



Quiet Healing Center Aquatic Bodywork Courses January - April 2019

Month	Date	Course	Teacher(s)	Page
January 2019	02 - 06	Watsu® 1 (Transition Flow)	Dariya & Daniel	7
	08 - 14	Liquid Flow Essence	Dariya & Daniel	2
	15 - 21	OBA® 2	Gianni De Stefani	3
	22 - 27	Watsu® & OBA® Basic	Dariya & Daniel	6
	28 - 03	Watsu® 3	Gianni De Stefani	9
February 2019	04 - 05	Watsu® & Meditation	Dariya	6
	06 - 12	OBA® 3	Luigi Cappellini	3
	13 - 14	Woga 1&2	Petra Buschfeld	10
	15 - 17	Watsu® Basic & OBA® Intro	Petra Buschfeld	9
	18	OBA® Evaluation Day	Gianni De Stefani	4
	19 - 28	Watsu® 1 (TF) & OBA® 1 - Fluid Body	Gianni De Stefani	8
	20 - 22	Tantsu® 1 (part 1)	Xavier Boisson	5
	23 - 24	Watsu® & Breathing	Xavier Boisson	5
	25 - 27	Tantsu® 1 (part 2)	Xavier Boisson	5
March 2019	01 - 03	Watsu® & Pregnancy	Xavier Boisson	7
	04 - 10	Watsu® 2	Xavier Boisson	8
	12 - 17	Watsu® & Liquid Flow Basic	Dariya & Daniel	6
	12 - 18	Shiatsu for Watsu®	Natacha Laborde & Petra Buschfeld	4
	19 - 20	Woga 1 & 2	Petra or Dariya	10
	21 - 26	ITC Woga	Gianni De Stefani	2
	April 2019	02 - 07	Watsu® & OBA® Basic	Dariya & Daniel
09 - 13		Watsu® 1 (Transition Flow)	Dariya & Daniel	7
15 - 16		Woga 1&2	Dariya	10

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



Instructor Training Course (ITC) Woga® with Gianni De Stefani



In this 6-day course, you will:

- acquire the basics of WOGA
- be able to use the potential of yoga in shallow water
- learn a WOGA exercise repertoire
- receive didactic and methodical material to offer WOGA courses and/or incorporate WOGA into your water fitness classes.

Dates:
21 - 26 March 2019

Prerequisites:
WOGA 1&2 and a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

Credits: ITC Woga is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 42 supplementary hours of credit for registration with WABA and Watsu India.

Price: ₹ 24,750
(lunch included)

Topics addressed:

- Y Yoga philosophy in general, background of Hatha Yoga and Pranayama
- Y Practical and theoretical knowledge of the physical laws of water, which serves as the basis for a good general body feeling/image.
- Y Methodology and didactics for planning lessons in teaching Woga.

Liquid Flow Essence

with Dariya & Daniel



This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice.

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

Dates:
08 - 14 January 2019

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

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

Price: ₹ 29,000
(lunch included)

Liquid Flow Essence is the favourite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

Together with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the essence of any aquatic bodywork: being deeply in touch with one's essence, and experiencing a sense of timelessness and connection to ALL.



OBA® 2

with Gianni De Stefani



A 7-day course with mainly under water work.

OBA 2 focuses on learning more complex techniques, refining your intuitive responses and preparing for working professionally with people in water.

Dates:
15 - 21 January 2019

Prerequisites:
OBA 1 or equivalent course.

Credits: OBA 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 60 hours of credits for registration with WABA and Watsu India.

Price: ₹ 34,500
(lunch included)

Successful completion of the course enables you to give individual sessions.

OBA® 3

with Luigi Cappellini



During these seven days, you will repeat and deepen what you have learned in OBA 1 & 2 (formerly called Aquawellness 1&2) and deepen your insight that drives an OBA session.

You will also be introduced to the latest, more advanced techniques and learn about the benefits of working with a series of sessions in order to experience the profound "aquatic body wave".

Dates:
06 - 12 February 2019

Prerequisites:
OBA 2 or equivalent course.

Credits: OBA 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 60 hours of credits for registration with WABA and Watsu India.

