

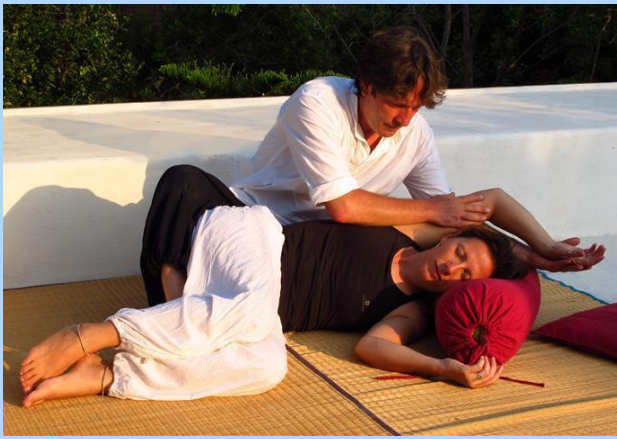


WATSU  INDIA

Tantsu[®] 1

with Xavier Boisson

Certified Tantsu & WABA Instructor



During the first 3 days of this course you will learn the basics of Tantsu: cradling someone in a comfortable hold, which gives access to a deep level of stillness and relaxation.

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

Tantsu 1 gives 50 hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

Date: 17 - 24 February 2020 (free day on 20 & 21)
8.45 AM - 6.30 PM (50 hours)

Prerequisite: no previous experience required

Bookings: Quiet Healing Center - Auroville
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