



Quiet Healing Center Aquatic Bodywork Courses January - April 2020

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For information & bookings, please email us at quiet@auroville.org.in, contact us through our website www.quiethealingcenter.info or call our reception +91 413 2622329 (landline) or +91 9488084966 (mobile)



Adapted Watsu®

with Gianni De Stefani



You will apply the qualities and techniques of Watsu to persons with special needs or disorders, whether physical or mental.

You will also start using pool noodles and working with people, who are particularly rigid or afraid to be held due to trauma, culture or water fear.

In regular Watsu, you acquire the necessary confidence to allow people to relax in your arms.

Dates:

17 - 19 January 2020

Prerequisites:

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

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

Price: ₹ 14,950
(lunch included)

In this course you will acquire an indispensable basis, on land and in water, about the functioning of the body, so that you can adapt and offer a pleasant session to persons with special needs.

Anatomy for Aquatic Bodyworkers

with Gianni De Stefani



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

This 6-day course offers a theoretical and experiential overview of a model of traditional anatomy for Watsu, focusing on planes and axes of movements, mechanics of articulations, physiology, metabolism, and muscles.

Theory and practice take

place on land and in water. Through massages and specific exercises, you learn the functions of various body structures and its 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.



Dates:

01 - 06 January 2020

Prerequisites:

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

Credits: Anatomy for Aquatic Bodyworkers 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.

Price: ₹ 27,950



Inner Watsu®

with Watsu India Team

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 gain skills to introduce Watsu to clients and be introduced to the role of chakras (especially the heart chakra) as instruments of psychosomatic awareness.

You will deepen your knowledge of Watsu for disabled clients and persons with special needs. You will also explore underwater work in new ways, and gain insights about Watsu in relation to pregnancy, birth and breathing.

Dates:
31 Jan. - 06 Feb. 2020

Prerequisites:
Watsu 2 or an equivalent course.

Credits: Inner Watsu 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.

Price: ₹ 29,950
(lunch included)

Liquid Flow Essence

with Dariya & Daniel



This intense 7-day course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice.

In combination with practices on land, you will experience the profound effects of this powerful, yet softening, work.

Liquid Flow Essence is the favourite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

Together with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the essence of any aquatic bodywork: being deeply in touch with one's essence, and experiencing a sense of timelessness and connection to all.

Dates:
08 - 14 January 2020

Prerequisites:
Watsu & Liquid Flow Basic or Watsu & OBA Basic, and number of practice sessions given according to teachers' recommendation.

Credits: Liquid Flow Essence is an elective of the Watsu India training program and gives 50 supplementary hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association).

Price: ₹ 30,500
(lunch included)



Shamanic Aquatic Bodywork

with Shanti & Helen



Water is one of the main elements in Nature, and the most important, because life itself creates new life forms in water. We will initiate you into our holistic view of aquatic bodywork, including all elements of nature and finding the interconnectedness of earth, water, fire and air within ourselves!

During 6 days, we will work in water and on land with the potential and resources of each one individually, finding your unique strengths, beauty and gifts you share with the world (and your clients).

Shamanic Aquatic Bodywork is recognized as Waterdance 3 for those participants, who have already done Waterdance 2 & logged 10 Waterdance 2 practice sessions.

Dates:
26 - 31 March 2020

Prerequisites:
Watsu & Liquid Flow Basic or Watsu Basic & OBA Basic.

Credits: Shamanic Aquatic Bodywork is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration as a supplementary class with WABA (Worldwide Aquatic Bodywork Association) and as an elective with Watsu India.

Price: ₹ 29,500
(lunch included)

Shiatsu for Watsu®

with Natacha Laborde & Petra Buschfeld



Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network – the energy system.

Dates:
11 - 17 March 2020

Prerequisites:
Watsu 1 or equivalent course.

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

Price: ₹ 30,500
(lunch included)

About 60% of this 7-day course is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu and 50 hours of Tantsu, another method of land-based bodywork.



Tantsu® 1

with Xavier Boisson



During the first four days, you will learn the basics of Tantsu: cradling someone in a comfortable hold, which gives access to a deep level of relaxation and stillness.

The micro-movements that appear will guide your moves, stretches and rotations of shoulders, arms, hips and legs, thereby releasing blockages in the energy flow.

The following two days will take you deeper into body-listening and exploration of various possible body movements. You will also learn about meridians, hara, and the connection between mind and body.

This 6-day course will teach you Tantsu as a joyful expression of caring love.

Dates:

17 - 24 February 2020
(no course on 20 & 21)

Prerequisites:

No previous experience required.

