

Watsu India Newsletter



AQUATIC BODYWORK COURSES

August 2024 - April 2025

Happy Turtles Wellness & Retreat
 **Varkala, Kerala**

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For more information & bookings, please email us at watsuindia@gmail.com or contact us through our website www.watsu.in

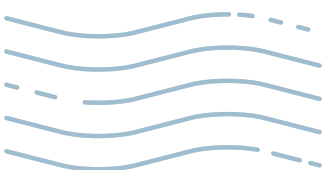
Happy Turtle - Varkala Aquatic Bodywork Courses August 2024 - April 2025

Month	Date	Course	Teacher(s)
August 2024	03	Watsu® Yoga Round	Prema
	26	Watsu® Yoga Round	Prema
	31 - 01	OB®A Basic	Fred
September 2024	03 - 08	OB®A 1	Fred
	11 - 12	Watsu® Basic	Fred
	14 - 15	WOGA® 1+2	Pooja & Prema
	17 - 22	WOGA® ITC	Pooja & Prema
October 2024	04 - 06	Dealing With Water Fear	Roberto
	08 - 13	WaterDance Fundamental	Roberto
	19	Watsu® Yoga Round	Prema
	26 - 27	Watsu® Basic	Fred
	29 - 30	OB®A Basic	Fred
November 2024	01	Watsu® Yoga Round	Prema
	05 - 09	Watsu® 1 (Transition Flow)	Petra
	12 - 17	Watsu® and element of Vipassana	Petra
	22 - 24	Dealing With Water Fear	Roberto & Prema
	26 - 01	WaterDance Fundamental	Roberto
December 2024	05 - 08	Watsu® & OB®A Basic	Petra
	11 - 15	Watsu® 1 (Transition Flow)	Petra
	18 - 23	OB®A 1	Petra
January 2025	01	Watsu® Yoga Round	Prema
	02 - 03	Watsu® Basic	Pooja
	04 - 05	WOGA® 1+2	Pooja
	13 - 17	Watsu® 1 (Transition Flow)	Petra
	21 - 26	Healing Dance® 1	Ashaman
	31 - 02	Dealing With Water Fear	Roberto

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Happy Turtle - Varkala Aquatic Bodywork Courses August 2024 - April 2025

Month	Date	Course	Teacher(s)
February 2025	04 - 05	OB®A Basic	Fred
	07	Watsu® Yoga Round	Prema
	08 - 09	Watsu® Basic	Fred
	11 - 16	OB®A 1	Fred
	21 - 26	Watsu® 1	Gianni & TBD
March 2025	01 - 02	WOGA® 1+2	Prema
	05 - 06	Watsu® Basic	Fred
	08 - 09	OB®A Basic	Fred
	11 - 16	OB®A 1	Fred
	18 - 23	WaterDance Fundamental	Roberto
	25 - 30	Watsu® 1	Keli & TBD
April 2025	01 - 06	OB®A 2	Fred
	12 - 13	Woga® 1+2	Petra & Prema
	14 - 15	Meditation for Watsu®	Gianni & Petra
	17 - 20	Ego Deprogramming	Gianni



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Watsu® Yoga Round

Watsu® Round is a celebration of Union! and a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to our heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of our being.

When immersed in warm water during the Watsu® Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching alternated with moments of stillness invite a progressive well-being: body and mind become free to dance!



Prerequisite: No previous experience required (also no need to know how to swim).

Dealing With Water Fear



In the aquatic environment, we embrace new perspectives, challenge conventional rules and connect with our inner world.

This course is designed to accompany you on this exploration, offering a gradual and guided path to overcome fears, gain confidence and develop essential aquatic skills.

This course will help you to:

Overcome anxiety and stress related to water, Develop basic skills in swimming and aquatic movement, Improve body awareness and self-confidence, Promote relaxation and concentration through specific exercises, Exploring the therapeutic potential of water.

This course is aimed for:

- Individuals with a fear of water who wish to overcome this anxiety.
- People who want to feel safer in the water to enjoy water activities with family and friends.
- Those who wish to learn swimming and improve their aquatic skills.
- Therapists interested in integrating water into their healing and recovery practices.



Watsu® Basic

A 2-day course on the surface only.

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C).

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. as well as floating other people and being floated on the surface, thereby creating space for deep relaxation and nurturing body, mind and spirit.



Prerequisite: No previous experience required. (also no need to know how to swim).

Credits: Watsu Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credit for registration with WABA and Watsu India.

