



WATSU INDIA



# Watsu® 1

## (Transition Flow)

with Dariya & Daniel

In this 5-day's course, you will connect the basic movements and positions (you have learned in the Watsu Basic course) with long, gracefully flowing transitions to adapt 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.

On land, you will be introduced to both Co-Centering and Tantsu, and explore and share what being held means to you and others.

Watsu 1 is a worldwide recognized WABA course.

**8 - 12 September 2017**

9 AM - 6 PM

At Quiet  
Healing Center  
Auroville



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