



WATSU  INDIA

# Watsu® Yoga Round

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to our heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of our being.

When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching alternated with moments of stillness invite a progressive well-being; body and mind become free to dance!

Prerequisites: no previous experience required



**5 March 2020**

6.30 - 9.00 PM

At Quiet  
Healing Center, Auroville  
0413 2622 329  
948 80 84966  
[quiet@auroville.org.in](mailto:quiet@auroville.org.in)