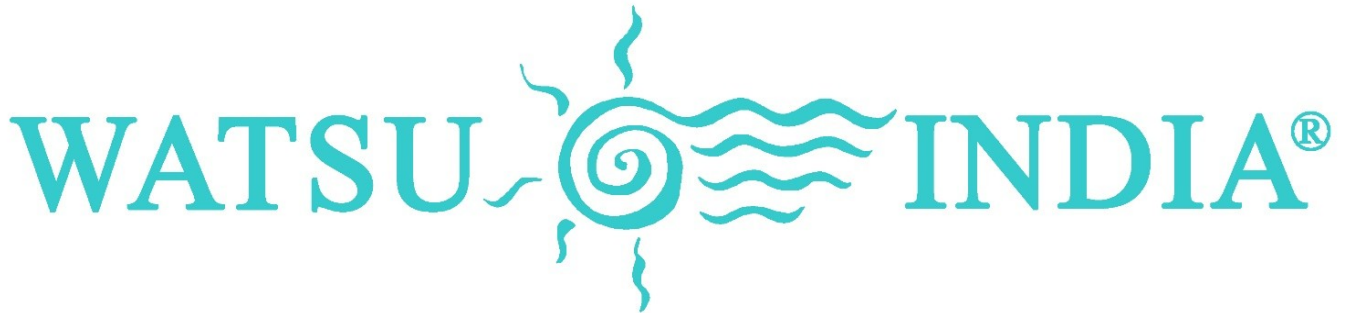




WABA - Worldwide Aquatic Bodywork Association

WATSU INDIA™ - AQUATIC BODYWORK INSTITUTE



Logbook

Certification path for Watsu®, WaterDance, and OBA®

Version 2024

This logbook belongs to _____

If found please contact me

by email _____ or phone _____

Watsu India™ - Aquatic Bodywork Institute, 605101 Auroville, TN

watsuindia@gmail.com, www.watsu.in, www.watsu.com

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Check the www.watsu.com site for updates and the requirements for being registered as a Healing Dance Practitioner and the Assistant and Instructor Training Programs.

Requirements to be registered on the WABA registry as a Watsu India - WABA practitioner (2024)

Students will be recognized worldwide as Watsu practitioner as soon as the following requirements are fulfilled:

		hours
Level Watsu 1	⇒ Watsu Basic	16
	⇒ OBA [Oceanic Bodywork Aqua] Basic	15
	⇒ Watsu 1 (Transition Flow)	34
	⇒ Shiatsu for Watsu	50
	⇒ Watsu & Meditation (can also be done during level 2 or 3)	15
	⇒ Watsu & Breathing (can also be done during level 2 or 3)	15
	- Optional: 1 supervision between Watsu 1 and Watsu 2 (or a demonstration of mastery of Watsu 1 to be given to a WABA recognized teacher or assistant)	
- Recommended: give minimum 5-10 sessions between Watsu 1 and Watsu 2 (not more than 3 to the same person/receiver)		
- Recommended: receive minimum 2-3 sessions from a certified Watsu practitioner		
Level Watsu 2	⇒ Watsu 2 (Expanded Flow)	50
	⇒ Anatomy for Aquatic Bodyworkers (can also be done during level 3)	50
	⇒ Tantsu or equivalent course based on teacher's case-by-case evaluation	50
	Electives courses and/or audits:	100
	- Liquid Flow Essence (max. 13 hours counted for certification)	
	- OBA 1, 2, 3 & 4	
	- WaterDance courses	
	- Healing Dance courses	
	- All other WABA recognized electives courses (see https://www.waba.pro/esac-general-guidelines/#dearflip-df_3607/1/)	
	It is also highly recommended to audit (repeat) one or two of any water course (such as Watsu 1 or 2).	
- Demonstration of mastery (DOM) of Watsu 2 to a recognized WABA teacher before applying for a Watsu 3 course		
- Recommended: give minimum 10-15 sessions between Watsu 2 and Watsu 3 (not more than 3 to the same person/receiver)		
- Recommended: receive minimum 5-8 sessions from a certified Watsu practitioner		
Level Watsu 3	⇒ Watsu 3	50
	⇒ Adapted Watsu (can also be done during level 2)	25
	⇒ Inner Watsu or equivalent classes (can also be done during level 2)	50
	- Demonstration of proficiency (DOP): Give a hands-on session to a recognized WABA teacher after Watsu 3	
	- Total logged sessions given during training period: minimum 15 to 25 (not more than 3 to the same person/receiver)	
	- Total logged sessions received during training period: minimum 7-11 from a certified Watsu practitioner	
- Provide Basic Life Support (CPR) certificate		
Total		520

This learning program is estimated to be completed within about 3 years.

Continuing training:

After completing the certification process, 50 hours of training are required every 3 years to keep the practitioner status valid.

Starting and Maintaining an Aquatic Bodywork Practice

The Worldwide Aquatic Bodywork Registry holds the authorizations of providers, practitioners and instructors of Aquatic Bodywork. It makes available the courses required to obtain and maintain those authorizations and stores the transcripts of those authorized. It oversees and authorizes Aquatic Bodywork courses, programs, and maintains student's authorizations and transcripts on the Worldwide Registry.

