



Gianni De Stefani

WOGA® Water Yoga Trainer and AICHI Instructor

Will present the following courses at

Sri Ma Pool - Tanto Far Beach Guest House



Gianni De Stefani

31.8. 2017 AICHI INTRODUCTION COURSE - 6 hours

1-2.9.2017 WOGA® 1 and 2 - 12 hours

4.9.-6.9.2017 ITC Preparatory WOGA & AICHI - 21 hours

7.9.-9.9.2017 ITC Instructor Teacher Course AICHI - 21 hours

11.9.-13.9.2017 ITC Instructor Teacher Course WOGA - 21 hours



AICHI Introduction and WOGA 1 and 2 courses are open to everybody. AICHI is a soft and heart technique to explore a way of Tai Chi in the water. We will learn the way to be and feel the water through a session of 19 kata. WOGA is Yoga in the Water - you will learn asana on standing, floating, at the wall and underwater positions.

The pre-requisite to participate to ITC Preparatory WOGA & AICHI course is AICHI intro and WOGA 1 and 2

The pre-requisite to participate to ITC Instructor Teacher Course of AICHI and WOGA is ITC Preparatory WOGA & AICHI

Registration: courses will be registered under the WOGA/WABA International Institute

Participants: minimum 6 - maximum 10

Info and booking: Loretta - email info@watsu.in - www.watsu.in

For accomodation: contact directly Daniel/Sheril at tantofarbeach@gmail.com - Phone 9443668149