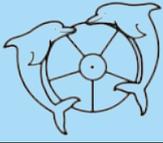




Quiet Healing Center Aquatic Bodywork Courses January - April 2021

Month	Date	Course	Teacher(s)	Page
January 2021	02 - 03	Woga® 1&2	Dariya	14
	04	Watsu® Yoga Round	Dariya	13
	05 - 10	Watsu® & OBA® Basic	Dariya & Daniel	9
	12	Watsu® for Babies	Dariya	13
	14 - 18	Watsu® 1 (Transition Flow)	Dariya & Daniel	10
	21 - 27	Liquid Flow Essence	Dariya & Daniel	4
	28 - 31	Watsu® & OBA® Basic	Petra Buschfeld	9
February 2021	01 - 02	Watsu® & Meditation	Dariya	9
	03 - 09	OBA® 2	Gianni De Stefani	5
	10 - 11	Watsu® & Breathing	Xavier Boisson	8
	12 - 14	Watsu® & Pregnancy	Xavier Boisson	10
	15 - 21	Tantsu® 1	Xavier Boisson	7
	15 - 21	OBA® 3	Gianni De Stefani	5
	22	Watsu® Yoga Round	Petra Buschfeld	13
	23 - 28	Amnion® Training	Mary Seamster	2
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March 2021	01	Watsu® 1 Tutorial	Xavier Boisson	11
	01	OBA® FED	Gianni De Stefani	6
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	09	Watsu® Yoga Round	ATC group	13
	09 - 12	Assistant Training Course (ATC) Watsu®	Watsu India Team	2
	09 - 14	Watsu® & Liquid Flow Basic	Dariya & Daniel	8
	09 - 14	Shiatsu for Watsu®	Natacha Laborde & Petra Buschfeld	6
	13	Basic Life Support (BLS)	Gianni De Stefani	3
	15 - 16	Woga® 1&2	Petra Buschfeld	14
	16	Watsu® 2 Tutorial	Dariya	12
	17 - 23	Watsu® 3	Gianni De Stefani	12
25 - 30	OBA® 1	Gianni De Stefani	4	
April 2021	01 - 06	Woga® ITC	Gianni De Stefani	3
	08 - 13	Watsu® & OBA® Basic	Dariya & Daniel	9
	15 - 19	Watsu® 1 (Transition Flow)	Dariya & Daniel	10
	21 - 22	Woga® 1&2	Dariya	14

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)



Amnion® Training

with Mary Seamster



A 6-day exploration into the fundamental principles of Biodynamic Cranial Sacral therapy in water and on land.

Amnion, a warm water modality, is a blend of prenatal somatic therapy, attachment theory, and cranial sacral unwinding. The water acts like an amnion (the membrane that surrounds and protects the embryo), allowing memories

just below the surface of our awareness to emerge. Once we tap into these implicit memories, there is a possibility of releasing an excess of imprints, which are stored in the body's tissues, muscles, and organs.

In the pool, we explore the fundamental principles of Biodynamic Cranial Sacral therapy, based on presence and stillness in water, as if we are still in the liquid matrix of the amnion. The work is slow and sacred with a substantial effect on the nervous system.

Dates:
23 - 28 February 2021

Prerequisites:
Watsu Basic or an intro to Cranial Sacral therapy.

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

Price: ₹ 30,950
(lunch included)

Assistant Training Course (ATC) Watsu® with Watsu India Team



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.

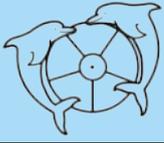
Dates:
09 - 12 March 2021

Prerequisites:
Watsu practitioner for min. 1 year.

Credits: ATC Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 32 supplementary hours of credit for registration with WABA and Watsu India.

Price: ₹ 19,500
(lunch NOT included)

Venue: Sri Ma.



Basic Life Support (BLS)

with Gianni De Stefani



Basic Life Support, or BLS, generally refers to the type of care that first-responders, healthcare providers and public safety professionals provide to anyone who is experiencing cardiac arrest, respiratory distress or an obstructed airway.

