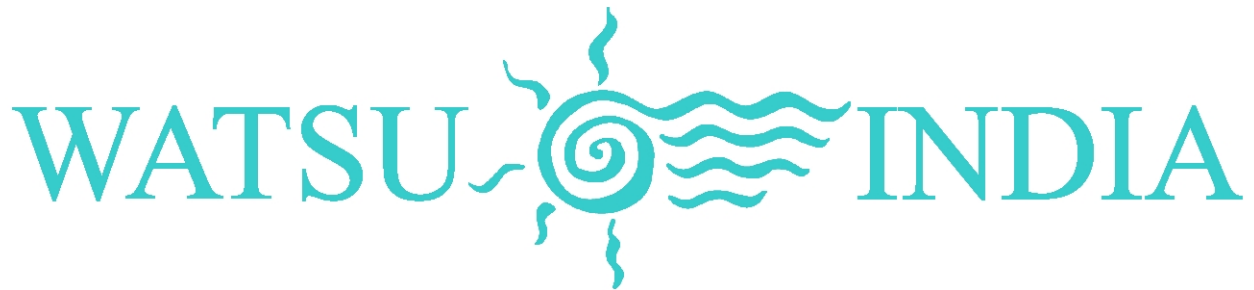




**WABA - Worldwide Aquatic Bodywork Association**

**WATSU INDIA™ - INSTITUTE FOR AQUATIC BODYWORK INDIA**



# **Logbook Watsu India™**

## **Addendum**

Version 12.01.2012

**Brief Description of Courses  
offered by Watsu India™**

Gianni De Stefani, New Creation, 605101 Auroville, TN

Email: [info@watsu.in](mailto:info@watsu.in), [www.watsu.in](http://www.watsu.in), [www.waba.edu](http://www.waba.edu)

# Logbook Watsu India™ Addendum

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## Legend

Please check the legend and its detailed description in order to have an overview and more clarity about the credits students will get for different courses.

<b>WABA</b>	Registration	
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

“Watsu Hours” classes are part of the core program of WABA and Watsu India to become a Watsu practitioner.

“Land Bodywork Hours” classes are part of the land core program of WABA and Watsu India to become a Watsu practitioner and for WABA to become a Tantsu practitioner.

“Elective Hours” classes are part of the core program of WABA and Watsu India to become a Watsu practitioner. The total hours to become a Watsu practitioner are a little different between what WABA and Watsu India request. This is the reason why some electives of Watsu India (that as institute requires some more hours of formation as WABA) are only supplemental classes of WABA or are not recognized by WABA as aquatic bodywork.

“Supplemental Class Hours” are totally free classes that don’t count for the hours required to become a Watsu practitioner. But they are added on the WABA International Registry personal transcript as Aquatic Bodywork Supplemental Hours.

## Adapted Watsu®

A 3-day course on the surface only.

In this course, you will learn how to apply the techniques of Watsu to people with special needs or disorders, whether physical or psychological. You also learn how to use the pool noodle and to work with people, who are particularly rigid or afraid to be held either for cultural reasons or fear of water.

In the regular Watsu, you learn how to create the necessary confidence to allow a person to relax in your arms. In this course you learn, on land and in water, the indispensable basis about the functioning of the human body, so that you can adapt and give a pleasant session to people with special needs.

Prerequisite: Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

Adapted Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 25 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Ai Chi Basic

Ai Chi, created by Jun Konno in the early 90s, is a form of aquatic bodywork performed in a warm water pool. Composed as a 'dance', it is made of a series of quiet movements derived from Tai Chi. The fluid movements of Ai Chi recall the round shape of a circle and are synchronized with each breath.

Prerequisite: no previous experience required.

Ai Chi Basic gives 8 hours of credit for registration as an elective with Watsu India.

<b>WABA</b>	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	8
	Supplemental Class Hours	

# Anatomy for Aquatic Bodyworkers

A basic knowledge of anatomy is required for a Watsu practitioner, working with a client's body in many different ways.

This class offers a theoretical and experiential overview of a model of traditional anatomy for Watsu. The course focuses on the planes and axes of movements, the mechanics of articulations, physiology, metabolism, and on the muscles and their lengthening. The theory and practice take place on land and in water. Through massages and specific exercises, we learn the functionality of various body structures and the possible applications in Watsu.

About one third of the course is dedicated to theory, one third to practice on land, and one third to practical applications in water.