Credits: Tantsu 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.

Price: ₹ 29,250
(lunch included)

Water & Dance

with Dariya & Daniel



Dates:

15 - 16 January 2020
24 - 25 March 2020

Prerequisites:

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

Credits: Water & Dance gives 15 hours of credit for registration as a supplementary class with Watsu India.

Price: ₹ 7,500
(lunch included)

A 2-day celebration for ALL lovers of movement and flow.

We will playfully explore and express ourselves through movement and dance on land and in warm water, on our own, with partners and in group. From self-connection to allowing movements to emerge, no one deciding where to go, the doors open for non-verbal communication and deep sharing...

Connecting on land to our deeper longings, we give the body permission to find its own way of expression and possibly contacting others. Warm water with its sense of weightlessness and fluidity invites us to let go and experiment with our own organic and fluid way of movement.

Let's celebrate this journey together!



WaterDance 1

with Shanti & Helen



This 6-day course teaches the WaterDance Short Form, a simple but effective sequence, which gives you all the basic skills to take someone under water with a nose clip.

You will learn to establish - with full presence and awareness - an appropriate rhythm in alignment with your client's individual breathing needs.

Dates:
05 - 10 March 2020

Prerequisites:
Watsu & Liquid Flow Basic or Watsu & OBA Basic.

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

Price: ₹ 29,950
(lunch included)

Mastering the art of breath-connection will enable you to establish a deep bond with your client in a session that inspires trust, kindles confidence, and offers presence and attentiveness which is essential when bringing someone gently under water.

WaterDance 2

with Shanti & Helen



In this 6-day course, you will build upon the skills learned and integrated in WaterDance 1.

Your perception of WaterDance's potential will expand profoundly, while you increasingly incorporate its principles and master the movement-material within a broader repertoire of

Dates:
18 - 23 March 2020

Prerequisites:
WaterDance 1 and 10 practice sessions (or according to teacher's evaluation).

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

Price: ₹ 29,950
(lunch included)

underwater moves, advanced holdings and techniques.

Step by step, you will also learn how to effortlessly link different 'ideas' into an artful choreography of a graceful, seamless continuum-flow.

As an apprentice in the art of breath-connection, rhythm, gentleness and clarity, you will enter into an interactive flow of breath and open a new space of joy and silence within you and your clients.



Watsu® & Breathing

with Xavier Boisson



A 2-day journey of exploring and discovering your breath and its applications in Watsu. You will also learn to integrate the practice of Watsu qualities and the power of working with your client's breath.

Several topics will be discussed such as the link between breathing and yourself as a

giver, but also breathing and your energetic connection with the receiver. You will also learn about the anatomical basis of our respiratory system to better understand its functioning.

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

Dates:
20 - 21 February 2020

Prerequisites:
Watsu Basic or Watsu & Liquid Flow Basic.

Credits: Watsu & Breathing 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.

Price: ₹ 9,250
(lunch included)

Watsu® & Liquid Flow Basic or OBA® Basic with Dariya & Daniel



Watsu & Liquid Flow or OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C).

Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water.

During the Liquid Flow or OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

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 under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Dates: (6 half days only)
21 - 26 January 2020
11 - 16 March 2020*
09 - 14 April 2020

Prerequisites:
No previous experience required.

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. Liquid Flow Basic and OBA Basic are part of the Watsu India training program and give additional 11 or 15 hours of credit for registration with WABA and 11 or 15 supplementary hours with WABA.

Price: ₹ 18,250 (15,750*)



Watsu® & Meditation

with Dariya



Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others.

In our understanding, the purpose of meditation is 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, besides perception through the rational mind. This might at times support making choices from a deeper place.

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.

Dates:
08 - 09 February 2020

Prerequisites:
Watsu Basic or Watsu & Liquid Flow Basic.

Credits: Watsu & 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.

Price: ₹ 9,250
(lunch included)

Watsu® & Pregnancy

with Xavier Boisson



This 2-day course offers water students and practitioners the necessary tools for giving sessions to pregnant women and gaining a deeper insight into the fascinating world of pregnancy and birth in relation to aquatic bodywork.

It also offers specific indications and contra-indications in the context of pregnancy and will allow you to give precious support to future mothers.

With Watsu, we can help relieving specific pains and create psychological conditions to better prepare pregnant women for childbirth.

The course also focuses on the prenatal energetic relation between parents and child and how the future father can fully participate in the pregnancy. With Watsu, the family history starts well before birth...

Dates:
13 - 14 February 2020

Prerequisites:
Watsu Basic or Watsu & Liquid Flow Basic.