Anyone wishing to enter this field must understand the difference between certification, registration and licensure. Certificates are issued by state approved schools. Some licensing agencies will only accept courses and certificates obtained at a state approved school. Since most of our students are already licensed to work with the body and can add Watsu as a modality to their existing practice, WABR has authorized instructors to teach anybody in clinics and spas and wherever else Watsu is needed. Wherever they are taught, instructors add all Aquatic Bodywork classes to the transcript on the Registry that is maintained for every student. Whether the classes were taught at a school or not, when all the requirements are met and the student requests it, a training institute will add their authorization to the Registry.

If you do not already have a license to touch. If you wish to work with the public in an area where licensure is required, check what the local requirements are. If they include certification from a state approved school, determine if there is a school where Watsu is taught that will meet those requirements, or plan to obtain that licensure through another modality at a local school before, during or after your Watsu studies. (Be aware that courses taken outside a state approved school may fulfill a requirement for a pre-requisites, but probably can not be transferred into the school as credit).

If you already have a license to touch. If you are already employed in a spa, clinic or other facility, you may become authorized to practice as a Provider under a contract to complete the full requirements to be a practitioner within three years. Otherwise you can complete your requirements to be listed as a practitioner under the program below that takes into account the applicability of your previous education.

The Registry Fee

Around the world instructors pay a \$100 annual fee to maintain their authorizations on the Registry and add their classes, paying a posting fee for each student attending them. Instructors may add additional modalities and authorizations at no additional charge. Presenters pay an annual \$50 fee and posting fees. In the United States and Canada there is a fee of \$50 for the first practitioner authorization and, beginning the third year after, a \$25 annual fee to maintain that authorization, and, as long as it is maintained, there is no fee for adding additional authorizations. In other countries there is a \$50 fee for each authorization added and no annual fees. To continue to be able to offer to the public anywhere whatever they are authorized in, all must have had their attendance in at least one class in the previous 36 months added to the Worldwide Registry. Providers must fulfill their agreement to become a practitioner within three years. Those whose authorizations are current on the Registry have access to offers of employment and other messages directed toward practitioners. Anyone who has had their attendance in a class recorded on the Registry in the previous three years has access to others who indicate they want to be accessed, and to the listed pools, memos and messages on the Registry. After three years they only have access to their own data and transcripts.

Worldwide Requirements to be placed on the Registry as a Watsu® Practitioner

Note: the rate of progress through any of our programs is based on the successful completion of each step. Many students benefit by auditing a course (repeating it at a usually reduced cost), or by attending a supervision, or logging additional practice sessions, before continuing on to the next step. Instructors will note when these are required. Since audits and supervisions can help fulfill any requirement for electives, they do not usually lengthen a student's overall program.

A	<ul style="list-style-type: none"> • Watsu 1 and 2 (100 hours) • Log 20 practice sessions • in either a Supervision, Integration or audit of Watsu 2, demonstrate competency
B	<ul style="list-style-type: none"> • Watsu 3 (50 hours) • Have attended, including the above courses and additional audits or electives, at least 200 hours of WABR Aquatic Bodywork courses • Current CPR certification • Log 10 sessions received from a professional (before, during or after the above)
C	<ul style="list-style-type: none"> • 100 hours of Shiatsu and/or Tantsu • 100 hours of Anatomy/Physiology • Enough additional hours of WABA Aquatic Bodywork courses to bring the total hours of classes and supervisions to 500 (520 in Europe).
Licensed Professional² Practitioner	Those with a current license to touch ² who have attended at least 50 hours of Shiatsu or its equivalent may add Watsu as an additional modality to their current practice on completion of A + B above. Those who have not had a Shiatsu course but demonstrate sufficient knowledge of bodywork may take the Shiatsu course as their first continuing education.
Licensed Professional² Provider	Licensed Professionals ² currently employed at a spa, clinic or sports club, etc. may, under the contract described below, provide Watsu sessions to the clients at that location upon completion of A above.
Provider Contract	The provider agrees to complete the program to become an authorized Practitioner within 3 years. In regions where Training Institutes oversee the Provider programs additional requirements appropriate to the region may be in place.
Public Listing	Currently registered practitioners may choose to list themselves to the public on the WABR site. Normally a provider can not list themselves to the public as giving Watsu sessions until they become a Watsu Practitioner. In countries where Watsu 3 is not yet available providers may request to be listed and that listing will be determined on an individual basis.
<p>¹ Demonstrate Competency. After Watsu 2 and 20 logged sessions, before attending Watsu 3, give a session to an authorized assistant or instructor during a Supervision, Integration or audit of Watsu 2. Mastery of the form and principles of Watsu is required for placement as provider or practitioner.</p>	
<p>² Licensed Professionals eligible for this program includes Nationally Certified Massage Therapist (NCBTMB), Licensed Physical Therapist or Physical Therapy Assistant, Licensed Occupational Therapist or Occupational Therapist Assistant, Registered Nurse (BSN/MSN), License to practice Medicine or Dentistry (MD/DO/DC/DDS/DMD), State Licensed/Certified Massage Therapist (500+ Hours), ATRI Certified Aquatic Therapist (2003 Standards) with over 500 hours of certified training. Those with an extensive bodywork practice in an area where the minimum requirements were less than 500 hours may reduce the 500 hundred hour minimum by 50 hours for each year of full time bodywork practice. Those with similar qualifications will be considered on a case by case basis.</p>	
<p>³ Transfer Credits Requirements may be fulfilled by transferring credits from an equivalent course taken elsewhere. Any number of courses up to the required total hours may be transferred into your transcript on the Registry at one time for a fee of \$50. Training Institutes may oversee these transfers.</p>	
<h2>Training Institutes</h2>	
<p>Around the world Training Institutes are authorized to add Providers and Practitioners to the Registry that have completed the above requirements plus any courses they deem appropriate in their region and/or may be required for the particular modalities they focus on. The hours of classes that have been approved by ESAC as fulfilling requirements for electives in Aquatic Bodywork programs appear in blue on the lists of classes. Only the Training Institutes that have upcoming classes are listed on the Registry.</p>	
<p><i>Note: Those who began their studies under an earlier program may, if they complete its requirements within 24 months of their first class, be registered under that program, or, if they prefer (or it has been more than 24 months), they may apply previous classes to the above program.</i></p>	