Prerequisite: Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

Anatomy for Aquatic Bodyworkers is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Diving Deep

A 7-day course.

As the name suggests, this course is rich and deep in process work, both individually and in group. Besides the usual aquatic bodywork, we combine a big variety of modalities like DéMÉLés (= Déprogrammation des Mémoires Lésionnelles), The Journey, Spirals, Rebirthing, Dance, Embryo work etc. You explore on land and mainly under water, diving into the richness of your inner life. The course requires a commitment and willingness to stay present and offers a space for surfacing of intense issues and their potential healing.

Prerequisite: Watsu 2 or an equivalent course plus at least Oceanic Bodywork Aqua-Wellness (OBA) Basic or Liquid Flow Basic.

Diving Deep is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration as supplemental class with WABA and as an elective with Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	50

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplemental Class Hours	

# Dolphin Dance Healing

A 7-day course.

Dolphin Dance Healing is an eclectic aquatic bodywork modality based on the point work of Shiatsu, the kneading and friction of Swedish and Deep Tissue massage, the muscle relaxation principles of Trager, the energetic connection of Reiki, the delicate work of Cranial-Sacral, and the joint manipulation allowed by hydro-dynamic movement above and under water. The spine is naturally elongated and decompressed, while muscles and organs get massaged and invited to release toxins and habitual holding patterns.

Inspired by Watsu, WaterDance, and Healing Dance, a Dolphin Dance Healing individual session starts on the surface and then leads the receiver (upon request) into the mesmerizing world of the underwater universe, as a nose clip enables effortless breathing between air and water, creating an easy interface between the two elements. The physiological dive reflex allows longer and longer submersions and an almost magical breath suspension, which become a vehicle for deep states of relaxation and immersion into a profoundly healing space. The pre-natal and womb consciousness become available in the reality of the present, often generating an experience of rebirth that can be nurturing and integrative of past traumas.

Dolphin Dance Healing further explores non-passive forms of individual sessions, including unwinding and interactivity with the client's movement, during which the receiver is in control of his/her submerging and surfacing, as well as alternative kinds of sessions like triad and couple sessions. Underwater dance and contact improvisation become part of sessions designed to bring through their fear clients, who are uncomfortable in water.

Prerequisite: Watsu Basic or Liquid Flow Basic.

Dolphin Dance Healing gives 50 hours of credit for registration as an elective with Watsu India.

<b>WABA</b>	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplemental Class Hours	

# Healing Dance<sup>®</sup> Introduction

A 2-day course.

Healing Dance is an aquatic bodywork modality developed by Alexander Georgeakopoulos, an American ballet dancer and bodyworker. It is characterized by waves and spiral movements in water, and is generally more dynamic than Watsu.

Healing Dance has many aspects, all based on the healing power of movement. The practitioner establishes an empathetic connection with the receiver. He establishes a rhythmic field at the beginning of the session through his breath, movement, and state of mind. Movement is understood as medicine and carefully dosed, intermixed with restful pauses in quiet positional sanctuaries to allow for integration. The practitioner ‘dances’ the receiver, who has an experience of grace and beauty, sometimes leading to deeper emotional releases.

Prerequisite: no previous experience needed.

Healing Dance Introduction, if taught by a recognized WABA teacher, is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 16 hours of credit for registration as an elective with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	16
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	16
	Supplemental Class Hours	

# Healing Dance<sup>®</sup> 1

A 6-day course.

Healing Dance is an aquatic bodywork modality developed by Alexander Georgeakopoulos, an American ballet dancer and bodyworker. It is characterized by waves and spiral movements in water, and is generally more dynamic than Watsu.

The Healing Dance 1 course covers a variety of principles and techniques unique to this modality, and does not include underwater work.

Healing Dance’s wide variety of original techniques reflects how water and the body naturally move together. Blocked energies are opened up by more than thirty hydrodynamic waves and spirals, as well as various spatial mandalas in the form of circles, figure 8’s and releases, freeing and re-animating the body. Healing Dance takes advantage of the full three-dimensionality of the water with broad dynamic movements. The essence of Healing Dance is flow, freedom and lightness. As the vocabulary of movements expands, students become more confident to improvise and better respond to the needs of the receiver.

Prerequisite: Healing Dance Introduction or Liquid Flow Basic or Watsu Basic.

Healing Dance 1, if taught by a recognized WABA teacher, is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration as an elective with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplemental Class Hours	

# Inner Watsu®

This 7-day workshop is for experienced water students only, who want to dive deeper in the different layers of Watsu.

