



# Quiet Healing Center Aquatic Bodywork Courses December 2017 - April 2018

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For information & bookings, please email us at [quiet@auroville.org.in](mailto:quiet@auroville.org.in), contact us through our website [www.quiethealingcenter.info](http://www.quiethealingcenter.info) or call our reception +91 413 2622329 (landline) or +91 9488084966 (mobile)



## Adapted Watsu®

with Gianni De Stefani



You will learn to apply the qualities and techniques of Watsu to persons with special needs or disorders, whether physical or mental.

You will also learn using pool noodles and working with people, who are particularly rigid or afraid to be held due to trauma, culture or water fear.

In regular Watsu, you learn creating the necessary confidence to allow people to relax in your arms.

**Dates:**

23 - 25 March 2018

**Prerequisite:**

Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

Adapted Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 25 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 14,500 (lunch included)

In this course you will learn, on land and in water, an indispensable basis about the functioning of the body, so that you can adapt and offer a pleasant session to persons with special needs.

## Couples in Flow

with Dariya & Daniel



Welcome couples to this 2-day journey of relaxation, connection and celebration on land and in warm water.

We offer you a safe space and simple explorations where you can rediscover one another in new ways of intimacy.

**Dates:**

23 - 24 December 2017  
07 - 08 April 2018

**Prerequisites:**

No previous experiences required (also no need to know how to swim!)

**Credits:** Couples in Flow gives no credit for registration with WABA or Watsu India.

**Course Price:** ₹ 9,950 per couple (lunch included)

You will learn easily applicable skills to hold space for each other, fun ways to be together, and connect with others in the group.

This course is inspired by aquatic bodywork (Watsu, Liquid Flow etc.), Tantsu (simple ways of holding and massaging on land), free dance, deep listening, and our innate longing to play, connect and simply be. Space is limited to 8 couples.



## Inner Watsu

with Watsu India Team

This 6-day workshop is for experienced water students.

Through an interdisciplinary approach and discussion on issues related to aquatic bodywork and personal growth, you will deepen your experience and understanding of working with human beings in warm water.



You will learn introducing Watsu to clients and about the role of chakras (especially the heart chakra) as instruments of psychosomatic awareness.

You will deepen your knowledge of Watsu for disabled clients and persons with special needs. You will also explore underwater work in new ways, and experience the joy of learning about Watsu in relation to pregnancy, birth, breathing and sexuality.

**Dates:**  
17 - 22 February 2018

**Prerequisite:**  
Watsu 2 or an equivalent course.

Inner Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 28,500 (lunch included)

## Instructor Training Course (ITC) Watsu® with Watsu India Team



Your learning goals during this course are to be able at the end of your training to:

- )] prepare and offer Intro and Basic Watsu courses;
- )] perform individual tasks and provide the expected training;
- )] organize, guide and assist participants in line with Watsu's vision;
- )] provide a suitable learning environment, which promotes co-operation based on equal partnerships;
- )] create conditions for both welfare and safety of participants;
- )] ensure quality teaching in order to foster a positive impact for developing personal skills;
- )] promote courses and adapt to the market realities of your region.

You will be entitled - after a positive evaluation - to offer Watsu Basic and Watsu Introduction courses. Additional requirements such as supervisions, assistant and co-teaching courses may be required before you can start teaching.

**Dates:**  
29 March - 05 April 2018

**Prerequisites:**  
Watsu practitioner for min. 1 year and Watsu Assistant Training Course (ATC) or equivalent.

**Credits:** ITC Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 70 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 39,950 (lunch included)



## Liquid Flow Essence

with Dariya & Daniel



This 7-day high-level intermediate course with the main Liquid Flow sequence is for students and practitioners, who wish to dive deeper into the beauty of aquatic bodywork.

During the course, you will expand your knowledge and focus on flow

and continuity of movement, which offer possibilities for improving your therapeutic work and holding space for a sense of timelessness.

In combination with exercises on land, you will experience the profound, multilayered effects of this powerful, yet softening, work.