Statement to be read and agreed to before receiving a practice session from a student

I understand that a session of any form of Aquatic Bodywork can be powerful and have profound effects, that when the body arrives at the level of relaxation possible in warm water and its normal tension holding patterns are released, there can, occasionally, be reactions that can cause momentary discomfort. I also understand that being held as close as is required while being floated, can bring up issues that people have about intimacy. I understand that receiving a session in any kind of bodywork from a student always involves a slight risk. I willingly accept that risk and hold no one else responsible for anything that happens to me in my session.

Ideally, the kind of heart space the session will help me into, and its continuity, will help me let go whatever comes up into its flow. I understand there have been no medical claims made for this session. I will give feedback the moment anything is uncomfortable. I will let the student know anytime my head, neck, back, etc., do not feel adequately supported. I understand that when I am brought to the end of a session, I am not required to immediately give feedback. I understand that constructive feedback can be very valuable for a student. If I choose not to talk about the session I just received, I will send a note giving feedback afterwards.

For more information about the forms being practiced visit www.watsu.com.

I have read and agreed to the above statement and am listing below any conditions that might be affected by a session:

Conditions that might be affected by being in warm water:

Conditions that might be affected by stretching and movement:

Psychological conditions or trauma that might be affected by being held:

Susceptibility to Motion Sickness:

Previous experiences of Aquatic Bodywork:

Expectations or concerns:

Signed _____ Date _____

Name _____

Address _____

email _____ phone _____

Add any post-session comments or evaluation below and on the reverse.

STATEMENT TO BE READ AND AGREED TO BY THE PARTICIPANT BEFORE BEGINNING AN AQUATIC BODYWORK COURSE

I understand that a course of any form of aquatic bodywork can be powerful and have profound effects. I am aware that when the body arrives at a level of deep relaxation possible in warm water and its normal tension holding patterns are released, there can occasionally be reactions that cause momentary discomfort. I also understand that being held as close as it is required while being floated can bring up issues about intimacy. I understand that receiving any kind of bodywork from a fellow student always involves a slight risk. I willingly accept that risk and hold no one else responsible for anything that happens to me in this course. I understand that there have been no medical claims made for this course. Taking full responsibility for myself, I will give feedback the moment anything feels uncomfortable.

With respect for everyone in the course, I am committed to confidentiality, and will not discuss any personal information which may be shared during the course. I also commit to be present on time from the beginning till the end of the course.

I have read and agree to the above statement and I am listing below any conditions that might be affected by attending this course:

⇒ Physical health conditions from being in warm water (for ex. heart problems, blood pressure etc):

⇒ Motoric conditions from stretching and movement (for ex. back or hip injury etc):

⇒ Psychological conditions from intense & intimate bodywork like being held (for ex. tendency to depression, borderline personality etc):

⇒ Susceptibility to motion sickness:

⇒ I take at present the following medication:

Previous experiences of aquatic bodywork:

Expectations or concerns:

Please continue on the back...

From which source did you get to know about this course?

Please all matching boxes.

- | | | | |
|--|--|--|-------------------------------------|
| <input type="checkbox"/> Word of mouth | <input type="checkbox"/> Quiet's website | <input type="checkbox"/> Website Watsu India | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Posters/Flyers | <input type="checkbox"/> Auronet or News&Notes | <input type="checkbox"/> Google |

**The following details will be put on the international registry:
(please write in CAPITALS)**

First Name _____

Family Name (Surname) _____

Country of Residence _____

Email _____

Watsu India Training Institute

RELEASE OF LIABILITY AND TERMS OF PARTICIPATION

In attending Watsu India workshops I agree to release from liability and hold harmless all teachers and developers of this work for any injury or discomfort resulting from practicing the exercises. I acknowledge that all participation is optional, and while attending this course agree to take full responsibility for my own actions and their results.