Watsu® 1 (Transition Flow)



A 5-day course on the surface only.

In this course you will be taught to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions.

You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

Prerequisite: Watsu Basic

Credits: Watsu 1 (TF) is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 34 hours of credit for registration with WABA and Watsu India.



Watsu® 1

A 7-day course on the surface only.

In this course, you will be taught to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.



Prerequisite: Watsu Basic

Credits: Watsu 1 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..

Watsu® & OB®A Basic



A 4-day course on the surface and underwater.

Watsu & OBA are aquatic bodywork modalities in a warm water pool (ideally 35°C). Watsu, where the client's face always stays on the surface, introduces the qualities and body mechanics required to work with someone in water to create a profound state of physical and mental relaxation. During the OBA part, the receiver is also brought underwater (with a nose clip), which offers a unique experience.

The flowing interaction with water, its fluid support and warm embrace, and the practitioner's presence provide a space for the client to experience the multi-layered benefits of this powerful bodywork. In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body and mind.

Prerequisite: No previous experience required. (also no need to know how to swim).

Credits: Watsu Basic & OBA Basic are recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and give in total 31 hours of credit for registration with WABA and Watsu India.

OB®A Basic



A 2-day course on the surface and under water. OBA (Oceanic Bodywork Aqua) is an aquatic bodywork modality given in a warm water pool (ideally 35°C). OBA combines elements of light movements and stretching, massage and mobilization of the joints in connection with breathing and energy work conducted both on the surface and under water.

During this course, you'll learn a number of simple movements, on the surface (with and without cushion and noodle), as well as underwater.

In this course, you will practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Prerequisites: No previous experience required.

Credits: OBA Basic is part of the Watsu India training program and gives 15 hours of credit for registration with Watsu India and 15 supplementary hours with WABA.

OB®A 1

A 6-day course with mainly under water work.

“Diving into the wonderful world of memories, where we, as embryos in the protective belly of our mother, floated, surrounded by warm water. In timeless vastness, going inside, feeling free and secure, and diving into a weightless world”. In this first course of 50 hours, we will approach water in a playful and friendly way, beginning to learn the various techniques of this wonderful work in hot water.



We will see the 3 phases of a session: working on cushions and floats, working on the surface and underwater. At the end of this course you will be able to offer friends and acquaintances a complete OBA session.

Prerequisites: OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

Credits: OBA 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credits for registration with WABA and Watsu India.

OB®A 2



A 6-day course with mainly under water work. After having experienced in the first course, you have the opportunity to deepen, for another 6 days, this wonderful technique of deep relaxation in which you will learn and practice various complex techniques, we will refine your perception and touch, as well as your intuitive work. We will talk about the water balance in the human body in relation to the permanence in hot water and we will deepen the benefits and contraindications of these techniques.

Prerequisites: OBA 1 or equivalent course.

Credits: OBA 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credits for registration with WABA and Watsu India.

Woga® 1&2

A 2-day course.

Woga is the union of two words: water and yoga. It is based on yoga poses and stretches modified for warm water.

Thanks to the decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety. Water yoga is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high.

Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and under water), pranayama and meditation.



Prerequisites: No previous experience required (also no need to know how to swim).

Credits: Woga 1&2 (Yoga in Water) is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 12 supplementary hours of credit for registration with WABA and Watsu India.

Watsu® & Elements of Vipassana

A 6-days Vipassana course in warm water.

An important part of aquatic bodywork is about BEING instead of DOING something particular. Meditation is one of the best ways to enter into that state of awareness.

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was rediscovered by Gautama the Buddha more than 2500 years ago. Vipassana focuses on the deep interconnection between body and mind, which can be directly experienced.



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

Prerequisites: Watsu Basic

Credits: Watsu & Elements of Vipassana Intro is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

Meditation for Watsu®



A 2-day course.

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others, to cultivate presence and peace of mind, which foster possibilities to connect to our unique essence and the world around us. It also encourages development of our intuition and perception through the heart.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to, and be fully present with the person we float during a Watsu session.

Prerequisites: Watsu Basic or Watsu & Liquid Flow Basic

Credits: Watsu and Meditation is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 15 hours of credit for registration with WABA and Watsu India.

WaterDance Fundamental

A 6-day course on the surface as well as underwater.

In this course, we focus on the three fundamental aspects of WaterDance: vertical grounding, posture and the breath. Our most basic move is the Water Breath Dance to create a connection that can be carried into all above and underwater moves. The second part of this training is dedicated to a playful and at the same time attentive introduction to bring our partner underwater. Fears or apprehensions of going underwater will be given the time needed to open up and to be integrated.