**Dates:**  
08 - 14 January 2018

**Prerequisites:**  
Watsu & Liquid Flow Basic or Watsu & OBA Basic, and number of practice sessions given according to teachers' recommendation.

**Credits:** Liquid Flow Essence is part of the Watsu India training program and gives 50 supplementary hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association) and as an elective with Watsu India.

**Course Price:** ₹ 29,500 (lunch included)

## Shiatsu for Watsu®

with Natacha Laborde & Petra Buschfeld



Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network - the energy system.

About 60% of this course is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu and 50 hours of Tantsu, another method of land-based bodywork.

**Dates:**  
03 - 09 March 2018

**Prerequisites:**  
Watsu 1 or equivalent course.

**Credits:** Shiatsu for Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credits for registration with WABA and Watsu India.

**Course Price:** ₹ 29,500 (lunch included)



## Tantsu® 1

with Xavier Boisson



During the first four days, you will learn the basics of Tantsu: cradling someone in a comfortable hold, which gives access to a deep level of relaxation and stillness.

The micro-movements that appear will guide your moves, stretches and rotations of shoulders, arms, hips and legs, thereby releasing blockages in the energy flow.

The following two days will take you deeper into body-listening and exploration of various possible body movements. You will also learn about meridians, hara, and the connection between mind and body.

This course will teach you Tantsu as a joyful expression of caring love.

**Dates:**  
25 Feb. - 02 March 2018

**Prerequisites:**  
No previous experience required.

**Credits:** Tantsu 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 29,500 (lunch included)

## Water & Dance

with Dariya & Daniel



**Dates:**  
19 - 20 December 2017  
17 - 18 April 2018

**Prerequisites:**  
No previous experience required.

**Credits:** Water & Dance gives 15 hours of credit for registration as a supplementary class with Watsu India.

**Course Price:** ₹ 6,950 (lunch included)

A 2-day celebration for ALL lovers of movement and flow.

We will playfully explore and express ourselves through movement and dance on land and in warm water, on our own, with partners and in group. From self-connection to allowing movements to emerge, no one deciding where to go, the doors open for non-verbal communication and deep sharing...

Connecting on land to our deeper longings, we give the body permission to find its own way of expression and possibly contacting others. Warm water with its sense of weightlessness and fluidity invites us to let go and experiment with our own organic and fluid way of movement.

Let's celebrate this journey together!



## WaterDance 1

with Arjana



We will begin with learning how to bring water-frightened or traumatized people into a soft, slow and safe contact with the underwater world. The very first “submersions” are devoted a great deal of attention, patience and time.

In the course of this training, the movements of the “WaterDance Short Form” will be shown and practiced. By moving different body types through water, participants learn gradually to adapt their technique and increase their confidence, ease and graceful fluidity. By using kumbhaka (apnea) under water, the receiver is invited to relax into deep states of inner silence, freedom and joy.

On land, we will examine our ability to really listen to another person and meet them where they are. We will use the group circle as well as break up into smaller groups and pairs.

**Dates:**  
16 - 21 January 2018

**Prerequisites:**  
WATA Fundamentals, Basis Seminar, Watsu 1, Healing Dance, Watsu & Liquid Flow Basic or Watsu & OBA Basic, or any other WABA recognised warm water modality.

**Credits:** WaterDance 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 29,500 (lunch included)

## WaterDance 2

with Arjana



In WaterDance 2, we deepen the work of WaterDance 1, using the same principles while expanding the material with a fuller repertoire of underwater moves and techniques. We continue to listen and deeply connect to the breath, which is the linking thread throughout a WaterDance session.

We also explore the “WaterDance Extended Form”, which involves new moves and ways of linking sequences. These expanded techniques guide us deeper into a space of fluidity and grace.

By the end of this course, we have learned enough material to give full secure sessions and to initiate profound healing.

WaterDance becomes a real dance in meditation, for both giver and receiver.

**Dates:**  
30 Jan. - 04 Feb. 2018

**Prerequisites:**  
WaterDance 1.

**Credits:** WaterDance 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 29,500 (lunch included)



## WaterDance 3

with Arjana



In WaterDance 3, we invite you on a journey, which will lead you to more creativity and spontaneity. In Free Flow, you expand on the foundations of WaterDance 1 and 2, taking your repertoire of movement into the realm of a true dance.

