing body, mind and spirit.

Prerequisite: no previous experience required.

Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 16 hours of credit for registration with WABA and Watsu India. Liquid Flow Basic is part of the Watsu India learning program and gives 27 hours of credit for registration with Watsu India and 11 supplementary hours with WABA.

WABA	Registration	Yes
	Watsu Hours	16
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	11

Watsu India	Registration	Yes
	Watsu Hours	27
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® & Meditation

A 2-day course.

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. The purpose of meditation - besides the physical and psychological benefits - is to build a connection with our soul and with the divine in and around us, in whichever spiritual or religious form we prefer to understand.

It also encourages the development of our intuition and perception through the heart and not only through the rational mind. This permits us, in certain life situations, to operate on a higher level and make better choices.

Meditation helps us essentially to develop our capacity for personal introspection and is the basis for our ability to listen to the person we float in our arms during a Watsu session. In this way we can work with a genuine empathy, thereby stimulating the flow of subtle energy.

Prerequisite: Watsu Basic or Watsu & Liquid Flow Basic.

Meditation for Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 15 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® & Pregnancy

A 2-day course.

This 2-day course offers water students and practitioners the necessary tools for giving sessions to pregnant women and gaining a deeper insight into the fascinating world of pregnancy and birth in relation to aquatic bodywork. It also offers specific indications and contra-indications in the context of pregnancy and will allow you to give a precious support to future mothers.

With Watsu, we can help relieving specific pains and create psychological conditions to better prepare pregnant women for child-birth. The course also focuses on the prenatal energetic relation between parents and child and how the future father can fully participate in the pregnancy. With Watsu, the family history starts well before birth...

Prerequisite: Watsu Basic or Watsu & Liquid Flow Basic.

Watsu & Pregnancy is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 15 supplementary hours of credit for registration with WABA and as an elective with Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	15

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	15
	Supplementary Hours	

Watsu® 1 (Transition Flow)

A 5-day course on the surface only.

In this course, you learn to connect these basic movements and positions with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

Prerequisite: Watsu & Liquid Flow Basic or Watsu Basic.

Watsu 1 (Transition Flow) is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 34 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	34
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	34
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® 1 & OBA® 1 – Fluid Body

An intensive 10-day course (with a one day break after 6 days) on the surface as well as under water.

This intensive 10-day course (with a one day break after 6 days) on the surface as well as under water is a “classic” in our course repertoire.

In the first stage of Watsu 1, you will learn Watsu’s Tai Chi-like basic movements and positions while letting the water do the work. In the second stage, the Transition Flow, you will acquire the skills to connect these basic movements with long, gracefully flowing transitions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

OBA 1 – Fluid Body focuses mainly on underwater movements, where the whole body can be moved in playful new ways.

On land, you will be introduced to both Co-Centering and Tantsu and explore and share what being held means to you and others.

Prerequisite: Watsu & Liquid Flow Basic or Watsu Basic & OBA Introduction.

Watsu 1 & Oceanic Bodywork Aqua (OBA) 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 75 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® 2

A 7-day course on the surface only.

Watsu 2 expands the Transition Flow taught in Watsu 1. You learn additional movements and bodywork in each position and to incorporate them in a session. You also learn about the meridians and acupressure points in Watsu and to creatively explore your own movements, while following the client’s tendency to move. Acupressure massage, lifts, pushes and pulls introduced at this stage, help developing the ability to explore and play with energy.

Because you have now plenty of material to work with, it is recommended that you give at least 20 logged practice sessions before moving on to Watsu 3 or another form of aquatic bodywork.

Prerequisite: Watsu 1.

Watsu 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® 3

A 7-day course on the surface only.

Watsu 3 is for people who have given enough Watsu sessions to develop a comfortable, intuitive awareness of how to float another person and who are ready to adapt and further explore aquatic bodywork outside the fixed form of Watsu 2.

Powerful stretches and advanced techniques, and rolls that require a spontaneous adaptation are learned as a gateway into Watsu's "Free Flow".

You can only participate in this advanced course after having shown and passed your Watsu 2 mastery!

Prerequisite: Watsu 2 and Watsu 2 mastery.

Watsu 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® Basic

A 2-days course, on the surface only.

