



WATSU  INDIA

Watsu® 1 (Transition Flow)

with Dariya & Daniel

In this course you will be taught to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions.

You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

Watsu 1 (TF) is a worldwide recognized WABA course.

9 - 13 April 2019

9 AM - 6 PM

At Quiet
Healing Center, Auroville
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