



WATSU  INDIA

WaterDance[®] 2

with Shanti & Helen

Certified WATA instructors



You will build upon the skills learned in WaterDance 1. Your perception of WaterDance's potential will expand profoundly, while you increasingly incorporate its principles and master the material within a broader repertoire of underwater moves, advanced holdings and techniques.

You will also learn how to effortlessly link different 'ideas' into an artful choreography of a graceful continuum-flow. As an apprentice in the art of breath-connection, rhythm, gentleness and clarity, you will enter into an interactive flow of breath and open a new space of joy and silence within you and your clients.

WaterDance 2 gives 50 hours of credit with WABA and Watsu India.

Date: 18 - 23 March 2020
8.45 AM - 6.30 PM (50 hours)

Prerequisites: WaterDance 1

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