“When your psychological energy returns beyond the period of the first childhood and penetrates in the heritage of your ancestral life, it is here that your deep spiritual world, whose existence you had never suspected, opens itself wide.” C. G. Jung

This beautiful quotation of Jung indicates the direction of the deep inner work that is carried out during this Inner Watsu seminar. Through an interdisciplinary approach and discussion on issues related to aquatic bodywork and personal growth, you will deepen your experience and understanding of working with human beings in warm water.

You will also learn about introducing Watsu to clients and about the role of the chakras (especially the heart chakra) as instruments of psychosomatic awareness. You will deepen your knowledge of Watsu for disabled clients and people with special needs. You will explore underwater work in new ways, and savour the joy of speaking about Watsu in relation to pregnancy, birth, respiration, and sexuality.

Please be aware that this is a deeply touching course; therefore avoid other activities during the time of the course.

Prerequisite: Watsu 2 or equivalent courses.

Inner Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Liquid Flow Basic

A course of 6 half days.

Liquid Flow is an aquatic bodywork modality developed at the Quiet Healing Center, Auroville, inspired and based on the forms and qualities of Watsu, Oceanic Bodywork Aqua-Wellness, Healing Dance, and WaterDance.

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

As a beginner, you may discover that this kind of bodywork is something you would like to explore further, in which case this course serves as a perfect precursor to Liquid Flow Essence, Watsu 1 & Oceanic Bodywork Aqua-Wellness (OBA) 1, or WaterDance 1. As an ongoing student of aquatic bodywork, you may appreciate this course to refresh and deepen the basic principles.

Prerequisite: no previous experience required.

Liquid Flow Basic is part of the Watsu India learning program and gives 27 hours of credit for registration with Watsu India.

<b>WABA</b>	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	27
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Liquid Flow Essence

This is a 7-day high level intermediate course with the main sequence of Liquid Flow. It is for those who wish to dive deeper into the beauty of aquatic bodywork.

During the course, you will expand your movement sequence in which the focus will be on the flow and continuity of movement which provide further possibilities to create the magic and depths of timelessness.

In combination with land work we will experience the profoundness of the multilayered effects of this powerful yet softening work.

Prerequisite: Liquid Flow Basic or Watsu Basic & Oceanic Bodywork Aqua-Wellness (OBA) Basic, and given at least 5 practice sessions in the meantime.

Liquid Flow Essence is part of the Watsu India learning program and gives 60 hours of credit for registration as an elective with Watsu India.

<b>WABA</b>	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	60
	Supplemental Class Hours	

# Meditation for Watsu® for Aquatic Bodyworkers

A 2-day course.

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. The purpose of meditation - besides the physical and psychological benefits - is to build a connection with our soul and with the divine in and around us, in whichever spiritual or religious form we prefer to understand.

It also encourages the development of our intuition and perception through the heart and not only through the rational mind. This permits us, in certain life situations, to operate on a higher level and make better choices.

Meditation helps us essentially to develop our capacity for personal introspection and is the basis for our ability to listen to the person we float in our arms during a Watsu session. In this way we can work with a genuine empathy, thereby stimulating the flow of subtle energy.

Prerequisite: Watsu Basic or Liquid Flow Basic.

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

<b>WABA</b>	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Oceanic Bodywork Aqua-Wellness® (OBA) 1

A 3-day course mainly focused on underwater work.

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

Especially designed movements allow the whole spine to swing and let the energy flow again. Because of the weightlessness of the body in water, the radius of joint movements becomes wider and the whole body can be moved in a playful and new way. Chronic physical pain as well as emotional tensions can be released. This form of therapy invites you to experience a completely unique way of healing in water and undertake a journey back to your origins, into the endless depth of your inner ocean.

Prerequisite: Watsu Basic & Oceanic Bodywork Aqua-Wellness (OBA) Basic, or Liquid Flow Basic.

Oceanic Bodywork Aqua-Wellness (OBA) 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 25 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	25
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Oceanic Bodywork Aqua-Wellness® (OBA) 2

A 7-day course fully focused on underwater work.

Oceanic Bodywork Aqua-Wellness (OBA) 2 is a deepening and expansion of the underwater techniques and movements of Oceanic Bodywork Aqua-Wellness (OBA) 1. Starting with what already has been acquired and reinforced, the underwater journey will be enriched by additional movements, new experiences, and various forms of static and dynamic sub-aquatic meditation. You learn to focus better and to synchronize yourself with your partner, so that your life energies will flow more harmoniously and abundantly.