On land, various tools like guided meditations, body and energy work, active breathing exercises, communication skills and conscious contact with the earth, shall help to balance the four elements in and around us.



Prerequisites: No previous experience required (also no need to know how to swim).

Credits: WaterDance Fundamental is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

Healing Dance® 1



A 6-day course, on the surface only.

More than anything else, Healing Dance 1 is the wave. In addition to seven full-body waves, the sequence encompasses various circles, figure eights and releases, all balanced by the stillness of positional sanctuaries, and woven together with flowing transitions.

In this course, Healing Dance principles are discussed on land and practiced in the water.

Finally, you are introduced to Relating and Mirroring, the goal of all technical study, the art of sensitively accompanying the movement impulses and unwinding of receivers.

Prerequisites: Introduction to Healing Dance or Watsu 1.

Credits: Healing Dance 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

Ego Deprogramming in Warm Water

Imagine yourself in hot water floating weightlessly. Gradually, deep relaxation settles in... allowing you to experience an original state of well-being... leading you into a new encounter with yourself...

This workshop is an intense journey into your inner being, meant for (healthy) people in search of a deep personal growth and evolution.



The workshop will start on Thursday 17 April at 9.30 am. During the first 2 days, we will explore different aquatic bodywork techniques (WOGA®, Watsu®, Eutony, OBA®) in order to prepare body and mind.

Schedule first 2 days: 09.30 am to 12.30 pm / lunch break / 2.00–6.30 pm.

From Friday evening 18 April 8 pm till Sunday 20 April 3 pm, we will stay in warm water all the time, even at night; we will sleep and eat in warm water and leave the pool only for toilet breaks. The workshop will end at 6 pm.

Travel and accommodation during the first two days are possible at facility.

Prerequisite: This workshop takes place in a warm water pool (35-37C) and is only open to people in good health condition to spend 4 days and nights in warm water. A CV and medical certificate are required to attend this workshop.

Deadline for registration and 50% deposit: 20th March 2025 (since material for sleeping and eating in the pool needs to be prepared in time).

Please attach a complete CV and medical certificate with your registration and send to watsuindia@gmail.com

Teachers

Biography

Courses 2024 - 25



Gianni De Stefani travels world wide since more than 30 years as organizer and WABA instructor. He teaches Watsu Basic, Watsu 1, 2 & 3, Anatomy for Watsu, Adapted Watsu, Watsu & Meditation, Watsu for Babies, OBA, Woga, Water Gymnastics and Rehab.

- Watsu® Basic
- Watsu® 1
- Meditation for Watsu®
- Ego Deprogramming
- Ai-Chi ITC



Keli Procopio is Counselor Professional Expert with specialization in BreathWork & Watsu, recorded in the S.I.Co professional register. She teaches Watsu® Basic , 1 , 2 & 3, Watsu® & Breathing, Tantsu, Emotional Process, Bodywork on land.

- Watsu® 1



Ashaman teaches Introduction to Healing Dance®, Healing Dance® 1, Healing Dance® 2, Healing Dance® Underwater Basics and Relating & Mirroring.

- Healing Dance® 1



Teachers

Biography

Courses 2024 - 25



Petra Buschfeld, a certified acupuncturist, is a WABA instructor for Watsu Basic and Watsu 1, and co-teaches Shiatsu for Watsu. She also teaches Watsu & Elements of Vipassana, OBA1, Woga 1&2 and is a teacher for Woga ITC (Instructor Training Course).

- OB®A 1
- Meditation for Watsu®
- Watsu® and element of Vipassana
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Woga® 1&2



Fred is a certified Watsu Practitioner and Watsu® Basic Instructor and OBA Basic and OBA 1 instructor. He also holds space for Watsu Yoga Rounds.

- Watsu® Basic
- OB®A Basic
- OB®A 1
- OB®A 2



Roberto is a certified Watsu and Water Dance practitioner, and a Water Dance Fundamental instructor and Watsu® Basic Instructor. He also holds space for Watsu Yoga Rounds.

- WaterDance Fundamental
- Dealing Water Fear



Pooja Gautam is a certified Watsu Practitioner and Watsu® Basic Instructor. She also is a teacher for Woga ITC (Instructor Training Course).

- Watsu® Basic
- Watsu® 1 (Transition Flow)
- Woga® 1&2
- Woga® ITC (Instructor Training Course)

