

# Watsu® & Meditation

## with Dariya



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.

Watsu & Meditation is a worldwide recognized WABA course.

**14 - 15 September 2017**

**9 AM - 6 PM**



At Quiet  
Healing Center  
Auroville

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