**Dates:**  
25 Feb. - 02 March 2018

**Prerequisites:**  
WaterDance 2.

**Credits:** WaterDance 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 29,500  
(lunch included)

You will be guided to create your own underwater moves and learn to link them in endless new ways. We intend to open a space in which we focus and absorb the moment with all our senses. With this kind of presence, our dance will be directly connected with our partner; it becomes creative, spontaneous, playful and perhaps different from all that we have done so far with WaterDance.

In this course, we will listen carefully to the intimate connection between breathing, rhythm and movement.

## Watsu® & Breathing

with Xavier Boisson



A 2-day journey of exploring and discovering your breath and its applications in Watsu. You will also learn to integrate the practice of Watsu qualities and the power of working with your client's breath.

Several topics will be discussed such as the link between breathing and yourself as a giver, but also breathing and your energetic connection with the receiver. You will also learn about the anatomical basis of our respiratory system to better understand its functioning.

To incorporate all these elements into your water work, you will practice, explore, share your feelings, and practice again and again...

**Dates:**  
21 - 22 March 2018

**Prerequisites:**  
Watsu Basic or Watsu & Liquid Flow Basic.

**Credits:** Watsu & Breathing is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 15 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 8,950  
(lunch included)



## Watsu® & Liquid Flow Basic

with Dariya & Daniel



Watsu & Liquid Flow are aquatic bodywork modalities given in a warm water pool (ideally 35°C).

Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water.

During the Liquid Flow part the receiver is also brought under water (with nose clip), which offers a unique experience.

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.

**Dates:** (6 half days only)  
03 - 08 March 2018

**Prerequisites:**  
No previous experience required.

**Credits:** Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credit for registration with WABA and Watsu India. Liquid Flow Basic is part of the Watsu India training program and gives additional 11 hours of credit for registration with Watsu India and 11 supplementary hours with WABA.

**Course Price:** ₹ 14,950

## Watsu® & Meditation

with Dariya



Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others.

The purpose of meditation - besides the physical and psychological benefits - is to build a connection with our soul and with the Divine in and around us, in whichever spiritual or religious form we prefer to understand.

It also encourages the development of our intuition and perception through the heart and not only through the rational mind. This permits us, in certain life situations, to operate on a higher level and make better choices.

Meditation helps us essentially to develop our capacity for personal introspection and is the basis for our ability to listen to the person we float during a Watsu session.

**Dates:**  
23 - 24 February 2018

**Prerequisites:**  
Watsu Basic or Watsu & Liquid Flow Basic.

**Credits:** Watsu and Meditation is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 15 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 8,950  
(lunch included)





## Watsu® & OBA® Basic

with Dariya & Daniel



Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C).

Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water.

During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

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.

**Dates:** (6 half days only)  
25 - 30 December 2017  
09 - 14 April 2018

**Prerequisites:**  
No previous experience required.

**Credits:** Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credit for registration with WABA and Watsu India. OBA Basic is part of the Watsu India training program and gives an additional 15 hours of credit for registration with Watsu India and 15 supplementary hours with WABA.

**Course Price:** ₹ 17,000

## Watsu® & Pregnancy

with Xavier Boisson



This 3-day course offers water students and practitioners the necessary tools for giving sessions to pregnant women and gaining a deeper insight into the fascinating world of pregnancy and birth in relation to aquatic bodywork. It also offers specific indications and contra-indications in the context of pregnancy and will allow you to give precious support to future mothers.

**Dates:**  
10 - 12 March 2018

**Prerequisites:**  
Watsu Basic or Watsu & Liquid Flow Basic.

**Credits:** Watsu & Pregnancy gives 15 hours of credit as an elective with Watsu India.

**Course Price:** ₹ 14,500  
(lunch included)

With Watsu, we can help relieving specific pains and create psychological conditions to better prepare pregnant women for childbirth.