Watsu Basic introduces the body mechanics to work with someone on the surface in order to create a profound state of physical and mental relaxation. In this course, you will learn and practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another person in water. You will experience floating other people and being floated, while creating a space for deep relaxation and nurturing body, mind and spirit.

Considered as one of the most profound developments in bodywork in recent times, Watsu brings the giver and receiver to a new level of connection and consciousness that involves our whole being.

Prerequisite: no previous experience required.

Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	16
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	16
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® Basic & OBA® Introduction

A 3-days course.

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part during which the client's face remains on the surface, introduces the qualities and body mechanics to work with someone in water. During the OBA part the receiver is brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Prerequisite: no previous experience required.

Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credit for registration with WABA and Watsu India. OBA Introduction is part of the Watsu India training program and gives additional 8 hours of credit for registration with Watsu India and 8 supplementary hours with WABA.

WABA	Registration	Yes
	Watsu Hours	16
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	8

Watsu India	Registration	Yes
	Watsu Hours	24
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® for Babies

A 1-day course.

Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those who would like to learn the joy of being in water with babies.

In this course you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water.

Through some Tantsu and Ai-Chi exercises, you learn to listen to yourself and to the baby you hold in your arms. You will also learn possible transitions of the Watsu sequence in order to expand it in a creative way for babies. Thanks to the collaboration with Gianni De Stefani, certified WABA teacher, Dr. Riccardo Palumbo has been able to develop a new massage, which is introduced in this course to bring Watsu into the world of babies.

Prerequisite: Watsu Basic or Watsu & Liquid Flow Basic, or having a degree to work with babies.

Watsu for Babies is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 8 supplementary hours of credit for registration with WABA and as an elective with Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	8

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	8
	Supplementary Hours	

Watsu® Integration Days

1-day courses, on the surface only.

Integration Days under supervision of a WABA recognized instructor are excellent opportunities to refresh, adapt and further explore the techniques and sequence learned in Watsu 1 and/or Watsu 2 and their effects on both giver and receiver.

Special attention is given to details of the movements and their necessary adaptations according to the size, buoyancy and flexibility of the receiver. By refining the gracefully flowing transitions of Watsu's major positions and perfecting your own body mechanics, you learn how to support and move each person as effortlessly as possible in water. Answers are given to your specific questions and challenges as a Watsu student, which stimulate your progress in aquatic bodywork.

Prerequisite: Watsu 1 or 2.

Watsu Integration Days are recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and give 6 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	6
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	6
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu® Spa Provider

A 10-day course.

The purpose of this training course is to prepare therapists, already trained in another bodywork modality, to offer water massage sessions in a professional way. You will learn the techniques of Watsu Basic and Oceanic Bodywork Aqua (OBA) Basic (underwater work) and how to apply elements of hydrodynamics in a water session.

Through specific exercises and meditation, you develop your capacity to listen to the person you hold in your arms and to establish an empathic connection. You also learn about the anatomical and energetic elements of aquatic bodywork and how to adapt a treatment to different types of clients. The course is based upon a particular agreement (see www.watsu.com), which allows the therapist to give Watsu sessions, but only in the same Spa where s/he already works.

Prerequisite: training as a therapist in bodywork successfully completed, with at least 500 hours of learning program.

Watsu Provider for Spa is recognized by WABA (Worldwide Aquatic Bodywork Association) as a specific Watsu learning program and gives 75 hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Watsu India	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	

Woga 1 & 2 (Yoga in Water)

A 2-days course.

Woga is the union of two words: water and yoga. Thanks to a decrease of gravity, water offers an ideal environment for Hatha Yoga asanas in combination with Pranayama, the control and regulation of the respiration. The warm water sweetens movements, unblocks articulations, and lengthens and melts muscles.

Water yoga is based on classic yoga poses and stretches, which are modified for standing in water that is between waist-to-chest high. You do not need to know how to swim. Classes are structured much like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool!

Focus of Woga 1 & 2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and also under water), Pranayama and meditation.

Prerequisite: No previous experience required (also no need to know how to swim!).

Woga 1 & 2 (Yoga in Water 1 & 2), is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 12 supplementary hours of credit for registration with WABA and Watsu India.

WABA	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	12

Watsu India	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplementary Hours	12