



WATSU  INDIA

Watsu® & Elements of Vipassana

with Petra Buschfeld
certified Watsu Instructor



An intensive 7-day residential retreat at the Quiet Healing Center.

An important part of aquatic bodywork is about being instead of doing. Meditation is one of the best ways to enter into that state of being.

In this retreat, we combine elements of Vipassana meditation with the depth and practice of Watsu. While isolating us in silence from all external contact for 7 days, we will enter into a deep contact with our inner self.

This course is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India.

Date: 2 - 8 October 2017
7.00 AM - 10.00 PM (50 hours)

Prerequisite: Watsu Basic

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