

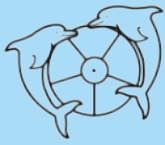


## Quiet Healing Center Aquatic Bodywork Courses September 2022

Month	Date	Course	Teacher(s)	Page
September 2022	10 - 11	Watsu® Basic	Dariya & Daniel	2
	13 - 17	Watsu® 1 (Transition Flow)	Dariya & Daniel	3
	20 - 25	OBA® 1	Dariya & Daniel	2



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: Phone/WhatsApp +91 9488084966



# Quiet Healing Center

## Aquatic Bodywork Courses September 2022

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### OBA® 1

with Dariya & Daniel



A 6-day course with mainly under water work.

In this course, we will approach water in a playful and friendly way.

We will learn various techniques of this wonderful work in warm water.

**Dates:**

20 - 25 Sep. 2022

**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:** ₹ 25,950

(lunch included)

We will see the 3 phases of a session: working on cushions and floats, working on the surface and underwater.

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

### Watsu® Basic

with Dariya & Daniel



A 2-day course on the surface only.

Watsu, where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.

**Dates:**

10 - 11 Sep. 2022

**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.

**Price:** ₹ 8,950

(lunch included)

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.





# Quiet Healing Center

## Aquatic Bodywork Courses September 2022

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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:**

13 - 17 Sep. 2022

**Prerequisites:**

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:** ₹ 17,950  
(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.

### Teachers

### Biographies

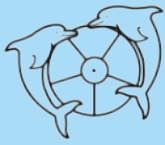
### Courses 2022



**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.

- OBA® 1
- Watsu® Basic
- Watsu® 1 (Transition Flow)



# Quiet Healing Center Aquatic Bodywork Courses September 2022

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## 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).

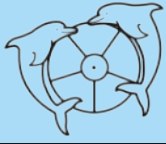
Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

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.



## Quiet Healing Center Aquatic Bodywork Courses September 2022

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### Payment

Payment needs to be made on the first day of the course either in cash (Indian Rupees), through UPI digital transfers, 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)**  
**Mobile: +91 9488084966 / 9488079871**



## 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.