It requires knowledge and skills in cardiopulmonary resuscitation (CPR), using automated external defibrillators (AED) and relieving

airway obstructions in patients of every age.

In this course, you will learn the basic skills needed in the context of aquatic bodywork.

Dates:
13 March 2021

Prerequisites:
Watsu Basic. Maximum 6 participants, priority given to those who did Watsu 2.

Credits: Basic Life Support (BLS) is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 4 hours of credit for registration with WABA and Watsu India.

Price: ₹ 2,500 (+ € 20 for CH/EU certification) (lunch NOT included)

Venue: *New Creation.*

Instructor Training Course Woga® (ITC) with Gianni De Stefani



In this 6-day course, you will:

- acquire the basics of Woga
- be able to use the potential of yoga in shallow water
- learn a Woga exercise repertoire
- receive didactic material to offer Woga courses and/or incorporate Woga into your water fitness classes.

Dates:
01 - 06 April 2021

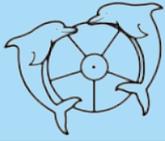
Prerequisites:
WOGA 1&2 and a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

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.

Price: ₹ 25,950 (lunch included)

Topics addressed:

- Yoga philosophy in general, background of Hatha Yoga and Pranayama
- Practical and theoretical knowledge of the physical laws of water, which serves as the basis for a good general body feeling/image.
- Methodology and didactics for planning lessons in teaching Woga.



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 core of any aquatic bodywork: being deeply in touch with one's own essence, and experiencing a sense of timelessness and connection to all.

Dates:

21 - 27 January 2021

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: ₹ 31,500

(lunch included)

OBA® 1

with Gianni De Stefani



“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 6-day course, we will approach water in a playful and friendly way and learn the various techniques

of this wonderful work in warm water. We will explore the three phases of a session: working on cushions and floats, working on the surface, and under water.

At the end of this course you will be able to offer friends and family a complete OBA session.

Dates:

25 - 30 March 2021

Prerequisites:

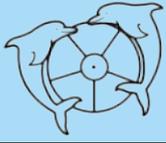
OBA Basic or equivalent course.

Credits:

OBA 1 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credits for registration with WABA and Watsu India.

Price: ₹ 31,950

(lunch included)



Quiet Healing Center Aquatic Bodywork Courses January - April 2021

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OBA® 2

with Gianni De Stefani



A 7-day course with mainly under water work.

OBA 2 focuses on learning more complex techniques, thereby refining your intuitive responses and preparing yourself for working professionally with people in water.

Dates:

03 - 09 February 2021

Prerequisites:

OBA 1 or equivalent course.

Credits: OBA 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 60 hours of credits for registration with WABA and Watsu India.

Price: ₹ 37,950
(lunch included)

You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

Successful completion of the course enables you to move on to OBA 3, the final stage of your OBA training.

OBA® 3

with Gianni De Stefani



A 7-day course with mainly under water work.

During these seven days, you will repeat and deepen what you have learned in OBA 1 & 2 (formerly called Aqua-wellness 1&2) and deepen your insight that drives an OBA session.

You will also be introduced to the latest, more advanced tech-

Dates:

15 - 21 February 2021

Prerequisites:

OBA 2 or equivalent course.

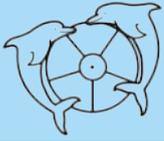
Credits: OBA 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 60 hours of credits for registration with WABA and Watsu India.

Price: ₹ 37,950
(lunch included)

niques and learn about the benefits of working with a series of sessions in order to experience the profound “aquatic body wave”.

You will have time to deepen your personal growth and continue your learning path in a safe space of love and support.

With this course, you will complete the main steps of your learning process as OBA Bodyworker.



OBA® FED (Final Evaluation Day)

with Gianni De Stefani



The OBA final evaluation day is the last step to complete your training in Oceanic Bodywork Aqua.

During this day, besides giving a “hands-on” session to your teacher, you will also present to the whole group a very personal, more in depth reflection you did beforehand about OBA.

The idea of this presentation is to share with everybody how going through all the trainings influenced you on your very personal journey.

Dates:
01 March 2021

Prerequisites:
Successful completion of OBA 3.

