



WATSU  INDIA

## WOGA (Yoga in Water) 1 & 2

with Petra Buschfeld

Certified WOGA Instructor



Woga is the union of two words: water and yoga. It is based on yoga poses and stretches modified for warm water.

Woga 1 includes warm-up exercises, a series of Asanas (standing, at the wall, floating) and a relaxation period.

Woga 2 includes Pranayama (breathing exercises), additional Asanas, meditation, and a relaxation period.

Water gives ease to the movements, unblocks articulations, lengthens and melts muscles, removes tensions, and prevents stress, insomnia and anxiety.

Woga offers 12 hours of credit with WABA and Watsu India.

**Date:** 25 - 26 February 2020  
**Timings:** 8.45 AM - 5.00 PM (12 hours)  
**Prerequisite:** no previous experience required  
**Bookings:** Quiet Healing Center - Auroville  
Phone: 0413 2622329 / 9488084966  
E-mail: [quiet@auroville.org.in](mailto:quiet@auroville.org.in)  
[www.quiethealingcenter.info](http://www.quiethealingcenter.info)