This intensive course invites you to take advantage of the healing energies of water in a collective and creative way.

Prerequisite: Watsu 1 & Oceanic Bodywork Aqua-Wellness (OBA) 1, or Liquid Flow Essence.

Oceanic Bodywork Aqua-Wellness (OBA) 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 60 hours of credit for registration as supplemental class with WABA and as an elective with Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	60

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	60
	Supplemental Class Hours	

## Self-Experience

A 6-day course.

In this course we hope to gain awareness of the inner tools that are available to every practitioner while working, such as the gifts of silence, acceptance, presence, non-judgmental awareness (the sweet waiting of the unknown) and the inner witness while holding a space of deep listening.

Full attention will be given to the inner transformation created by being in the role of giver, receiver or witness at same time. We will be encouraged to wake up our ability to respond (responsibility), and to connect with the energy that is generated by just witnessing what is taking place and deeply experiencing the choice-less awareness that has no need for intervention or change. This open flow of energy allows (cosmic) communication, mutual nourishment, grounding, and instant feedback both verbal and non-verbal to take place.

We will also experience how this particular presence of being can help us in finding the right place of meditation, sexuality, chaos and creativity through a process of increasing our inner autonomy.

Prerequisite: Watsu 2 or an equivalent course.

Self Experience for Aquatic Bodyworkers is recognized by WABA (Worldwide Aquatic Bodywork Association) as an elective, and gives 50 Watsu hours of credit for registration with Watsu India. It's considered as an Inner Watsu equivalent class for the Watsu India learning program.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Shiatsu for Watsu®

A 7-day course.

Watsu, the abbreviation of WATER Shiatsu, originates from Masunaga's Zen Shiatsu, which was transferred and adapted to warm water by the Californian Shiatsu practitioner Harold Dull. Therefore a deeper knowledge of Shiatsu is highly recommended.

Shiatsu is a form of natural healing that originated within the oldest healing system known to humanity. It is a method of restoring and maintaining health by adjusting and balancing the body's primary communication system - the energy system. This energy system directs our growth, body functions, and activities as well as our awareness from conception till death.

Although about 50% of this course is on land, it will add valuable knowledge to your Watsu practice. To become a registered Watsu practitioner, one needs to have at least 50 hours of Shiatsu or Tantsu, another method of land-based bodywork.

Prerequisite: Watsu 1 or equivalent course.

Shiatsu for Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Tantsu® Basic

A 2-day course.

The same year Harold Dull started developing Watsu, he created Tantsu in order to bring back on land Watsu's nurturing holding and the joy of the movement when floating someone at heart level. He developed a form with which practitioners could gradually build up their client's trust to fully benefit from Tantsu's most powerful whole body holds.

Anyone entering Tantsu, whether as a new way to be with others or as the first step on a professional path, should begin with Tantsu Basic. You learn how to cradle someone from the back. After first connecting and exploring movement at the core itself, you explore up through their face, head, neck, shoulder, arm and out to their hand. Since you remain in the same comfortable position throughout the session with access to the whole body, this exploration is presented as a progression, not a fixed sequence, and you are encouraged to add whatever stretches, holds or movements you feel called to. Listening with your whole body, you learn to allow spontaneous movements to unfold.

Prerequisite: no previous experience needed.

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

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	16
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	16
	Elective Hours	
	Supplemental Class Hours	

# Tantsu® 1

A 6-day course.

Tantsu's cradles, positions in which our whole body can comfortably hold and move with another's whole body, create a containment in which it is safe to go deep within. When our breathing connects in a cradle movements resonate through our bodies, sometimes spontaneous, sometimes exploratory and playful and creative, sometimes leading us into a deeper stillness than we have ever shared with another, and joy.

In this course, the students will learn a creative sequence of positions, similar to yoga, using their body to stretch meridians and rotate articulations while holding chakra points. A Tantsu session is based on the respiration of the receiver thereby simultaneously relaxes the physical body and mind while raising the body's vital energy.

Prerequisite: Tantsu Basic.

Tantsu 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	50
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	50
	Elective Hours	
	Supplemental Class Hours	

# WaterDance 1

A 6-day course.

WaterDance (also known as WATA and WasserTanzen) is a dynamic movement therapy above and below water. It was developed by Peter Schröter and Arjana C. Brunschwiler in 1987.