Credits: Watsu & Pregnancy gives 15 hours of credit as an elective with Watsu India.

Price: ₹ 9,250
(lunch included)



Watsu® 1 (Transition Flow)

with Dariya & Daniel



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.

Dates:
02 - 06 January 2020
16 - 20 April 2020

Prerequisites:
Watsu & Liquid Flow Basic or Watsu Basic & OBA Intro or Watsu Basic.

Credits: Watsu 1 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.

Price: ₹ 21,250 (lunch included)

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.

Watsu® 1 (TF) & OBA® 1 - Fluid Body

with Gianni De Stefani



This intensive 8-day course (with a 2-day break after 5 days) on the surface as well as under water is a “classic” in our course repertoire.

During the Transition Flow (TF), you will acquire the skills to connect the basic movements you have learned in Watsu Basic with long, gracefully flowing transitions.

You will also learn about your

own body mechanics and how to support and move each person as effortlessly as possible.

OBA 1 - Fluid Body focuses mainly on underwater movements, where the whole body can be moved in playful new ways.

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

Dates:
15 - 24 February 2020
(no course on 20 & 21)

Prerequisites:
Watsu & Liquid Flow Basic or Watsu Basic & OBA Basic.

Credits: Watsu 1 (TF) & OBA 1 - Fluid Body is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 59 hours of credit for registration with WABA and Watsu India.

Price: ₹ 36,500 (lunch included)



Watsu® 2

with Xavier Boisson



A 6-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 to incorporate them in a session.

You also learn about the meridians and acupressure points in

Watsu and to creatively explore your own movements, while following the client's tendency to move.

Practicing acupressure massage, lifts, pushes and pulls introduced at this stage, helps developing the ability to explore and play with energy.

Dates:
27 Feb. - 03 March 2020

Prerequisites:
Watsu 1.

Credits: Watsu 2 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.

Price: ₹ 30,250
(lunch included)

Watsu® 3

with Gianni De Stefani



A 7-day course on the surface only.

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

Powerful stretches and advanced techniques are introduced while rolls that require a spontaneous adaptation are learned as a gateway into Watsu's "Free Flow".

You can only participate in this advanced course after having shown and passed your Watsu 2 mastery!

Dates:
02 - 08 April 2020

Prerequisites:
Watsu 2 and Watsu 2 mastery.

Credits: Watsu 3 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.

Price: ₹ 30,500
(lunch included)



Watsu® Basic & OBA® Intro

with Petra Buschfeld



Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C).

Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water.

During the OBA part the receiver is brought under water (with nose clip), which offers a unique experience.

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.

Dates:

10 - 12 February 2020

Prerequisites:

No previous experience required.

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. OBA Intro is part of the Watsu India training program and gives additional 8 hours of credit for registration with Watsu India and 8 supplementary hours with WABA.

Price: ₹ 14,500 (lunch included)

Watsu® for Babies

with Dariya



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 experience the joy of being in water with babies.

In this course you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water.

Through some Tantsu and Ai-Chi exercises, you will start listening to yourself and to the baby you hold in your arms. You will also be exposed to possible transitions of the Watsu sequence in order to expand it in a creative way for babies.

Dates:

04 March 2020

Prerequisites:

Watsu Basic or a degree to work with babies in water.

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

Price: ₹ 4,750 (lunch included)



Watsu® Round

with Dariya, Gianni or Petra



Watsu Round is 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.

Dates:

07 January 2020
03 February 2020
05 March 2020
01 April 2020

Prerequisites:

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

Price: ₹ 300

When immersed in warm water during the Watsu 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!

Woga® 1&2

with Dariya or Petra



A 2-day course.

Woga is the union of two words: water and yoga.

Thanks to the decrease of gravity, water allows ease to movements, unblocks articulations, lengthens and melts muscles, removes negative tensions, and prevents stress, insomnia and anxiety.

Dates:

29 - 30 January 2020
25 - 26 February 2020
22 - 23 April 2020

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.

Price: ₹ 6,250
(lunch included)

Water yoga is based on classic yoga poses and stretches, modified for standing in water, between waist-to-chest height. You do not need to know how to swim. Classes are structured much like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool! 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.



Teachers

Biographies

Courses 2019-2020



Gianni De Stefani travels worldwide since more than 30 years as organizer and WABA instructor.

He teaches Watsu Basic, Watsu 1, 2 & 3, Anatomy for Watsuer, Adapted Watsu, Watsu & Meditation, Watsu for Babies, OBA, Woga, Water Gymnastics and Rehab.