Credits: OBA Evaluation Day is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 8 supplementary hours of credit for registration with WABA and Watsu India.

Price: ₹ 4,950
(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.

About 60% of this 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.

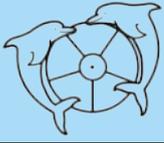
To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu and 50 hours of Tantsu, another method of land-based bodywork.

Dates:
09 - 14 March 2021

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: ₹ 30,950
(lunch included)



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 and prepare you for Tantsu 2.

Dates:

15 - 21 February 2021
(no course on 18)

Prerequisites:

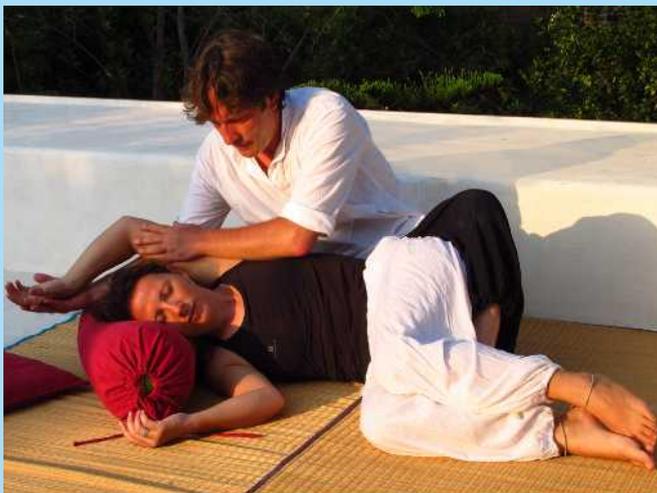
No previous experience required.

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: ₹ 29,950
(lunch included)

Tantsu® 2

with Xavier Boisson



This 6-day course is a sequel to Tantsu 1, during which you will deepen your knowledge and enhance your skills to be able to offer professional Tantsu sessions.

A Tantsu session includes whole body holding, passive stretching, shiatsu pressure, massage techniques, contact of the energetic body, spontaneous movement and non-verbal communication.

Tantsu 2 will take you deeper into this relaxing and stress relieving bodywork practice that can be received in a therapeutic context, or shared for enjoyment and connection between family and friends.

Tantsu can be practiced anywhere, with nearly every kind of person, from babies to the elderly, in loose clothing. It offers an opportunity to relax into a safe intimate contact, thereby creating a sensation of deep containment and a unique state of wellbeing.

Dates:

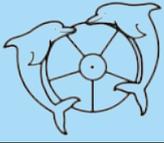
23 - 28 February 2021

Prerequisites:

Tantsu 1.

Credits: Tantsu 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: ₹ 29,950
(lunch included)



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:

10 - 11 February 2021

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: ₹ 9,500
(lunch included)

Watsu® & Liquid Flow Basic

with Dariya & Daniel



Watsu & Liquid Flow 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 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:

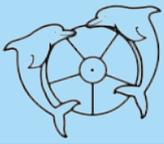
09 - 14 March 2021

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 is part of the Watsu India training program and gives an additional 11 hours of credit for registration with Watsu India and 11 supplementary hours with WABA.

Price: ₹ 15,950



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:

01 - 02 February 2021

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: ₹ 9,500
(lunch included)

Watsu® & OBA® Basic

with Dariya & Daniel or 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 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:

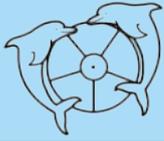
05 - 10 January 2021
28 - 31 January 2021*
08 - 13 April 2021
* 4 full days

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 an additional 15 hours of credit for registration with Watsu India and 15 supplementary hours with WABA.

Price: ₹ 18,950 /
*₹ 19,950 (lunch included)



Watsu® & Pregnancy

with Xavier Boisson



This 3-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:

12 - 14 February 2021

Prerequisites:

Watsu Basic or Watsu & Liquid Flow Basic.

Credits: Watsu & Pregnancy gives 25 hours of credit as an elective with Watsu India.

Price: ₹ 15,500
(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.

