



WATSU  INDIA

Water & Dance

with Dariya & Daniel

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.

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 role model of fluidity invites us to let go and to experiment our own organic and fluid way of moving. No previous experience required!



24 - 25 March 2020

9 AM - 6 PM

At Quiet
Healing Center, Auroville
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