



WATSU  INDIA

Watsu® & Breathing

with Xavier Boisson

Certified WABA Instructor



A journey of discovering your breathing and its essential applications in Watsu.

Several topics will be explored such as the link between the breathing, yourself and your energetic connection with your receiver.

You will also study the anatomical basis of our respiratory system to better understand its functioning.

In short, you will discover how to integrate the power of working with the breathing into your Watsu practice.

Watsu & Breathing gives 15 hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

Date: 23 - 24 February 2019
8.45 AM - 6.30 PM (15 hours)

Prerequisite: Watsu Basic

Bookings: Quiet Healing Center - Auroville
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www.quiethealingcenter.info