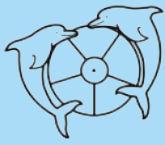




Quiet Healing Center Aquatic Bodywork Courses December 2022 - April 2023

Month	Date	Course	Teacher(s)	Page
December 2022	17 - 18	Woga® 1&2 (Yoga in Water)	Dariya	13
	19 - 24	Watsu® & OBA® Basic	Dariya & Daniel	9
	26 - 30	Watsu® 1 (Transition Flow)	Dariya & Daniel	9
January 2023	02	Watsu® Yoga Round	Fred & Roberto	13
	03 - 08	OBA® 1	Petra Buschfeld	6
	10 - 16	Liquid Flow Essence	Dariya & Daniel	5
	17 - 23	Watsu® 1	Petra Buschfeld	10
	24	Watsu® for Babies	Dariya	12
	25 - 30	Watsu® & OBA® Basic	Dariya & Daniel	9
	25 - 30	Anatomy for Aquatic Bodyworkers	Gianni De Stefani	2
February 2023	01 - 06	OBA® 2 (new)	Gianni De Stefani	6
	07 - 08	Woga® 1&2 (Yoga in Water)	Petra Buschfeld	13
	09 - 10	Watsu® & Breathing	Dariya	8
	11 - 12	Watsu® & Meditation	Dariya	8
	14 - 19	OBA® 3 (new)	Gianni De Stefani	7
	20	Watsu® Yoga Round	Fred & Roberto	13
	20	BLS	Gianni De Stefani	14
	21 - 26	Watsu® & OBA® Basic	Dariya & Daniel	9
	21 - 26	Shiatsu for Watsu®	Petra Buschfeld	7
	27	Watsu® 1 Tutorial	Petra Buschfeld	10
	28 - 06	Watsu® 2	Gianni De Stefani	11
March 2023	07 - 12	Healing Dance 1	Ashaman	2
	13 - 14	OBA® Basic - Liquid Joy	Fred	5
	14	Watsu® 2 Tutorial	Dariya	11
	15 - 21	Watsu® 3	Gianni De Stefani	12
	22	Healing Dance 1 Integration Day	Ashaman	3
	23 - 28	Healing Dance 2	Ashaman	3
	30 - 31	Woga® 1&2 (Yoga in Water)	Dariya	13
April 2023	01 - 06	Instructor Training Course (ITC) Woga®	Dariya & Petra Buschfeld	4
	09 - 16	Instructor Training Course (ITC) Watsu®	Watsu India Team	4
	12	Watsu® Yoga Round	Fred & Roberto	13
	18 - 23	Watsu® & OBA® Basic	Dariya & Daniel	9
	25 - 30	OBA® 1	Dariya & Daniel	6

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



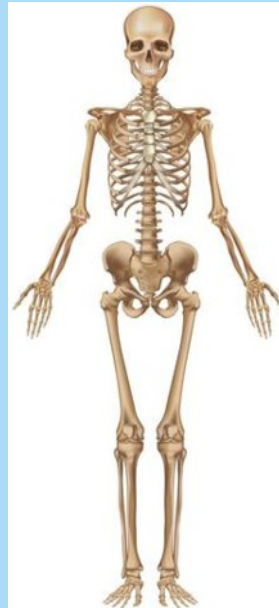
Anatomy for Aquatic Bodyworkers

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.



Dates:

25 - 30 January 2023

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: ₹ 30,250 / 24,000 (lunch included)

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.

Healing Dance 1

with Ashaman



Healing Dance is a holistic, aquatic technique developed by Alexander George in 1993. Healing Dance 1 sees the body as at home in the water, hydrodynamic in its form, and healing in the flow of movement.

More than anything else, Healing Dance 1 is the wave. In addition to seven full-body waves, there are various circles, figure

eights and releases, all woven together with flowing transitions.

Healing Dance principles are discussed on land and practiced in the water. These include moving by example, creative imbalance, the rhythmic field, dosing movement, and Relating & Mirroring

Dates:

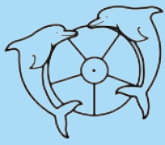
07 - 12 March 2023

Prerequisites:

Introduction to Healing Dance or Watsu 1.

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

Price: ₹ 31,000 / 24,950 (lunch included)



Healing Dance 1 - Integration Day

with Ashaman



The Healing Dance 1 Integration Day is a bridge between Healing Dance 1 and 2.

It is a day of guided review and refinement of the Healing Dance 1 material, to ground it in the body before adding more material with Healing Dance 2.

Dates:

22 March 2023

Prerequisites:

Healing Dance 1

Credits: Healing Dance 1 Integration Day is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 8 hours of credit for registration with WABA and Watsu India.

Price: ₹ 4,850 / 3,850
(lunch included)

There will be time to give and receive, to further assimilate the movements and sequence from HD 1 with guidance and instruction, to continue making the principles and body mechanics of Healing Dance "your own". The Integration Day is a prerequisite for taking Healing Dance 2.

