



WATSU  INDIA

Oceanic Bodywork 



Watsu® & OBA® Basic

with Dariya & Daniel

Floating in warm water
weightlessly and free of effort

In this course, you will learn the basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in the water, on the surface as well as under water. And you will learn a sequence to offer to others.

Participants in this course often appreciate the created space for deep relaxation and nurturing of body, mind & spirit, and the group dynamics that foster meaningful connections.

Watsu & OBA Basic is a worldwide recognized WABA course.

1 - 6 September 2017

1.00 - 6 PM

At Quiet
Healing Center
Auroville



Info & booking:
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