In WaterDance 1, you will explore the art of breath connection, which enables you to establish a deep rapport with your clients, inspire their trust, and offer the attentiveness that is necessary when bringing someone under water. You learn the WaterDance short form, including establishing a rhythm that works with each client's breathing needs. You also learn to move all body types through the water with security, ease and graceful fluidity, giving the receiver a profound sense of freedom and joy.

It is a profound therapy, in which time and space lose their meaning. Life and being become a flow. Regression often occurs in which wounds from the past can be effortlessly processed. WaterDance offers us a powerful therapeutic instrument, and a strong form of energy and body work. Play, surrender, flow and harmony all combine in a unique manner in the water.

Prerequisite: Watsu Basic & Oceanic Bodywork Aqua-Wellness (OBA) Basic or Liquid Flow Basic.

WaterDance 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA. The course is also part of the WaterDance learning program and gives 50 hours of credit for registration with Watsu India.

<b>WABA</b>	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## WaterDance 2

A 6-day course.

In this class, you deepen and build on the skills learned in Waterdance 1. You expand the principles and material with a broader repertoire of underwater moves, techniques and variations. You also learn how to link different moves into a graceful, seamless flow. By the end of this course, you will have learned enough material to give complete Waterdance sessions that are fun, healing and profound.

Prerequisites: WaterDance 1 and 10 practice sessions.

WaterDance 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA. The course is also part of the WaterDance learning program and gives 50 hours of credit for registration with Watsu India.

<b>WABA</b>	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	WaterDance Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Watsu® Introduction

A 1-day course.

Learn to give and receive some simple yet profound movements and progressions in warm water. Using the water as a support, learn to float, massage, stretch, cradle and hold someone in tune with the breath.

Many consider Watsu the most profound development in bodywork in our time. While other modalities are based on touch, the holding that working in water necessitates, brings the receiver to a new level of connection and trust. This, combined with the therapeutic benefits of warm water and the greater freedom of movement, creates a modality that can affect every level of our being.

Prerequisite: no previous experience required.

Watsu Introduction offers an excellent one-day intro into the world of Watsu, but gives no credits for WABA (Worldwide Aquatic Bodywork Association) or Watsu India.

<b>WABA</b>	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Watsu® Basic

A 3-day course.

This is an experiential course which introduces the body mechanics required to work with someone immersed in water. In order to focus on connecting to the breath and presence, students are led through all the basic moves. It is not required to memorize the sequence.

Prerequisite: no previous experience required.

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

<b>WABA</b>	Registration	Yes
	Watsu Hours	16
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	16
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Watsu® Basic & Oceanic Bodywork Aqua-Wellness® (OBA)

## Basic

A 3-day course.

As an introduction into the beauty of aquatic bodywork, this course is a precursor for Watsu 1 & Oceanic Bodywork Aqua-Wellness (OBA) 1 and Liquid Flow Essence.

Through his personal studies, Gianni De Stefani, certified instructor of Watsu and Oceanic Bodywork Aqua-Wellness, has made a synthesis of these two techniques of aquatic bodywork. During a long weekend or 6 half days you will learn the basics of how to gently move a person on the surface and under water.

Watsu (WATER shiatSU) is aquatic bodywork on the surface, developed by the poet Harold Dull in the 80s, after his return from Japan, where he studied Zen Shiatsu with Master Masunaga. This course focuses on the basics of Watsu: how to stay grounded, as in Tai Chi, while you float and stretch someone on the rhythm of your partner's breath. You will be led through a simple yet complete sequence. You can take this course to deepen your meditation, enhance your connection with water, or improve your relationship with others.

Oceanic Bodywork Aqua-Wellness (OBA) is a form of aquatic bodywork, developed by Kaya Femerling and Nirvano Martina Schulz 20 years ago. It combines soft stretching, massage, joint release as well as energy and breath work above and below the water. In this course, our concentration will be particularly on the movements under water.

Especially designed movements allow the whole spine to swing and let the energy flow again. Because of the weightlessness of the body in water, the radius of joint movements widens and the whole body can be moved in a playful and new way. Chronic physical pain as well as emotional tensions can be released. You will experience a completely unique way of healing in water and take a journey back to your origins, into the endless depth of your inner ocean.

Prerequisite: no previous experience required.