All hand-outs and materials presented during the course are proprietary, copyrighted material, for use within the Watsu India Training Institute only. None of this material may be republished, reproduced or distributed in any way, including online, without prior explicit written permission from Watsu India. By signing below, I agree to these terms.

Date _____ Place of the course _____

Signature _____

Application to apply transfers to fulfill requirements to be registered as a Practitioner

(not required of those intending to take all the courses listed in the full program from WABA instructors nor those whose prior training that qualified them for a licensed professional program included Shiatsu or its equivalent.)

Hours	Max	Land Classes
	100	Anatomy / Physiology
	100	Shiatsu and/or Tantsu
Other Replacements (by those already licensed to touch)		
	50	Replacing Shiatsu and/or Tantsu
	100	Replacing Aquatic Bodywork electives

No more than the maximum number of hours listed before each category can be applied. Enter the number of hours and briefly describe what you seek to have transferred in the appropriate box. Attach documentation for each transfer.

For Indian residents, please send to Watsu India address (see first page of this logbook) free of costs.

To WABA, to process this application (check one for international application only)

_____ I am enclosing a payment of \$50.

_____ please deduct \$50 from my account on the Registry (you can add to your account with a credit card anytime you enter with your password).

_____ I have already transferred these hours into my Record at the Watsu Center in California*.

Please transfer in to my record and apply the listed, documented, coursework to fulfill requirements to be registered as a Practitioner.

_____ I am applying to transfer in Other Replacements and am attaching documentation of my being licensed to touch. I understand that any replacements listed under Other Replacements are only allowed to those who are already licensed to touch and are subject to approval by the Educational Standards Advisory Committee. I also understand that if anything is determined not to be an appropriate replacement, there will be no refund of the fees accompanying this application, and that each subsequent application must be accompanied by a \$50 fee to process.

Signed _____ Date _____ Name _____

*Classes transferred into the school to fulfill requirements to be a Watsu Therapist can also at no extra charge be applied to fulfill requirements to be listed on the Registry (whether or not the Therapist program at the school has been completed). See school catalogue for details about transferring in courses.

After signing this document, send it, and any accompanying documentation by fax to 17073170052

Application for Placement on the WABA Registry as a Watsu Provider or Practitioner

To the Worldwide Aquatic Bodywork Association:

From (print name) _____ I wish to be registered on the Worldwide Registry as a _____ Provider* _____ Practitioner. (check one) _____ I am enclosing a payment of \$50 for processing this application. _____ Please deduct \$50 from my account on the Registry**. I have successfully completed (check one) _____ a program at the School of Shiatsu and Massage _____ all the required classes through WABA registered instructors. These are now recorded on the Registry as well as any transferred in requirements (except for any I am applying now to transfer in on a separate accompanying application). I understand that being placed on the registry as a provider or practitioner is not to be misconstrued as being identical to receiving a certificate from a school, that WABA is not a school, but maintains the worldwide registry as part of its non-profit goal of making the benefits of Aquatic Bodywork available to everybody. I am attaching scanned copies of my CPR certificate, my practice session log and my received session log or documentation of their having been checked by an instructor. _____ I have completed the program for those who are already licensed professionals and am attaching documentation of my qualifications under that program. I understand that I can choose to be listed to the public as a practitioner until the end of this year at no additional cost, and that continuing to be so listed is dependent on having attendance in at least 50 hours of WABA classes during the previous three years recorded, and paying WABA \$50 for each year's listing in the U.S. (two year's listing elsewhere). I understand that the privilege of being listed is also dependent upon my maintaining the ethical standards outlined in my logbook. I will treat my instructors, fellow students, those I practice on, and clients with respect and will not abuse the level of intimacy and trust inherent in Aquatic Bodywork classes and sessions, nor use it for any ulterior motive. I will not have sex with clients. I understand Watsu is a registered service mark and that, as long as I am currently on the Registry as a Watsu Practitioner, I can use it publicly (with an ®) to describe Watsu sessions, but I must obtain permission to use it in the title of a business. I will not offer to the public Aquatic Bodywork services (such as that of an instructor) for which I am not currently authorized by the Worldwide. I will not 'repackage', and offer or instruct under a different name forms I learn in my Worldwide classes. As a member of the Water Family I share its goal of making the benefits of giving and receiving Aquatic Bodywork available to everybody. I understand that accompanying any choice to be listed to the public or others of the Water Family, is a commitment to maintain up to date the data (city, state, email, phone) they can access through my listing.

Please send me a certificate acknowledging my placement on the Registry.

_____ I want to be added to the list of practitioners made available to the public.

_____ I do not want to be added to the list of practitioners made available to the public

I understand that as a member of the Water Family, for three years from a last recorded class, my name, city, email and phone number will be made available to other students on the Registry unless I indicate otherwise:

_____ I want to be accessible to other students.

_____ I do not want to be accessible to other students.

First _____ Middle _____ Last Name _____ Title _____

Enter middle name and title only if you want them to appear on certificates and lists.

