



WATSU  INDIA

Watsu® & OBA® Basic

with Dariya & Daniel

Floating in warm water
weightlessly and free of effort

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and 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.

Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Watsu & OBA Basic is a worldwide recognized WABA course.

24 - 29 Dec. 2018

1.00 - 6.00 PM

At Quiet
Healing Center, Auroville

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