



WATSU  INDIA

Watsu® (TF) 1 & OBA® 1 - Fluid Body

with Gianni De Stefani

Certified WABA & OBA 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: 15 - 24 February 2020 (free day on 20 & 21)
8.45 AM - 6.30 PM (59 hours)

Prerequisite: Watsu Basic & OBA Intro/Basic

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