

Watsu India Newsletter



AQUATIC BODYWORK COURSES

August 2024 - April 2025

**Join us in the upcoming
season for a wide range of
aquatic bodywork courses
in India**

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

Mudita - Auroville

Aquatic Bodywork Courses

August 2024 - April 2025

| Month | Date | Course | Teacher(s) |
|----------------|---------|---|-------------------|
| August 2024 | 17 | Watsu® Yoga Round | Shreya |
| | 23 - 25 | Dealing With Water Fear | Roberto |
| September 2024 | 01 | Watsu® Yoga Round | Shreya |
| | 27 - 29 | Dealing With Water Fear | Roberto |
| October 2024 | 08 | Watsu® Yoga Round | Shreya |
| | 25 - 27 | Dealing With Water Fear | Roberto |
| November 2024 | 08 - 10 | Dealing With Water Fear | Roberto & Shreya |
| | 12 | Watsu® Yoga Round | Shreya |
| December 2024 | 08 | Watsu® Yoga Round | Shreya |
| | 13 - 15 | Dealing With Water Fear | Roberto & Shreya |
| January 2025 | 03 - 05 | Dealing With Water Fear | Roberto & Shreya |
| | 07 | Watsu® Yoga Round | Shreya |
| | 08 - 09 | Watsu® Basic | Roberto |
| | 11 | Watsu® Yoga Round | Shreya |
| | 16 - 17 | Healing Dance® Supervision (Individual) | Ashaman |
| | 21 - 24 | Watsu® 1 (Transition Flow) | Petra |
| | 25 - 26 | WOGA® 1+2 | Petra & Shreya |
| | 29 - 31 | Aquaflow 1 | To be determined |
| February 2025 | 01 - 05 | Watsu® ATC | Watsu India Team |
| | 06 - 08 | Dealing With Water Fear | Roberto & Shreya |
| | 14 | Watsu® 1 Tutorial | Roberto |
| | 15 | Ai-Chi Basic | Prashant |
| | 16 | Ai-Chi Basic | Prashant |
| | 18 - 20 | Ai-Chi ITC | Gianni & Prashant |
| | 21 - 22 | WOGA® 1+2 | Petra & Shreya |
| | 21 - 22 | WOGA® 1+2 | Petra & Shreya |
| March 2025 | 01 - 02 | Watsu® Basic | Gianni & Roberto |
| | 07 | Watsu® 2 Tutorial | Roberto |
| | 08 - 09 | WOGA® 1+2 | Petra & Shreya |
| | 11 - 13 | Watsu® & DeMeLes | Gianni |
| | 14 - 16 | Dealing With Water Fear | Roberto |
| | 20 | Watsu® Yoga Round | Shreya |
| April 2025 | 21 - 23 | Aquaflow 2 | To be determined |
| | 01 - 09 | Watsu® ITC | Watsu India Team |
| | 11 - 13 | Dealing With Water Fear | Shreya |

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 |



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



Watsu.india

Other Centres

Aquatic Bodywork Courses

August 2024 - April 2025

| Month | Date | Course | Teacher(s) |
|-------|------|--------|------------|
|-------|------|--------|------------|

Dharwad

| | | | |
|----------------|-----------------|--------------|----------------|
| September 2024 | To be confirmed | Watsu® Basic | Prashant & TBD |
| October 2024 | To be confirmed | Watsu® Basic | Prashant & TBD |

For more information about the courses in Dharwad, please contact:

Prashant 📞 +97466230328 (whatsapp only) or ✉️ cgprashanth.apt@gmail.com

Mumbai

| | | | |
|----------------|-----------------|----------------------------|-------------|
| September 2024 | To be confirmed | Watsu® 1 (Transition Flow) | Pooja & TBD |
|----------------|-----------------|----------------------------|-------------|

For more information about the courses in Mumbai, please contact

Pooja: 📞 +91 88792 46993 ✉️ poojawatsu@gmail.com or

Ankit: 📞 +91 79773 31879 ✉️ ankit.shah87@gmail.com

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.

Watsu® 1 & 2 Tutorial

Watsu tutorials under supervision of a WABA recognized instructor are excellent opportunities to refresh, adapt and further explore the techniques and sequence learned in Watsu 1&2.

You will benefit from your instructor's undivided attention in order to better progress to the next level of your training. You can work both on technical aspects of your Watsu and your skills in creating an effective professional relation with your clients.



Special attention will be given to details of the movements and their necessary adaptations according to the size, buoyancy and flexibility of the receiver. You will get answers to your specific questions and challenges as a Watsu student, which stimulate your progress in aquatic bodywork.

Prerequisite: Watsu Basic (for W 1 Tutorial) – Watsu 1 (for W 2 Tutorial)

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.

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.

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.

