



WATSU  INDIA

# Watsu® Basic & OBA® Intro

with Petra Buschfeld

Certified OBA & WABA Instructor



Watsu is an aquatic bodywork modality given in a warm water pool. Watsu Basic introduces the body mechanics to work on the surface; OBA Intro teaches how to take someone under water (with nose clip), which offers a profound state of physical and mental relaxation.

In this course, you will learn and practice basic techniques and qualities of grounding, presence, stillness and movement in water. You will experience floating other people and being floated, while nurturing body, mind and spirit.

Watsu Basic & OBA Intro gives 24 hours of credit with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

**Date:** 15 - 17 February 2019  
8.45 AM - 6.30 PM (24 hours)

**Prerequisite:** no previous experience required

**Bookings:** Quiet Healing Center - Auroville  
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