Address _____ City _____ State _____ Zip _____

Country _____ Phone (____) _____ Fax (____) _____ E Mail _____

Birthdate (month) _____ (day) ____ 19 ____ Profession _____

Second phones, addresses, etc: _____

Signature _____ Date _____

*Those applying to be registered as a provider must accompany this application with their Provider Fulfillment Agreement.

** You can add money to your account on the Registry with a credit card. **For Indian residents \$25 every 2 years.**

After signing this document send it, and any accompanying documentation by fax to 17073170052

Watsu Provider Fulfillment Agreement with Watsu India & WABA

I have completed all the requirements to be registered as a Watsu Provider operating out of the following facility (and any others my employer operates):

I understand that the Provider status is temporary and is dependent on my completing in the manner agreed to below the remaining requirements to be listed as a Watsu Practitioner on the WABA Registry. Until I am so listed I will not solicit clients for paid Watsu sessions outside the above listed place of employment.

I will annually renew my place on the Registry as a Provider with an annual payment of US\$ 25 in Indian rupees (calculated at actual exchange rates) by January 1st to Watsu India.

I will fulfill the following requirements to be registered as a Watsu Practitioner/Watsu Provider:

.

I will have at least 50 hours of the above completed by December 31 at the end of the year that follows the year this Agreement is submitted, and an additional 50 hours completed by the end of each subsequent year. On completing all the above I will submit an application to become listed as a Watsu Practitioner with an additional payment of US\$ 25 in Indian rupees (calculated at actual exchange rates) by January 1st to Watsu India - for 2 years.

Name _____ Signed _____ Date _____

The following is to be signed by your employer.

I am employing _____

as a Watsu Provider at _____

I understand his continuing employment as a Watsu Provider is dependent on the fulfilment of the above agreement in a timely manner.

Name _____ Signed _____ Date _____

After signing this document send it, and any accompanying documentation by fax to 17073170052 or by e-mail to info@watsu.in

The International WABA Registry

Within a few days each class is added to the WABA Registry. Go to waba.edu/cate and enter the email address on your class list. You will be sent your unique eight character ID code. When you enter with it you will be asked to add 1 to 4 additional characters to make a secure combined ID/password to enter with from any browser. On entry you will be asked to agree to the WABA Code of ethics. After you review and add to your personal data you can indicate your desired level of participation as outlined below.

Any additional WABA class you take anywhere will be added to your transcript on the Registry and can be applied towards your Practitioner authorization. You can print your transcript and authorizations from the site. The classes listed on your transcript have links for students to access their classmates' most recently entered emails and phone numbers. Until you enter and authorize additional access, only your classmates, your instructors and WABA staff have access to yours. For 3 years after your most recent class you continue to have access to those on the Registry who extend access, and to pools they list (be sure to list your pool if you want to make it available to others) and to messages and memos about the applications of Aquatic Bodywork and the issues faced in sharing it. You can send two photos to appear on your page (following the instructions you find below your transcript).

Below is what can be responded to on your data page when you enter (Be sure to respond to the first question of the World Watsu Week section, even a NO helps us complete our survey.) Keep the data on your page updated. Each section has a memo alongside to detail your involvement, etc.

Water Family Networking & Community Involvement

- Extend access to others on Registry and, when practitioner, to public
- Extend access to others on Registry
- Limit access to my instructors, classmates and WABA staff

Your applications of aquatic bodywork

- private practice
- spa
- clinical

(Add details to the memo fields on the right)

Add or select a special population, condition or circumstance you would like to share your experience working with. _____

Indicate your interest in exchanging sessions and networking....

Skills you can share or exchange with others on the Registry

- pool care
- media
- computer
- organizing
- construction
- financing
- other

Committees you would like to join or advise

- Clinics
- Spas
- Ethics
- Media
- Pools
- World Watsu Week
- Practitioners
- ESAC(instructors)
- Board of Directors
- Other

Indicate your level of involvement with Water Family Newsletters

- help produce and gather material.
- help edit and network.
- receive regularly.
- I do not want to receive any emails.

World Watsu Week

Do you want to volunteer sessions or classes during the World Watsu Week?

- No
- possibly
- to give sessions
- to instruct classes
- both

Can you provide access to a pool?

- yes
- for single sessions
- for multiple sessions
- and for classes

Can you help organize?

- yes
- locally
- regionally
- on any level

Contacts you have that might be able to help

- celebrity
- sponsor
- donor
- academic
- institutional
- other

Help you can pledge as a

Donation: \$ _____ Loan: \$ _____

What do you need to forward the Watsu experience in your community?

What do you need for your personal practice?

- = Select one response
- = Can choose more than one from list

Whenever you enter waba.edu with your password you can change or add to your responses to the above.

Mission and Ethics of the Water Family

Our mission as a Water Family is to help

- make the benefits of both giving and receiving Aquatic Bodywork available to everybody
 - realize its potential to heal both specific conditions and wounds of separation
 - build a community that cuts across all borders, a true Worldwide Water Family.

