



WATSU  INDIA

WaterDance[®] 1

with Shanti & Helen

Certified WATA instructors



WaterDance is a dynamic and playful water therapy, developed by Peter Schröter and Arjana Brunschwiler in the late 1980s. This course teaches the WaterDance Short Form, a simple but effective sequence, which gives you all the basic skills to take someone under water with a nose clip.

You will learn to establish an appropriate rhythm in alignment with your client's individual breathing needs. This breath connection will enable you to establish a deep bond with your client in a session that inspires trust and offers attentiveness, which is essential when bringing someone gently under water.

WaterDance 1 gives 50 hours of credit with WABA and Watsu India.

Date: 5 - 10 March 2020
8.45 AM - 6.30 PM (50 hours)

Prerequisites: Watsu & OBA/Liquid Flow Basic

Bookings: Quiet Healing Center - Auroville
Phone: 0413 2622646 / 9488084966
E-mail: quiet@auroville.org.in
www.quiethealingcenter.info