The course also focuses on the prenatal energetic relation between parents and child and how the future father can fully participate in the pregnancy. With Watsu, the family history starts well before birth...



## Watsu® 1 (TF) & OBA® 1 - Fluid Body with Gianni De Stefani



This intensive 8-day course (with a one-day break after 3 days) on the surface as well as under water is a “classic” in our course repertoire.

During the Transition Flow (TF), you will acquire the skills to connect the basic movements you have learned in Watsu Basic with long, gracefully flowing transitions.

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

OBA 1 - Fluid Body focuses mainly on underwater movements, where the whole body can be moved in playful new ways.

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

**Dates:**  
08 - 16 February 2018  
(no course on 11 Feb.)

**Prerequisites:**  
Watsu & Liquid Flow Basic or Watsu Basic & OBA Basic.

**Credits:** Watsu 1 (TF) & OBA 1 - Fluid Body is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 59 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 35,500  
(lunch included)

## Watsu® 1 (Transition Flow) with Dariya & Daniel



A 5-day course on the surface only.

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.

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

**Dates:**  
02 - 06 January 2018

**Prerequisites:**  
Watsu & Liquid Flow Basic or Watsu Basic & OBA Intro or Watsu Basic.

**Credits:** Watsu 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 34 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 20,500  
(lunch included)



## Watsu® 1 Integration Day

with Dariya or Xavier



Integration Days under supervision of a WABA (Worldwide Aquatic Bodywork Association) recognized instructor are excellent opportunities to refresh, adapt and further explore the techniques and sequence learned in Watsu 1 and their effects on both giver and receiver.

Special attention is given to details of the movements and their necessary adaptations according to the size, buoyancy and flexibility of the receiver.

By refining the gracefully flowing transitions of Watsu's major positions and perfecting your own body mechanics, you learn how to support and move each person as effortlessly as possible.

Answers are given to your specific questions and challenges as a Watsu student, which will stimulate your progress in aquatic bodywork.

**Dates:**  
22 December 2017  
09 March 2018

**Prerequisites:**  
Watsu 1.

**Credits:** Watsu 1 Integration Day is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 3 or 6 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 1,750 (for 3 hours course) and ₹ 3,500 (for 6 hours course)

## Watsu® 2

with Xavier Boisson



A 7-day course on the surface only.

Watsu 2 expands the Transition Flow taught in Watsu 1. You learn additional movements and bodywork in each position and to incorporate them in a session.

You also learn about the meridians and acupressure points in Watsu and to creatively explore your own movements, while following the client's tendency to move.

Practicing acupressure massage, lifts, pushes and pulls introduced at this stage, helps developing the ability to explore and play with energy.

Because you have now plenty of material to work with, it is recommended that you give at least 20 logged practice sessions before moving on to Watsu 3 or another form of aquatic bodywork.

**Dates:**  
14 - 20 March 2018

**Prerequisites:**  
Watsu 1.

**Credits:** Watsu 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 29,500 (lunch included)



## Watsu® 2 Integration Day

with Dariya



Integration Days under supervision of a WABA recognized instructor are excellent opportunities to refresh, adapt and further explore the techniques and sequence learned in Watsu 1 and their effects on both giver and receiver.

Special attention is given to details of the

movements and their necessary adaptations according to the size, buoyancy and flexibility of the receiver.

By refining the gracefully flowing transitions of Watsu's major positions and perfecting your own body mechanics, you learn how to support and move each person as effortlessly as possible in water. Answers are given to your specific questions and challenges as a Watsu student, which will stimulate your progress in aquatic bodywork.

**Dates:**  
06 April 2018

**Prerequisites:**  
Watsu 2.

**Credits:** Watsu 2 Integration Day is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 6 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 3,500  
(lunch included)

## Watsu® 3

with Gianni De Stefani



A 7-day course on the surface only.

Watsu 3 is for people who have given enough practice sessions to develop a comfortable, intuitive awareness of how to float another person and who are ready to adapt and further explore aquatic bodywork outside the fixed form of Watsu 2.