As Water Family members we measure our behaviour on how it helps further our common goal and how it is based on universal principles and the respect due each individual.

We welcome the opportunity Aquatic Bodywork provides us to manifest that respect in 'being' with instead of 'doing' to another. We realize our 'intention less' state is necessary for Aquatic Bodywork to fully realize its healing potential. We recognize that our own growth is intimately tied to our realizing that state and truly being with others. For the benefit of those in our arms, for our own growth and for our whole Water Family, we will seek to be aware of, and curb, any tendencies we might have to intrude intention into what we share with others.

We realize that intention can come in many forms. One of its most inappropriate forms in our work would be any kind of sexual intention. We recognize and respect the boundaries of each person in our arms and never touch anyone inappropriately nor use Aquatic Bodywork as a mating dance or tool of seduction. We acknowledge that our role is that of a facilitator and that 'not doing' includes not presenting ourselves as a 'healer', or as a 'mother' or any other role that could create dependency. We will avoid attachment and help our clients realize that whatever 'love' or 'oneness' they feel during or after a session is universal and not personal. We will not force anyone into or under the water. We will not impose opinions, prejudices, quasi-medical, new age or past life diagnosis, or personal preferences of any kind, nor take advantage in any way of the bonding achieved. We will maintain a level of integrity that is true to ourselves, our clients and the mission of Aquatic Bodywork.

We end each session allowing our partner to enjoy and be in their own space in silence. We will not impose upon them any need we might have for feedback or recognition, etc., but we will still be nearby, without touching, until it is clear they have nothing further they need to share with us. We realize wide ranges of emotions are often released and experienced in the course of Aquatic Bodywork. We provide a safe environment for a client to experience these emotions. We are willing to discuss these feelings when the client and we agree it is appropriate, and when the feelings are not of a depth or intensity that might require professional counselling. We understand and protect the confidentiality of such communications. We assist our clients in obtaining professional help for all important aspects of their physical or emotional and mental well-being insofar as they are made known to us, directing the client to other well-qualified professionals when the problem falls outside of the boundaries of our own competence.

In addition to the above principles guiding our behaviour with those who come into our arms to receive Aquatic Bodywork, we realize that achieving our Water Family goals is also dependant on the quality of our relationships with other members of our family. We will seek unity, fairness and community in those relationships. We also understand that achieving those goals is dependent on our behaving in a way that does not prejudice the public against our work.

We understand that some of the above principals require fine-tuning and interpretations to fit them to specific situations and the mores of different countries, etc, and that this interpretation is a continuing process. We will participate to the best of our ability in that process and help committees, etc. fine-tune the above principals. We will keep informed of any such fine-tuning. If a committee of our peers determines we have behaved unethically we will modify our behaviour and accept whatever consequences that committee determines. We realize that having a place on the Worldwide Registry is dependant on our behaving ethically.

Ethics Agreement between Participants and WABA/Watsu India

Dear Participant,

Welcome to the Watsu® and other Aquatic Bodywork (AB) community. We're excited to have you on board and are eager to collaborate with you. This agreement is important to ensure the authenticity and excellence of Watsu® as the first and distinctive aquatic bodywork practice.

For many years, the creators and teachers of Watsu® have relied on trust and respect to preserve its integrity. However, there has been a recent trend of unauthorized teaching and practising of Watsu® techniques by individuals lacking proper expertise. This document serves to establish ethical guidelines.

If you agree with our ethical principles and can commit to upholding them, please sign below and return this form to your teacher or organizer. If you cannot agree, we regret that we cannot include you in this training.

This agreement is not only valid for any Watsu® class, but also for Woga® (after Woga 1+2) and for all other aquatic bodywork modalities listed on www.waba.pro.

Key points of the agreement:

1. I understand that the movement techniques taught in Watsu® or other AB trainings are for personal use in non-professional settings only. I will not utilize them in professional sessions until I become a certified practitioner or teach them until I become a certified instructor.
2. Should I desire to teach Watsu® or other AB modalities, I will seek guidance from authorized instructors to understand the process of becoming a certified instructor.
3. I agree to not use the term Watsu® or the name of other AB modalities in my professional activities before I become a certified practitioner.
4. I will refrain from distributing Watsu® or other AB training materials (such as manuals, videos, and poolside notes) to individuals who have not completed Watsu® or other AB classes.
5. Upon becoming a certified practitioner or Instructor, I will accurately label all promotional materials (including flyers, social media posts, YouTube content, and websites) with the registered trademark symbol (®) when referring to Watsu® or other registered AB modalities.
6. As a Watsu® or other AB student, I understand that conducting professional (paid) Watsu® or other AB sessions prior to becoming a certified practitioner will result in the loss of my student status and removal from the WABA registry if dialogue fails to resolve the issue.
7. As a certified Watsu® or other AB practitioner, teaching Watsu® or other AB before becoming a certified instructor will result in the loss of my practitioner status and removal from the WABA registry if dialogue fails to resolve the issue.

