



# Quiet Healing Center Aquatic Bodywork Courses September - October 2017

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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)



## 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.

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.

**Dates:**

30 Sept. - 01 Oct. 2017

**Prerequisites:**

No previous experience 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)

## Water & Dance

with Dariya & Daniel



**Dates:**

16 - 17 September 2017

**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 enjoy this journey!

## Watsu® & Elements of Vipassana

with Petra Buschfeld



An important part of aquatic bodywork is about BEING instead of DOING something particular. Meditation is one of the best ways to enter into that state of awareness.

Vipassana, which means to see things as they really are, is a way of self-transformation through self-observation. It focuses on the deep interconnection between body and mind, which can be directly experienced.

In this residential retreat, we combine elements of Vipassana meditation with the depth and practice of Watsu to encourage the search for our inner being. While isolating us in silence from all external contact for 7 days, we will enter into a deep contact with our inner self.

**Dates:**

02 - 08 October 2017

**Prerequisites:**

Watsu & Liquid Flow Basic or Watsu Basic.

**Credits:**

Watsu & Elements of Vipassana 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 (accommodation and 3 meals daily 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 during which the client's face remains on the surface, introduces the qualities and body mechanics 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.

Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

**Dates:** (6 afternoons)

01 - 06 September 2017

**Prerequisites:**

No previous experience required.

**Credits:**

Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) 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:** ₹ 14,950



## 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:**  
08 - 12 September 2017

**Prerequisites:**  
Watsu & Liquid Flow Basic 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® & Meditation

with Dariya



Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. Besides the physical and psychological benefits, its purpose 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 allows us to operate on a higher level and make better choices.

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

**Dates:**  
14 - 15 September 2017

**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® 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:**  
20 September 2017

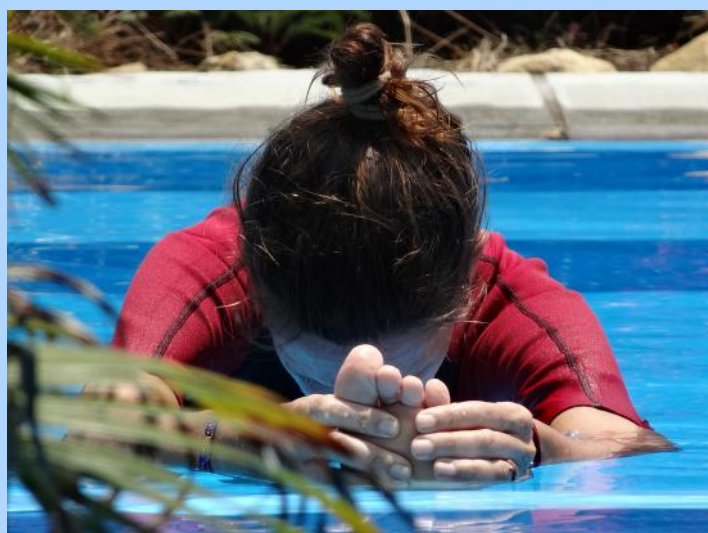
**Prerequisites:**  
Watsu Basic or Watsu & Liquid Flow Basic, or a degree to work with babies.

**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



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

Thanks to a decrease of gravity, water offers an ideal environment for Hatha Yoga asanas in combination with pranayama, the control and regulation of the respiration. The warm water sweetens movements, unblocks articulations, and lengthens and melts muscles.

Water yoga is based on classic yoga poses and stretches, which are modified for standing in water that is between waist to chest high. Classes are structured 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 also under water), pranayama and meditation.

**Dates:**  
18 - 19 September 2017

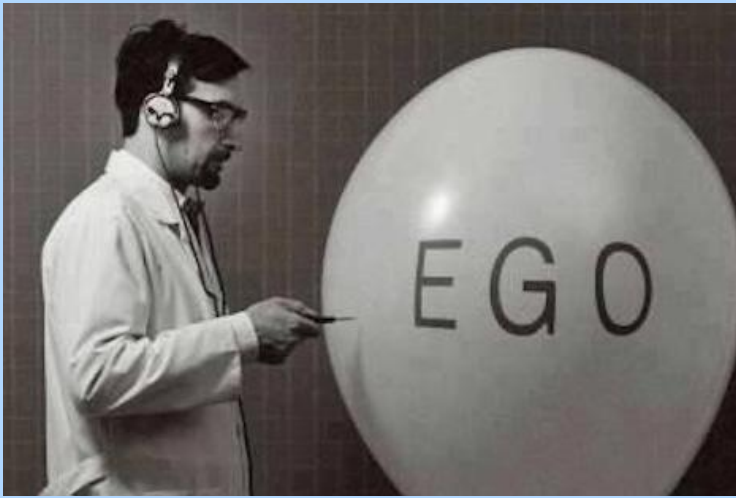
**Prerequisites:**  
No previous experience required (also no need to know how to swim!).

**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)

## Ego-Deprogramming

with Gianni De Stefani



### An Experiential Workshop in warm water.

Imagine yourself in hot water floating weightlessly. Gradually, deep relaxation settles in... allowing you to experience an original state of well-being... leading you into a new encounter with yourself...

#### Dates:

22 - 26 September 2017

#### Prerequisites:

Watsu Basic or Watsu & Liquid Flow Basic.

#### Credits:

Ego-Deprogramming is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

#### Course Price:

₹ 27,500 (including pool use, meals, a floating hammock and WABA & Watsu India registration for 50 hours) or

₹ 30,500 (in addition including accommodation at the Quiet Healing Center on Friday & Saturday (first two days of the workshop).

This workshop is an intense journey into your inner being, meant for (healthy) people in search of deep personal growth and evolution.

The workshop will start on Friday 22 September at 9.30 am. During the first two days, we will explore different aquatic bodywork techniques (WOGA<sup>®</sup>, Watsu<sup>®</sup>, Eutonie, OBA<sup>®</sup>) in order to prepare body and mind.

Schedule first 2 days: 9.30 am-12.30 pm / lunch break / 2.00-6.30 pm.

From Sunday 24 September 6 pm till Tuesday 26 September 4 pm, we will be in warm water all the time, even at night; we will sleep and eat in warm water and leave the pool only for toilet breaks. The workshop will end on 26 September at 6 pm.

*This workshop takes place in a warm water pool (35-37C) and is only open to people in a good health condition to spend 3 days and nights continuously in warm water.* A CV and medical certificate are required to attend.

Number of participants: 5-8 max.

**Deadline for registration and 50% advance deposit: 20 August latest** (since material for sleeping and eating in the pool needs to be prepared in time).

Please attach a complete curriculum vitae (CV) and medical certificate with your registration and send to [quiet@auroville.org.in](mailto:quiet@auroville.org.in).





## Teachers

## Biographies

## Courses 2017

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**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.

- Ego-Deprogramming



**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
- Water & Dance
- Watsu® & OBA® Basic
- Watsu® & Meditation
- Watsu® 1 (Transition Flow)
- Watsu® for Babies
- Woga 1 & 2



**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.

- Watsu® & Elements of Vipassana



## 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.