



WATSU  INDIA

Watsu® & Meditation

with Dariya

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.

Watsu & Meditation is a worldwide recognized WABA course.



4 - 5 Feb. 2019

9 AM - 6 PM

At Quiet
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