



# Quiet Healing Center

## Aquatic Bodywork Courses

### September - October 2019

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



## Watsu® & Elements of Vipassana Intro

with Petra Buschfeld



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 a way of self-transformation through self-observation. It focuses on the deep interconnection between body and mind, which can be directly experienced.

In this residential retreat, 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 for 5 days, we will enter into a deep contact with our inner self.

**Dates:**

25 - 29 September 2019

**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.

**Course Price:** ₹ 19,950 (accommodation and 3 meals daily included)

## Watsu® & OBA® Basic

with Dariya & Daniel



Watsu and 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 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)

07 - 12 October 2019

**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 Basic is part of the Watsu India training program and gives additional 15 hours of credit for registration with Watsu India and 15 supplementary hours with WABA.

**Price** ₹ 17,500



## 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. 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.

**Dates:**

15 - 19 September 2019

**Prerequisites:**

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

**Price:** ₹ 20,500 (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:**

11 - 13 September 2019

**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:** ₹ 13,950 (lunch included)



## Watsu® Yoga Round

with Dariya or Petra



Watsu Yoga 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:**

09 September 2019  
05 October 2019

**Prerequisites:**

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

**Booking:**

0413 2622329 or mobile 9488084966, or E-mail: quiet@auroville.org.in.

**Price:** ₹ 300

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!

## 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:**

21 - 22 September 2019  
19 - 20 October 2019

**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:** ₹ 5,950  
(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

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**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.

- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® Yoga Round
- Woga 1&2



**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.

- Watsu® & Elements of Vipassana Intro
- Watsu® Basic & OBA® Intro
- Watsu® Yoga Round
- Woga 1&2

## General Information

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### 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](mailto:quiet@auroville.org.in) or contact us through our website at [www.quiethealingcenter.info](http://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 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.



## 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. 4-6). 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.

### Quiet Healing Center

[www.quiethealingcenter.info](http://www.quiethealingcenter.info) / [quiet@auroville.org.in](mailto:quiet@auroville.org.in)

Ph. +91 413 2622329 / +91 9488084966 (mobile)



## 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 student during any course, who has behaved in an inappropriate or unethical manner towards other students, or in a disruptive way towards the group. In these extreme circumstances, the student 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.