

# TANTSU YOGA

With Xavier Boisson (WABA Teacher)



**Sunday 5<sup>th</sup> February 2012**

Tantsu grew out of Watsu. Watsu is a form of bodywork developed in the eighties by Harold Dull floating and stretching people in warm water. In Tantsu Harold brings the unconditional holding of Watsu back onto land.

Yoga means Union, Tantsu Yoga brings to us a deep state of others' listening, creating an unconditional union of connected breath and presence.

In this class you will learn to give the basics of Tantsu:

Cradle the core of someone who is lying on their side and drop into stillness. The micro-movements that appear from will guide your moves, stretches and rotations of shoulders, arms, hips and legs, releasing blockage in the energy flow.

Cradle someone between and across your legs in a comfortable hold that gives you access to the deepest levels of peace.

The trust established by this cradle, and its creative exploration, make it ideal for starting a Core Tantsu Yoga with anybody..

Venue: Butterfly Barn, Sve-Dame, Auroville  
Schedule: from 9.00 am to 12.30 – from 2.00 to 5.30 pm  
Pre-requisite: none  
Participants: minimum 6 – maximum 12  
Booking: Loretta phone 9787936100 or [info@watsu.in](mailto:info@watsu.in)