Instructor Training Course (ITC) Woga®



In this 6-day course, you will acquire the basics of WOGA (yoga philosophy in general, background of Hatha Yoga and Pranayama and, practical and theoretical knowledge of the physical laws of water), and be able to use the potential of yoga in shallow water, learn a WOGA exercise repertoire, receive didactic and methodical material to offer WOGA courses and/or incorporate WOGA into your water fitness classes.

Prerequisites: WOGA 1&2 and a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

Credits: ITC Woga is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 42 supplementary 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.

Assistant Training Course (ATC) Watsu®

A 4-day course geared towards aquatic bodywork practitioners, who would like to become teacher assistants in Watsu.

This course is offered by a collective team of experienced teachers, who over more than a decade of experience have gained a deep knowledge of passing on these aquatic bodywork techniques. While remaining respectful to the spirit of Harold Dull, the founder of Watsu, they have developed their own vision and methodology.

In this course you will learn the basic principles of teaching, such as the theoretical and practical methodology for adult-learning, and apply them to aquatic bodywork modalities like Watsu.



Prerequisites: Watsu practitioner for min. 1 year

Credits: ATC Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 34 supplementary hours of credit for registration with WABA and Watsu India.

Instructor Training Course (ITC) Watsu®



An 8-day course geared towards aquatic bodywork practitioners, who have successfully passed ATC Watsu and would like to become Watsu instructors. This course is offered by a collective team of experienced teachers, who over more than a decade of experience have gained a deep knowledge of passing on these aquatic bodywork techniques.

Topics addressed: – Role of an instructor, Creating and maintaining a safe container, Managing communication, Teaching styles, Watsu skills, Teaching land and pool classes, Ethics, Business practices.

Prerequisites: Successful participation in ATC Watsu and have two times assisted in Watsu 1 (with two different instructors)

Credits: ITC Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 70 hours of credit for registration with WABA and Watsu India.

Ai-Chi Basic and Instructor Training Course (ITC)

Ai-Chi® is a gentle and unique practice. Also known as aquatic Tai Chi, it was created in the 90s by Jun Konno, former coach of the Japanese Olympic swimming team.

Ai-Chi® is a new form of aquatic bodywork, offering us the same calm movements as Tai Chi, but this time in water between 33° and 35°.

This method offers gentle, full-bodied movements using rounded, flowing forms, stretching and other exercises to harmonize body and mind and tone the body. The resulting energy is one of the fastest-growing in therapeutic relaxation with water.



AiChi is a soft and heart technique to explore a way of Tai Chi in the water.

Prerequisite: Ai-Chi Basic is open and beneficial to complete beginners as well as practitioners and therapists of other forms of bodywork on land or in water.

The pre-requisite to participate to Ai-Chi ITC is Ai-Chi Basic.

Aquaflow 1&2



Aquaflow is a water massage, during which the person floats freely, with head resting comfortably on a cushion and legs on a soft float. Gently rocked by the rhythm of their own breathing, the relaxation process begins. Following with a gentle massage by practitioner that emphasizes that quality of presence.

The use of hot water increases muscle relaxation, giving the massage a much deeper and more powerful effect. Joint movements are also facilitated and can be explored without any pain.

This method is one of the most gentle and profound aquatic relaxation techniques... reaching right to the heart of our cells.

Prerequisite: Aquaflow is open and beneficial to complete beginners as well as practitioners and therapists of other forms of bodywork on land or in water.

Watsu® & DeMeLes



The Dé.Mé.Lés method addresses the impact of unconscious or forgotten memories on our behavior, which can create "ordinary neuroses." This method helps release these blockages, leading to a freer and more vibrant life. We collect influences from our environment and genetics through bodily sensations and integrate them into our minds during sleep, forming a matrix. The challenge is to identify the source of problems rather than later duplicates, and Watsu relaxation can assist in this process.

Watsu and AB regression techniques are employed to facilitate a deeper connection with our inner selves, allowing us to surface and release memories we wish to let go of.

*** This course is for individuals who have already begun personal work on themselves.**

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

WI 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®
- Watsu® & DeMeLes
- Watsu® ATC (Assistant Training Course)
- Watsu® ITC (Instructor Training Course)
- Ego Deprogramming
- Ai-Chi ITC



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
- Watsu® ATC
- Watsu® ITC



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
- Watsu® Basic
- Watsu® 1 & 2 Tutorial
- Dealing Water Fear

WI Teachers

Biography

Courses 2024 - 25



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



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)



Ankit Shah is a certified Watsu Practitioner and Watsu® Basic Instructor. He also teaches Woga® 1&2

- Watsu® Basic



Prashant C.G. is a Watsu practitioner and Watsu® Basic instructor with a Master in Neurological & Psychosomatic Disorders. He is working with paediatric and adult neuro clients.

- Watsu® Basic
- Ai-Chi Basic
- Ai-Chi ITC

Guest Teachers**Biography****Courses 2024 - 25**

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

- Healing Dance® 1



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