Watsu Basic & Oceanic Bodywork Aqua-Wellness (OBA) Basic is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 27 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	27
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	27
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Watsu® 1

A 7-day course on the surface only.

In the first stage of Watsu 1, you learn Watsu's Tai Chi-like basic movements and positions and how you, while staying grounded and connected with your partner's breath, can let the water do the work. In its regular return to the Water Breath Dance position, you will find the stillness that is the basis of presence.

In the second stage, you learn to connect these basic movements and positions with long, gracefully flowing transitions into the Transition Flow. You learn to adapt this work to people of all sizes, shapes, and dispositions. You 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 and share what being held means to you and others.

Prerequisite: Liquid Flow Basic or Watsu Basic.

Watsu 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Watsu® 1 for Couple Sessions

A 7-day course.

In a Watsu for Couples session, two practitioners are working with a couple (husband & wife, mother & daughter etc.). The purpose of this unique treatment is to float the two receivers individually as well as bringing them together several times in an embrace, which has no words.

In this course, we re-energize our relationship with yin-yang couple sessions, and practice non-verbal communication with increased intimacy and flowing heart connection.

Prerequisite: Liquid Flow Basic or Watsu Basic.

Watsu 1 for Couple Sessions is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and as an elective with Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	50
	Supplemental Class Hours	

# Watsu® 1 & Oceanic Bodywork Aqua-Wellness (OBA) 1

An intensive 10-day course on the surface as well as under water.

In the first stage of Watsu 1, you learn Watsu's Tai Chi-like basic movements and positions and how you, while staying grounded and connected with your partner's breath, can let the water do the work. In its regular return to the Water Breath Dance position, you will find the stillness that is the basis of presence.

In the second stage, you learn to connect these basic movements and positions with long, gracefully flowing transitions into the Transition Flow. You learn to adapt this work to people of all sizes, shapes, and dispositions. You 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 and share what being held means to you and others.

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

Especially designed movements allow the whole spine to swing and let the energy flow again. Because of the weightlessness of the body in water, the radius of joint movements becomes wider and the whole body can be moved in a playful and new way. Chronic physical pain as well as emotional tensions can be released. This form of therapy invites you to experience a completely unique way of healing in water. A journey back to your origins, into the endless depth of your inner ocean.

Prerequisite: Liquid Flow Basic or Watsu Basic & Oceanic Bodywork Aqua-Wellness (OBA) Basic.

Watsu 1 & Oceanic Bodywork Aqua-Wellness (OBA) 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 75 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Watsu® 2

A 7-day course on the surface only.

Watsu 2 expands the Transition Flow taught in Watsu 1. You learn additional movements and bodywork in each position and how to incorporate them in a session. You learn about the meridians and acupressure points in Watsu and, while following the client's tendency to move, how to creatively explore your own movements. Practicing acupressure massage, lifts, pushes and pulls introduced at this stage, helps develop the ability to explore and play with energy.

Because you now have so much material to work and play with, it is recommended that you give at least 20 practice sessions before going on to Watsu 3 or another form of aquatic bodywork.

Prerequisite: Watsu 1 plus 10 logged practice sessions.

Watsu 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Watsu® 3

A 5-day course on the surface only.

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

Powerful stretches and advanced techniques including work at the pool wall and on the steps are introduced. Rolls that require a spontaneous adaptation are presented as a gateway into "Free Flow".

Prerequisite: Watsu 2, 20 logged practice sessions, and Watsu 2 mastery.

Watsu 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Watsu® 4

This 6-day course (on the surface only) is given by Harold Dull, creator of Watsu and Tantsu and founder-president of the Worldwide Aquatic Bodywork Association (WABA).

This course is for those who have studied what they can and cannot do with others, and are ready to return to what Watsu can do for them. The oneness we discover in Watsu is the foundation of freedom. This course is a return to the wonder and joy of this discovery, and to the Free Flow that is its creative expression.

Besides learning and putting into practice the major principles and techniques of Free Flow, you will experience and explore the principles and techniques of "Watsu by Two" and other powerful combinations. You will also explore the energetic phenomenon that can accompany Watsu such as the Heart Body Wave when joyful waves in the heart's rhythm entrain those in our brain, our breathing and the body itself. Rolls introduced in Watsu 3 are further explored as well as using your legs in Free Flow.

Prerequisite: Watsu 2 plus 20 logged practice sessions and Watsu 2 mastery.

Watsu 4 is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Watsu® & Breathing

A 2-day journey of exploring and discovering your breath and its applications in Watsu.