**Dates:**  
22 - 28 January 2018

**Prerequisites:**  
Watsu 2 and Watsu 2 mastery.

**Credits:** Watsu 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 29,500  
(lunch included)

Powerful stretches and advanced techniques are introduced while rolls that require a spontaneous adaptation are learned as a gateway into Watsu's "Free Flow".

You can only participate in this advanced course after having shown and passed your Watsu 2 mastery!



## Watsu® Basic & OBA® Intro

with Petra Buschfeld



Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C).

Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water.

During the OBA part the receiver is brought under water (with nose clip), which offers a unique experience.

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

**Dates:**

05 - 07 February 2018  
26 - 28 March 2018

**Prerequisites:**

No previous experience required.

**Credits:** Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credit for registration with WABA and Watsu India. OBA Intro is part of the Watsu India training program and gives additional 8 hours of credit for registration with Watsu India and 8 supplementary hours with WABA.

**Course Price:** ₹ 13,950 (lunch included)

## Watsu® for Babies

with Dariya



Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those who would like to learn the joy of being in water with babies.

In this course you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water.

Through some Tantsu and Ai-Chi exercises, you learn to listen to yourself and to the baby you hold in your arms. You will also learn possible transitions of the Watsu sequence in order to expand it in a creative way for babies.

**Dates:**

11 February 2018

**Prerequisites:**

Watsu Basic or a degree to work with babies in water.

**Credits:** Watsu for Babies is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 8 hours of credit for registration as aquatic bodywork with WABA and as an elective with Watsu India.

**Course Price:** ₹ 4,950 (lunch included)



## Woga 1 & 2

with Dariya



A 2-day course.

Woga is the union of two words: water and yoga.

Thanks to the decrease of gravity, water allows ease to movements, unblocks articulations, lengthens and melts muscles, removes negative tensions, and prevents stress, insomnia and anxiety.

Water yoga is based on classic yoga poses and stretches, modified for standing in water, which is between waist-to-chest high. You do not need to know how to swim.

Classes are structured much like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool!

Focus of Woga 1 & 2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and under water), pranayama and meditation.

**Dates:**

16 - 17 December 2017

**Prerequisites:**

No previous experience required (also no need to know how to swim).

**Credits:** Woga 1 & 2 (Yoga in Water) is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 12 supplementary hours of credit for registration with WABA and Watsu India.

**Course Price:** ₹ 5,950  
(lunch included)



## Teachers

## Biographies

## Courses 2017-2018



**Arjana** is co-founder of WaterDance and an international teacher of WaterDance and Watsu since 1992.

She has also been trained in Hatha Yoga, Hormon Yoga, Perineology, Natural Systemic Therapy, Federal Adult Education, and Subtle Energy Healing Work.

- WaterDance 1
- WaterDance 2
- WaterDance 3



**Dariya** (as WABA instructor) & **Daniel** have been sharing their passion for aquatic bodywork with groups since 2004.

Besides the belief that a solid technical base provides possibilities for ease and lightness in further learning, their main focus is to create spaces for flow, deepening and connection.

- Couples in Flow
- ITC Watsu®
- Liquid Flow Essence
- Water & Dance
- Watsu® & Liquid Flow Basic
- Watsu® & Meditation
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® 1 Integration Day
- Watsu® 2 Integration Day
- Watsu® for Babies
- Woga 1 & 2



**Gianni De Stefani** travels worldwide since more than 30 years as organizer and WABA instructor.

He teaches Watsu Basic, Watsu 1, 2 & 3, Anatomy for Watsuer, Adapted Watsu, Watsu & Meditation, Watsu for Babies, OBA, Woga, Water Gymnastics and Rehab.

- Adapted Watsu®
- ITC Watsu®
- Watsu® 1 (Transition Flow) & OBA® 1 - Fluid Body
- Watsu® 3



## Teachers

## Biographies

## Courses 2017-2018

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**Natacha Laborde** is a certified Shiatsu teacher and practitioner.

- Shiatsu for Watsu®



**Petra Buschfeld**, a certified acupuncturist, is a WABA instructor for Watsu Basic and co-teaches Shiatsu for Watsu. She also teaches OBA Intro and Woga 1 & 2.

