



WATSU  INDIA

## Watsu<sup>®</sup> 3

with Gianni De Stefani

Certified WABA Instructor



Watsu 3 is for people who have given enough Watsu sessions to develop a comfortable, intuitive awareness of how to float another person and are ready to adapt and further explore aquatic bodywork outside the fixed form of Watsu 2.

Powerful stretches and advanced techniques are introduced, and a number of rolls requiring a spontaneous adaptation are learned as a gateway into Watsu's "Free Flow".

Watsu 3 gives 50 hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

**Date:** 2 - 8 April 2020  
8.45 AM - 6.30 PM (50 hours)

**Prerequisite:** Watsu 2 & Mastery Watsu 2

**Bookings:** Quiet Healing Center - Auroville  
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E-mail: [quiet@auroville.org.in](mailto:quiet@auroville.org.in)  
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