



WATSU  INDIA

# Watsu® (TF) 1 & OBA® 1 - Fluid Body

with Gianni De Stefani

Certified OBA & WABA Instructor



An intensive 8-day course on the surface as well as under water.

You will learn Watsu's Tai Chi-like basic and expanded movements and graceful transitions, while you stay connected with the breathing of your receiver.

Oceanic Bodywork Aqua (OBA) combines soft stretching, massage and joint release in a unique way above and below water. OBA 1 focuses mainly on underwater movements, which are both emotionally revealing and deeply relaxing.

Watsu 1 & OBA 1 gives 59 hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

**Date:** 19 - 28 February 2019 (free day on 23 & 24)  
8.45 AM - 6.30 PM (59 hours)

**Prerequisite:** Watsu Basic & OBA Intro/Liquid Flow Basic

**Bookings:** Quiet Healing Center - Auroville  
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[www.quiethealingcenter.info](http://www.quiethealingcenter.info)