You will discover how to integrate the practice of Watsu qualities and the power of working with the breath.

Several topics will be discussed such as the link between breathing and yourself as a giver, but also breathing and energetic connection with the receiver. You will study the anatomical basis of our respiratory system to better understand its functioning.

To incorporate these elements into your water work, you will practice, explore, share your feelings, and practice again and again...

Prerequisite: Watsu Basic or Liquid Flow Basic.

Watsu & Breathing is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 15 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Watsu® & Dance

A 2-day course.

Contact, Dance from Mother Nature, Instinctive Qi Gong, Tantsu and Watsu. Together they enhance, with other 'meditation techniques', our creativity, our communication skills, and our body's highest potential. Dance is a transformative healing process that gives us an opportunity to know and touch the core of our being. The workshop will be held in water and on land.

Prerequisite: Watsu 1.

Watsu & Dance is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 15 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

## Watsu® & Elements of Vipassana

An intensive 7-day residential retreat, during which we stay for the entire time in isolation and silence.

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

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

Watsu is the first form of meditative aquatic bodywork, developed by the poet Harold Dull in the 80s. Considered as one of the most profound developments in bodywork in our time, Watsu brings the giver and receiver to a new level of connection and consciousness that involves our whole being.

In this retreat, we combine elements of Vipassana meditation with the depth and practice of Watsu to encourage the search for our inner emptiness. While isolating us in silence from all external contact for 7 days, we will enter into a deep contact with our inner self. This journey of observation and self-discovery can bring us to the roots of our mind and dissolve mental and emotional impurities, giving us back balance, love and compassion.

Prerequisite: Watsu 1 or equivalent course.

Watsu & Elements of Vipassana is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 60 hours of credit for registration as supplemental class with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	60

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	60

## Watsu® & Intimacy

A 2-day course.

As Watsu is naturally connected with closeness and intimacy, it is important to look deeper into this issue, both as individual and as therapist.

During a Watsu session, we experience new ways of perceiving sexual sensations. But, instead of acting them out, they can be savoured as sensations of pleasure, like the joy our body feels when swiftly moved through water. Not limited or focused only on the genital area, these sensations can contribute to releasing blockages and circulating energy throughout the whole body. This is the way we free our body: the more we surrender, the freer feel those we offer Watsu to.

Prerequisite: Watsu 1.

Watsu & Intimacy is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 15 hours of credit for registration with WABA and as an elective with Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	15
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	15
	Supplemental Class Hours	

## Watsu® & Tantsu® Basic Path

A 6-day course.

This course complements Tantsu with the new paths in Watsu that have taken back into the water what has been learned in the new Tantsu about holding and connecting to the breath and the heart's role in accessing our inner movement and creativity.

Instead of a form that is memorized it is based on a format with which those from any level of Watsu can meet in groups of three outside of a class. As a team, they explore the principles and applications of a movement or a way of using one's own body. Then each one receives a complete session in a round. The format focuses on learning and applying principles instead of memorizing a form.

Watsu Tantsu Basic Path introduces Watsu Basic and Tantsu Basic along with Explorer Path Basic.

Prerequisite: no previous experience needed.

Watsu & Tantsu Basic Path is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 16 hours of credit for registration as an elective with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	16
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	16
	Supplemental Class Hours	

## Watsu® & Tantsu® Explorer Flow

A 6-day course, half on land and half in water.

Explorer Flow is based on a format with which those from any level of Watsu can meet in groups of three. As a team, they explore the principles and applications of a movement or a way of using one's own body. Then each one receives a complete session in a Round. The format focuses on learning and applying principles instead of memorizing a form.

Prerequisite: Watsu Basic.

Watsu & Tantsu Explorer Flow is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 25 hours of credit for registration as Bodywork and 25 hours of credit as an elective with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	25
	Elective Hours	25
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	25
	Elective Hours	25
	Supplemental Class Hours	

## Watsu® “Water & Pregnancy”

A 2-day course.

This 2-day course is for Watsu students and practitioners, who want to gain a deeper insight into the mysterious world of pregnancy in relation to aquatic bodywork.

Some of the topics that will be explored:

Prenatal Life (born to the life): to be present with all our senses – touch, taste, sight, hearing, smell – and deeply listening while exploring movement and action. Adjust ourselves to the new human being.

Postnatal Life (born into the world): the embrace and the nourishment; moving from instability to stability and from suffering to learning.