- Adapted Watsu®
- Anatomy for Aquatic Bodyworkers
- Assistant Training Course (ATC) Watsu®
- Inner Watsu®
- Watsu® 1 (Transition Flow) & OBA® 1 - Fluid Body
- Watsu® 3
- Watsu® Round



Dariya (as WABA instructor) & **Daniel** have been sharing their passion for aquatic bodywork with groups since 2004.

Besides the belief that a solid technical base provides possibilities for ease and lightness in further learning, their main focus is to create spaces for flow, deepening and connection.

- Assistant Training Course (ATC) Watsu®
- Inner Watsu®
- Liquid Flow Essence
- Water & Dance
- Watsu® & Liquid Flow Basic
- Watsu® & Meditation
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® for Babies
- Watsu® Round
- Woga® 1&2



Xavier Boisson is a WABA instructor for Watsu Basic, Watsu 1 and 2 and Tantsu, and a WaterDance practitioner. He is also specialized in working with pregnant women (and their partner).

- Inner Watsu®
- Tantsu® 1
- Watsu® & Breathing
- Watsu® & Pregnancy
- Watsu® 2



Teachers

Biographies

Courses 2019-2020



Petra Buschfeld, a certified acupuncturist, is a WABA instructor for Watsu Basic and co-teaches Shiatsu for Watsu. She also teaches Watsu & Elements of Vipassana, OBA Intro and Woga 1&2.

- Assistant Training Course (ATC) Watsu®
- Inner Watsu®
- Shiatsu for Watsu®
- Watsu® Basic & OBA® Intro
- Watsu® Round
- Woga® 1&2



Natacha Laborde is a certified Shiatsu teacher and practitioner.

- Shiatsu for Watsu®



Shanti & Helen are trained in prenatal shock therapy, shamanic family constellation and other nature connected modalities, as well as highly experienced long time Watsu and WaterDance instructors.

- Shamanic Aquatic Bodywork
- WaterDance 1
- WaterDance 2



General Information

Course Timings

Full day courses usually start at 8.45 am and last till 6.00 or 6.30 pm. Afternoon courses usually start at 1.30 pm. Lunch is included in all full day courses.

Course Prices

Course prices include pool use, didactic material (DVD and manuals), certificates, lunches and snacks, and registration fees with WABA (Worldwide Aquatic Bodywork Association) and Watsu India. Prices are given in Indian Rupees (₹).

Visit <http://www.oanda.com/currency/converter> to check prices in your currency.



How to book

If you are interested to join a course, write us an email at quiet@auroville.org.in or contact us through our website at www.quiethealingcenter.info.

Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

We will inform you within the next few days about availability of place and email you all necessary further information.

If a course is full, we will put your name on the waiting list and let you know if we receive a cancellation.

Language & Age Requirements

Basic knowledge of English is required, as all courses are taught in English, although some of our teachers are proficient in French, German and Italian. In principle, aquatic bodywork courses cannot be attended by people under 16.



Payment

Payment needs to be made on the first day of the course either in cash (Indian Rupees) or by debit/credit card. We accept Visa Card, Master Card and Maestro. To cover bank charges on card payments, 2% on Indian credit cards and on all foreign debit/credit cards is added; no charges on Indian debit cards. Admission to the course will only be given after payment.

Please arrive at the Quiet Healing Center reception at least half an hour before the course starts to pay and sign in.

In case you have to leave the course due to illness or any other personal reason, we will not be liable to make any refund.

Course Cancellations

Courses may be cancelled due to an insufficient number of students (min. 4). Check with our reception a few days before your course to avoid unnecessary travel.

If you have any further queries, please feel free to contact us.

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No Liability Disclaimer

We welcome you to our center and wish to offer our best services for your optimal learning experience in aquatic bodywork. At the same time, we ask you to take full responsibility for yourself and inform the teacher of any relevant medical condition before or during the course.

We reserve the right to exclude any participant during any course, who has behaved in an inappropriate or unethical manner towards other participants, or in a disruptive way towards the group. In these extreme circumstances, the participant will be required to leave immediately and will not receive any refund or have any claim against the teacher or Quiet Healing Center.

We can not be held responsible for any injury, theft or damage to personal property of course participants. You are advised to have your own insurance arrangements.

Neither can we be held responsible for any course disruption or cancellation due to factors outside our control, such as bad weather conditions, local area electricity failures, contagious illness, digestive ailments, etc. In case weather conditions during a course delay access to our outdoor pool, we will to the best of our abilities adjust the learning program according to the needs of the group.