- ITC Watsu®
- Shiatsu for Watsu®
- Watsu® Basic & OBA® Intro



**Xavier Boisson** is a WABA instructor for Watsu Basic, Watsu 1 and 2 and Tantsu, and a WaterDance practitioner. He is also specialized in working with pregnant women (and their partner).

- Tantsu® 1
- Watsu® & Breathing
- Watsu® & Pregnancy
- Watsu® 1 Integration Day
- Watsu® 2





## General Information

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### Course Timings

Full day courses start at 8.45 am and last till 6.00 or 6.30 pm. Afternoon courses start at 1.30 pm. Lunch is included in all full day courses.

### Course Prices

Course prices include pool use, didactic material (DVD and manuals), certificates, lunches and snacks, and registration fees with WABA (Worldwide Aquatic Bodywork Association) and Watsu India. Prices are given in Indian Rupees (₹).

Visit <http://www.oanda.com/currency/converter> to check prices in your currency.

### Advances

We request an advance deposit of at least 20% of the course price to confirm your booking and secure your place. You are welcome to deposit a higher amount if you want to reduce bank charges.



### How to book

If you are interested to join a course, write us an email at [quiet@auroville.org.in](mailto:quiet@auroville.org.in) or contact us through our website at [www.quiethealingcenter.info](http://www.quiethealingcenter.info). Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

We will inform you within the next few days about availability of place and email you all necessary bank information for making an advance deposit to the Quiet Healing Center.

Advances from within India may be made by bank draft/cheque or by electronic online transfer (NEFT) from your home.

Advances from abroad may be made by bank draft/cheque, SWIFT transfer or, if your bank provides this facility, directly online from your home.

If a course is full, we will put your name on the waiting list and let you know if we receive a cancellation.

### Language Requirements

Basic knowledge of English is required, as all courses are taught in English, although some of our teachers are proficient in French, German and Italian.



### **Refund Policy**

Advances are in principle non-refundable. Exceptions may be made if you cancel at least one month before the course starts. In this case, bank charges and a small admin fee will be deducted. If the course is cancelled, your advance will be fully reimbursed. We do not accept, however, any further liability due to course cancellations.

### **Final Payment**

Balance of the course price should be paid on the first day of the course either in cash, preferably Indian Rupees, or by credit card. We accept Visa Card, Master Card and Maestro. To cover bank charges on credit card payments, 1% on Indian debit cards and 2% on all other cards will be added. Admission to the course will only be given after your balance is settled.

Please arrive at the Quiet Healing Center reception at least half an hour before the course starts to make your final payment and sign in.

In case you have to leave the course due to illness or any other personal reason, we will not be liable to make any refund.

### **Course Cancellations**

Courses may be cancelled due to an insufficient number of students (min. 4-6). Check with our reception a few days before your course to avoid unnecessary travel.

If you have any further questions, please feel free to contact us.

**Quiet Healing Center**  
[www.quiethealingcenter.info](http://www.quiethealingcenter.info) / [quiet@auroville.org.in](mailto:quiet@auroville.org.in)  
Ph. +91 413 2622329 / +91 9488084966 (mobile)



### **No Liability Disclaimer**

We welcome you to our center and wish to offer our best services for your optimal learning experience in aquatic bodywork. At the same time, we ask you to take full responsibility for yourself and inform the teacher of any relevant medical condition before or during the course.

We reserve the right to exclude any student during any course, who has behaved in an inappropriate or unethical manner towards other students, or in a disruptive way towards the group. In these extreme circumstances, the student will be required to leave immediately and will not receive any refund or have any claim against the teacher or Quiet Healing Center.

We can not be held responsible for any injury, theft or damage to personal property of course participants. You are advised to have your own insurance arrangements.

Neither can we be held responsible for any course disruption or cancellation due to factors outside our control, such as bad weather conditions, local area electricity failures, contagious illness, digestive ailments, etc. In case weather conditions during a course delay access to our outdoor pool, we will to the best of our abilities adjust the learning program according to the needs of the group.