



## Shiatsu for Watsu®

with Natasha Laborde & Petra Buschfeld



This 7-day course offers a simple Shiatsu protocol during which you learn to apply pressure along the 12 main meridians (energy pathways). Some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock) will also be given.

About 60% of this course is on land. Practical exercises will let you discover your own energy system, become more sensitive to the energy in your partner's body, and transmit this into your water sessions.

Shiatsu for Watsu gives 50 hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

**Date:** 12 - 18 March 2019  
8.45 AM - 6.30 PM (50 hours)

**Prerequisite:** Watsu 1 or equivalent course

**Bookings:** Quiet Healing Center - Auroville  
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