The couple (born to the unknown): how to take care of the obstacles; developing strength, surrender and inner growth.

Him & her (born to caring): pure observation of the reality, offering closeness and empathy; the support given and received.

Prerequisite: At least 50 hours of aquatic bodywork.

Watsu "Water & Pregnancy" is not recognized by WABA (Worldwide Aquatic Bodywork Association) but gives 15 hours of credit as an elective with Watsu India.

<b>WABA</b>	Registration	No
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	15
	Supplemental Class Hours	

# Watsu® for Babies

A 1-day course.

Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those who would like to share the joy of being in water with their own child.

In this course you will learn to discover that the emotions, which arise from a spontaneous movement in water, open extraordinary borders and allow us to live in the present, here and now, simply listening to the breath of the child, both supported by the healing power of water.

Through some exercises from Tantsu and Ai-Chi, you learn to listen to yourself and to the baby you hold in your arms. You will also learn the possible transfers of the Watsu sequence in order to expand it in a creative way for babies.

Thanks to the collaboration of Gianni De Stefani, certified WABA teacher, Dr. Riccardo Palumbo has been able to develop this new massage, which is introduced in this course to bring Watsu into the world of babies.

Prerequisite: Watsu 1 or having a degree to work with babies in water.

Watsu for Babies is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 8 hours of credit for registration as supplemental class with WABA and as an elective with Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	8

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	8
	Supplemental Class Hours	

# Watsu® Provider for Spa

A 10-day course.

The purpose of this training course is to prepare therapists, already trained in another bodywork modality, to offer water massage sessions in a professional way. You will learn the techniques of Watsu Basic and Oceanic Bodywork Aqua-Wellness (OBA) Basic (underwater work) and how to apply elements of hydrodynamics in a water session.

Through specific exercises and meditation, you develop your capacity to listen to the person you hold in your arms and to establish an empathic connection. You also learn about the anatomical and energetic elements of aquatic bodywork and how to adapt a treatment to different types of clients.

Gianni de Stefani has synthesised in this course different techniques such as Eutonie in water, Oceanic Bodywork Aqua-Wellness, Watsu, Woga (Yoga in water), and Aquatic Bodywork for pregnant women. Its aim is to spread this beautiful water work throughout the world with the consent of WABA (Worldwide Aquatic Bodywork Association) and adapted to the local conditions.

The course is based upon a particular agreement (see [www.waba.edu](http://www.waba.edu)), which allows the therapist to give Watsu sessions, but only in the same spa where s/he already works.

Prerequisite: training as a therapist in bodywork successfully completed, with at least 500 hours of learning program.

Watsu Provider for Spa is recognized by WABA (Worldwide Aquatic Bodywork Association) as a specific Watsu learning program and gives 75 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	75
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Watsu® Special Clinics

A 6-day course.

Watsu promotes a deep state of relaxation with dramatic changes in the autonomic nervous system. Through quieting the sympathetic and enhancing the parasympathetic nervous systems, Watsu has profound effects on the neuromuscular system. Physiological changes then occur throughout the body.

Watsu also helps to decrease muscle tension and increase range of motion. The support of the water provides relief from compression in the joints. The movements through the water provide gentle stretching for the spine and extremities, while these joints are unloaded.

Clients report decreased pain as Watsu reduces muscle spasm and muscle guarding, increases range of motion, and promotes profound relaxation. Many clients also report a decrease of emotional pain.

Prerequisite: Watsu 2.

Watsu Special Clinics is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	50
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	

# Woga, Yoga in Water

A 1-day course.

Woga is the union of two words: water and yoga. Thanks to the absence of gravity, the water represents the ideal environment for Hatha Yoga asanas in combination with Pranayama, the control and the regulation of the respiration. The water sweetens movements, unblocks the articulations, lengthens and melts muscles. To work in water removes the negative tensions, prevents stress, insomnia and anxiety.

Water yoga is based on classic yoga poses and stretches, which are modified for standing in water that is between waist-to-chest-high. You do not need to know how to swim.

Classes are structured much like their land-yoga equivalents: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool.

Prerequisite: no previous experience required.

Woga, Yoga in Water, is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 6 hours of credit for registration as supplemental class with WABA and Watsu India.

<b>WABA</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	6

<b>Watsu India</b>	Registration	Yes
	Watsu Hours	
	Land Bodywork Hours	
	Elective Hours	
	Supplemental Class Hours	6