Participant's Name _____ Signature _____

Name of the Class _____ Date and Location _____

Instructor's Name _____ Signature _____

Water Class Assessment

This certifies that _____ completed my _____ course on _____ in _____

Signed _____ (_____, an authorized instructor) Date _____

Before going on to the next level student should...

U. audit this course...**S.** attend a Supervision

L. log an additional ____ practice sessions...**O.** other (see * additional comments)

R. none of the above. Student is ready to go to next level.

The assessment below is arrived at through receiving and observations throughout the course. The purpose is to pinpoint areas that your focusing on would improve your work in water, and help you get the most out of what you are learning. The numbers on the far right are the sum of the numbers following the three parameters in each section. Those parameters are marked from 0-3, The number 2 indicates you are at the expected level of proficiency. 3 is exceptional. Under 2 indicates a need to focus on that area. The five sums to the far right and any text below appear to instructors looking at your transcript to help them help you.

SUPPORT		
Head and Spine		
Lets water support		
Applies pressure gradually		
BODY MECHANICS		
Good stances, alignment and balance		
Low in water, moving from center		
Relaxation of effort		
PRESENCE		
Maintains focus throughout		
Coordinates moves with breath		
Sensitive to boundaries		
APPLICATION		
Realizes each move's intent		
Adapts moves as needed		
Appropriate range of yin and yang		
FORM		
Correct hand placement and movements		
Knows sequence		
Flows with seamless transitions		

*additional comments:

Any text below appears to instructors looking at your transcript

In a Supervision you give a full critiqued session to a registered assistant or instructor. A successful audit of the course (or an integration weekend) may replace the Supervision. Additional supervisions may be prescribed. A requirement for logged sessions, unless stated otherwise, are sessions in addition to the number normally required.

Commitment

As a student of Watsu[®], I want to learn to give the best Watsu I can.
I understand that because of its closeness and the many levels Watsu accesses,
the quality of presence is as important as the mastery of technique.

Technique can be learned,
but developing an ever greater presence,
unlearning whatever keeps us from being present,
is a life long process.

I treasure Watsu as a tool that can help us develop presence.
I will be present in breath and emptiness in the Water Breath Dance.
I will be present in the water I surrender to.
I will be present in the flow of movement.
I will be present in following whatever tendency to move arises in my partner.
I will be present in the way I hold, or press, or stretch to that place where the greatest release is possible.
And when there is release, whether it is tears or ecstasy,
I will stay present.
When we are no longer touching
I will stay present.

I will work to overcome whatever might get in the way of my being present,
whether it is a desire to control
or judge
or mother
or be recognized as a healer
or desire itself
or any other need or fear.

I understand that the more I master technique
and learn to support and move someone in ways that avoid discomfort or injury,
the more present I can be.
The more I know in my body the sequences, and how to adapt them to each person,
the more I can access that creative presence that is Free Flow.

I will supplement my training in ways that help me become present.
If I have no experience working with the body on land, I recognize the need to study Shiatsu or Tantsu
and to increase my knowledge of anatomy before becoming a practitioner.
If I have never had any practice with a meditative movement such as Tai Chi,
I recognize the importance in developing such a practice.

I understand that Watsu is more than a skill that can be learned in a fixed number of hours.
Each of us differs in how we develop presence.
At the beginning of a training, no one can tell me how many hours, how many practice sessions,
it will take me to be ready to be a practitioner.
I welcome the assistance and counselling of my trainers.
Before attending each subsequent level, I will do what they determine necessary to prepare for that level.

I am committed to developing my presence in Watsu and to helping others develop theirs.
I will teach others simple Watsu moves and help as many as I can develop their own presence.
I accept this Mission of the Water Family as my own and will work with others to help make it worldwide.

Signed _____ Date _____



WATA - WasserTanzen (WaterDance)

Certification PATH

WATER CLASSES

PRE-REQUISITE CLASSES

- WaterDance Fundamentals, Fluid Presence, Basic Seminar, Watsu® I, Healing Dance, Jahara or Instructor Approval (one on one teaching) 50 hours

CORE CLASSES

- WaterDance 1 50 hours
 - Demonstration of Mastery (Individual Supervision*) 1.5 hours
 - WaterDance 2 50 hours
 - Demonstration of Mastery (Individual Supervision*) 2 hours
 - WaterDance 3 50 hours
 - Final Demonstration of Mastery (Individual Supervision*) 1.5 hours
- 205 hours**

IF REQUIRED:

- Audit WaterDance 1 50 hours
- Audit WaterDance 2 50 hours
- Additional Demonstration(s) of Mastery (after each level) 1.5 hours

LAND CLASSES

• Massage Therapy, Cranial Sacral, Shiatsu etc.	100 hours
• Anatomy/Physiology/Pathology	50 hours
• Process work (ART Awareness Release Technique, Prenatal Journey, Hakomi, Bioenergetics, Non Violent Communication, Trauma Training, Hospice Work, Instructor Approval etc.)	100 hours
• Cardio Pulmonary Resuscitation Class (CPR)	4 hours
	254 hours

OTHER REQUIREMENTS

- A Give 30 Sessions (recommended 10 at each level of training) See the logbook (every session must be signed by the receiver)
- B Receive a minimum of 10 Sessions. 6 from a certified WaterDance Practitioner throughout the training program. The remaining 4 can be received from a fellow student. See the logbook (every session must be signed by the giver)

LOGBOOK

For trainings in WaterDance India



Name: _____

Address: _____

Country: _____

Phone: _____

Mail: _____

Arjana Claudia Brunschwiler – WATSU–WATA Teacher

Phone: +32 (0) 496 30 19 61
arjana@waterdance.world
www.waterdance.world

Information about the Log Book

Liability Insurance:

We suggest you to take a liability insurance already **during** the training in Aquatic Bodywork.

