



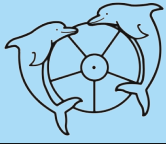
# Quiet Healing Center

## Aquatic Bodywork Courses

### January 2021

Month	Date	Course	Teacher(s)	Page
January 2021	02 - 03	Woga® 1&2	Dariya	4
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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)



## 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)

## 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:**

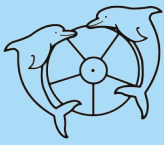
05 - 10 January 2021  
28 - 31 January 2021\*  
\* 4 full days

**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)



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### 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:**

14 - 18 January 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)

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® 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.

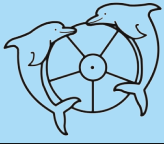
**Credits:** Watsu for Babies is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 8 hours of credit for registration as aquatic bodywork with WABA and as an elective with Watsu India.

**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



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.

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!

**Dates:**

04 January 2021

**Prerequisites:**

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

**Price:** ₹ 300

## Woga® 1&2

with Dariya



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

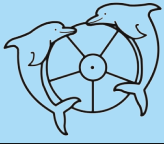
21 - 22 April 2021

**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



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

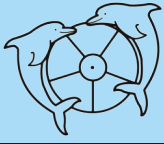
Besides the belief that a solid technical base provides possibilities for ease and lightness in further learning, their main focus is to create spaces for flow, deepening and connection.

- 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



**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



## 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 1.00 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](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!)

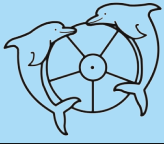
We will inform you within the next few days about availability of place and email you all necessary further information.

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

### Language & 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.





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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](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 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.