Price: ₹ 34,500
(lunch included)

You'll have time to deepen your personal growth and continue your learning path in a safe space of love and support. It will as well continue your journey back to your origins... into the endless depths of your inner ocean.

With this course, you will complete the main steps of your learning process as OBA Bodyworker.



OBA® Evaluation Day

with Gianni De Stefani



The OBA final evaluation day is the last step to complete your training in Oceanic Bodywork Aqua.

During this day, you will give a “hands-on” session to the teacher and present your personal work about OBA in front of the group.

Dates:
18 February 2019

Prerequisites:
Successful completion of OBA 3.

Credits: OBA Evaluation Day is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 6 supplementary hours of credit for registration with WABA and Watsu India.

Price: ₹ 3,500
(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.

Dates:
12 - 18 March 2019

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.

Price: ₹ 28,500
(lunch included)

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.



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:

20 - 27 February 2019
(no course on 23 & 24)

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.

Price: ₹ 29,000
(lunch included)

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:

23 - 24 February 2019

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.

Price: ₹ 8,950
(lunch included)



Watsu® & Liquid Flow Basic or OBA® Basic with Dariya & Daniel



Watsu & Liquid Flow or 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 Liquid Flow or 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)
22 - 27 January 2019
12 - 17 March 2019*
02 - 07 April 2019

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 or OBA Basic is part of the Watsu India training program and gives additional 11 hours of credit for registration with Watsu India and 11 or 15 supplementary hours with WABA.

Price ₹ 17,100 (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:
04 - 05 February 2019

Prerequisites:
Watsu Basic or Watsu & Liquid Flow Basic.

Credits: Watsu & 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.

Price: ₹ 8,950
(lunch included)



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:
01 - 03 March 2019

Prerequisites:
Watsu Basic or Watsu & Liquid Flow Basic.

Credits: Watsu & Pregnancy gives 25 hours of credit as an elective with Watsu India.

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 (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

Dates:
02 - 06 January 2019
09 - 13 April 2019

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.

Price: ₹ 20,500
(lunch included)

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.



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



This intensive 7-day course (with a 2-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:
19 - 28 February 2019
(no course on 23 & 24)

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.

Price: ₹ 34,750
(lunch included)

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.

Dates:
04 - 10 March 2019

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.

Price: ₹ 29,500
(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:
28 Jan. - 03 Feb. 2019

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.

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.

Dates:
15 - 17 February 2019

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.

Price: ₹ 13,950
(lunch included)

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.



Woga 1 & 2

with Dariya or Petra



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, between waist-to-chest height. 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:

13 - 14 February 2019

19 - 20 March 2019

15 - 16 April 2019

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.

Price: ₹ 5,950

(lunch included)



Welcome to the water family!



Teachers

Biographies

Courses 2018-2019



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.

- ITC Woga®
- OBA® 2
- Watsu® 1 (Transition Flow) & OBA® 1 - Fluid Body
- Watsu® 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.

- Liquid Flow Essence
- Watsu® & Liquid Flow Basic
- Watsu® & Meditation
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Woga 1 & 2



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® 2



Teachers

Biographies

Courses 2018-2019



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.

- Shiatsu for Watsu®
- Watsu® Basic & OBA® Intro
- Woga 1 & 2



Natacha Laborde is a certified Shiatsu teacher and practitioner.

- Shiatsu for Watsu®



Luigi Cappellini is the director of the School of Oceanic Bodywork Aqua (OBA) and has been teaching OBA since 2000. He is also an Ai-Chi instructor and has spent several years studying Shiatsu with Japanese masters.

- OBA® 3



General Information

Course Timings

Full day courses usually start at 8.45 am and last till 6.00 or 6.30 pm. Afternoon courses usually 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.



How to book

If you are interested to join a course, write us an email at quiet@auroville.org.in or contact us through our website at 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 further information, **including visa requirements (if any)**.

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.



Payment

Payment needs to be made on the first day of the course either in cash (Indian Rupees) or by debit/credit card. We accept Visa Card, Master Card and Maestro. To cover bank charges on card payments, 2% on Indian credit cards and on all foreign debit/credit cards is added; no charges on Indian debit cards. Admission to the course will only be given after payment.

Please arrive at the Quiet Healing Center reception at least half an hour before the course starts to pay 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 queries, please feel free to contact us.

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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.