Procedure to receive the diploma:

When all the required modules are completed, send a copy (not the original) of your logbook, with all your certificates and diplomas, to Arjana (Belgium).

For the land modules, send the copies of the certificates of attendance in **chronological order**. They need to contain the following information: organizer and method of the class, date, place, the teacher's name, and amount of hours.

WATA Diploma:

If you have completed all the required modules, you will receive your WATA diploma within a month. The fee is 60 € per diploma.

As a WATA practitioner, you can charge your sessions and use the name WasserTanzen and/or WATA, as well as the official logo.

You are not allowed to teach WATA or WaterDance classes.

PRE-REQUISITE CLASSES

Watsu®, Healing Dance, Jahara, Fluid Presence or Instructor Approval (at least 50 h)

Class	Date	Place	h	Signature

WATA TRAINING

WATA 1 (50 h)

Class	Date	Place	h	Signature

WATA 2 (50 h)

Class	Date	Place	h	Signature

WATA 3 (50 h)

Class	Date	Place	h	Signature

DEMONSTRATION OF MASTERY WITH A TRAINER (SUPERVISION 1, 2 and 3)

Teacher's name	Date	Place	h	Signature

IF REQUIRED: ADDITIONAL DEMONSTRATION OF MASTERY

Teacher's name	Date	Place	Signature

WATA SESSIONS GIVEN

WITHOUT RECORDS (15 sessions)

Name	Date	Place	Signature

WITH RECORDS (15 sessions)

Name	Date	Place	Signature

WATA SESSIONS RECEIVED (10 sessions)

Practitioner's name	Date	Place	h	Signature

LAND MODULES

ANATOMY / PHYSIOLOGY / PATHOLOGY (at least 50 h)

Class	Date	Place	h	Signature

PROCESS WORK / COMMUNICATION (CNV, PNL, Gestalt, Essence Training, Bio-energy, Prenatal Journey, Hakomi, Trauma Training etc. at least 100 h)

Class	Date	Place	h	Signature

BODYWORK (Shiatsu, Massage, Trager, Cranio-Sacral etc. at least 100 h)

Class	Date	Place	h	Signature

Cardio Pulmonary Resuscitation Class (CPR, at least 4 hours)

Class	Date	Place	h	Signature

IN-DEPTH AQUATIC BODYWORK

ASSISTANCE

Class	Date	Place	h	Signature

Oceanic Bodywork® Aqua

2023

OBA Training Overview

The Oceanic Bodywork Institute provides you with the possibility of three different methods of professional training: OB Aqua, OB Fire & Earth and OB Air.

Training to become a professional bodyworker in collaboration with the National Associations

OB Aqua

215 hours of courses on aquatic techniques, divided in 5 courses: OBA Basic - Liquid Joy (15h), OBA1 - Fluid Body (50h), OBA 2 - Aquatic Body Body (50h), OBA 3 - Oceanic Body (50h), OBA 4 - Cosmic Body (50h).

208* hours of courses regarding the foundations of the profession, social sciences and the basics of medicine (segment shared with OB Fire & Earth and OB Air)

15 sessions supervised by trainers (5 to be received and 10 to be given)

75 sessions of practice (35 to be received and 40 to be given)

680* hours of individual study are estimated

Final examination

This qualifies to offer paid sessions and provides access to regional recognition.

OB Fire & Earth

140 hours of courses about massage techniques on land, divided in 4 courses

208* hours of courses regarding the foundations of the profession, social sciences and the basics of medicine (segment shared with OBA Aqua and OB Air)

10 sessions supervised by trainers (5 to be received and 5 to be given)

60 sessions of practice (20 to be received and 40 to be given)

665* hours of individual study are estimated

Final examination

This qualifies to offer paid sessions and provides access to regional recognition.

OB Air

Training in the definition phase.

*These hours, or a part of them, may be recognized in equivalence in the event that the competencies have been acquired with other trainings recognized from the National Associations.

Continuing training

There is an obligation for bodyworkers and teachers to keep up to date with courses and sessions. All OB courses and other courses that fulfil the need for continuous training and/or specialization are valid.

Every 3 years:

50 hours course

6 sessions given

4 sessions received by students/bodyworkers/teachers

N.B.: All OB courses are automatically recorded, the sessions given and received however need to be recorded online from the student's profile (Session log), while the non-OB courses must be validated by the National Associations.

Please find further information about the complete training program on www.oceanicbodywork.com/home/training.