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:

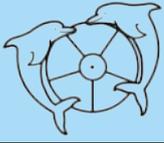
14 - 18 January 2021
15 - 19 April 2021

Prerequisites:

Watsu & Liquid Flow Basic or Watsu & OBA Basic 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: ₹ 21,950
(lunch included)



Watsu® 1 Tutorial

with Xavier Boisson



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.

You will benefit from the undivided attention of your instructor in order to better progress to the next level of your training.

Dates:
01 March 2021

Prerequisites:
Watsu 1.

Price: ₹ 1,950

During the tutorial, you can work both on technical aspects of your Watsu and your skills in creating an effective 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.

Watsu® 2

with Xavier Boisson



A 7-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 how to incorporate them in a session.

You also learn about the meridians and acupressure points in Watsu and to

Dates:
02. - 08 March 2021

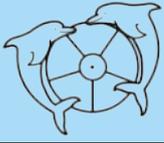
Prerequisites:
Watsu 1.

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: ₹ 31,500
(lunch included)

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

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



Watsu® 2 Tutorial

with Dariya



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.

You will benefit from the undivided attention of your instructor in order to better progress to the next level of your training.

Dates:
16 March 2021

Prerequisites:
Watsu 2.

Price: ₹ 1,950

During the tutorial, you can work both on technical aspects of your Watsu and your skills in creating an effective 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.

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.

Dates:
17 - 23 March 2021

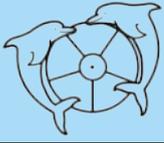
Prerequisites:
Watsu 2 and Watsu 2 mastery.

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: ₹ 31,500
(lunch included)

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!



Watsu® for Babies

with Dariya



Watsu for Babies is a beautiful, 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.

Dates:
12 January 2021

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: ₹ 4,950
(lunch included)

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.

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 being present; it represents a way to come back to our heart, and to an inner silence that is fully aware, alive and vibrant.

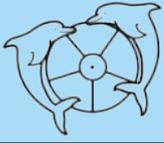
It is an invitation to feel, awaken and celebrate the energy of our being.

Dates:
04 January 2021
22 February 2021

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

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.

Woga 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.

Dates:

02 - 03 January 2021

15 - 16 March 2021

21 - 22 April 2021

Prerequisites:

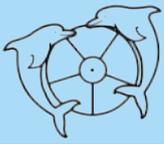
No previous experience required (also no need to know how to swim).

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: ₹ 7,950

(lunch included)



Teachers

Biographies

Courses 2020-2021



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.

- OBA® 1
- OBA® 2
- OBA® 3
- OBA® FED (Final Evaluation Day)
- Watsu® 3
- Watsu® Yoga Round



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

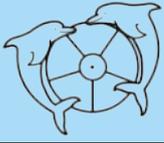
Besides the belief that a solid technical base provides possibilities for ease and lightness in further learning, their main focus is to create spaces for flow, deepening and connection.

- Liquid Flow Essence
- Watsu® & Liquid Flow Basic
- Watsu® & Meditation
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® 2 Tutorial
- Watsu® for Babies
- Watsu® Yoga 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).

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



Teachers

Biographies

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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 Basic and Woga 1&2.

- Shiatsu for Watsu®
- Watsu® & OBA® Basic
- Watsu® Yoga Round
- Woga® 1&2



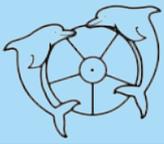
Natacha Laborde is a certified Shiatsu teacher and practitioner.

- Shiatsu for Watsu®



Mary Seamster, LMT, RCST, Integrative Aquatic Therapist, Amnion and Watsu Instructor. Currently serves as the Executive Director of White Stone Medical Inc in La Center, WA, and is the developer of Amnion.

- Amnion® Training
- Watsu® 3



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 1.00 pm. Lunch is included in all full day courses.

Course Prices

Course prices include teaching fees, pool use, didactic material (DVD and/or 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.

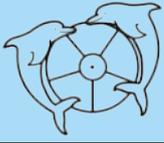
Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

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.



Quiet Healing Center

Aquatic Bodywork Courses January - April 2021

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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.

Quiet Healing Center
www.quiethealingcenter.info / 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 participant, 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 cannot 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.