Healing Dance 2

with Ashaman



Healing Dance 2 asks the question, "How do we earn trust and gain access to the body at the beginning of a session?" The answer it provides lies in the trance-inducing Back Waves and in our quality of touch. In this training, we continue the study of spatial mandalas beyond the waves of Healing Dance 1 into the spiral, the eight and the spiral eight.

Dates:

23 - 28 March 2023

Prerequisites:

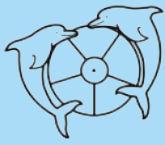
Healing Dance 1 & Healing Dance Integration Day

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

Price: ₹ 31,000 / 24,950
(lunch included)

Healing Dance 2 also focuses strongly on bodywork. The course delivers the fullness of Healing Dance's surface repertoire with an entirely new set of mini-sequences including Seaweed 2, The Starfish, Adonis Waves, Arm Waves, and Klimt.

Healing Dance 2 carries further the emphasis on Relating & Mirroring by which students hone the all important art of responding to the kinetic and feeling states of their receivers.



Instructor Training Course (ITC) Watsu® with Watsu India Team



An 8-day course geared towards aquatic bodywork practitioners, who have successfully passed ATC Watsu and would like to become Watsu instructors.

This course is offered by a collective team of experienced teachers, who have gained a deep knowledge of passing on these aquatic bodywork techniques.

Dates:

09 - 16 March 2023

Prerequisites:

Successful participation in ATC Watsu and two times assisted in Watsu 1 (with two different instructors).

Credits: ITC Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 70 hours of credit for registration with WABA and Watsu India.

Price: ₹ 42,000 / 33,500 (lunch included)

Topics to be addressed will be:

- Role of an instructor • Creating and maintaining a safe container
- Managing communication • Teaching styles • Watsu skills
- Teaching land and pool classes • Ethics • Business practices

Instructor Training Course (ITC) Woga® with Dariya & Petra



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 and methodical material to offer WOGA courses and/or incorporate WOGA into your water fitness classes.

Dates:

01 - 06 April 2023

Prerequisites:

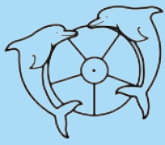
WOGA 1&2 and a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

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: ₹ 26,250 / 21,000 (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:

10 - 16 January 2023

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: ₹ 31,750 / 25,500 (lunch included)

OBA® Basic - Liquid Joy

with Fred



A 2-day course on the surface and under water.

OBA Basic combines elements of light movements and stretching, massage and mobilization of the joints in connection with breathing and energy work conducted both on the surface and under water.

Dates:

13 - 14 March 2023

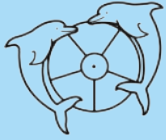
Prerequisites:

No previous experience required.

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

Price: ₹ 9,750 / 7,750 (lunch included)

During this course, you will experience how to work in the water and on land. You'll learn a number of simple movements, on the surface (with and without cushion and noodle), as well as under water.



OBA® 1

with Dariya & Daniel or Petra Buschfeld



A 6-day course with mainly under water work.

OBA 1 focuses on learning more complex techniques, refining your intuitive responses and preparing for working skillfully with people in water.

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

Dates:

03 - 08 January 2023
25 - 30 April 2023

Prerequisites:

Watsu 1, Healing Dance 1, 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: ₹ 32,250 / 25,950 (lunch included)

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

Successful completion of the course enables you to give individual sessions to family and friends.

OBA® 2 (new)

with Gianni De Stefani



A 6-day course with mainly under water work.

OBA 2 focuses on learning more complex techniques, refining your intuitive responses and working confidently with people in water.

Dates:

01 - 06 February 2023

Prerequisites:

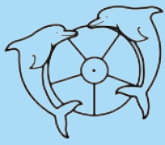
OBA 1 or equivalent course.

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

Price: ₹ 32,250 / 25,950 (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 give individual sessions to family and friends.



OBA® 3 (new)

with Gianni De Stefani



A 6-day course with mainly under water work.

During these seven days, you will repeat and deepen what you have learned in OBA 1 & 2 and deepen your insight that drives an OBA session.

Dates:

14 - 19 February 2023

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: ₹ 32,250 / 25,950 (lunch included)

You will also be introduced to the latest, more advanced techniques and learn about the benefits of working with a series of sessions in order to experience the profound “aquatic body wave”.

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

Shiatsu for Watsu®

with 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 or 50 hours of Tantsu, another method of land-based bodywork.

Dates:

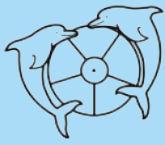
21 - 26 February 2023

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 / 24,500 (lunch included)



Watsu® & Breathing

with Dariya



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 receiver'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.

Dates:

09 - 10 February 2023

Prerequisites:

Watsu 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 / 7,500
(lunch included)

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:

11 - 12 February 2023

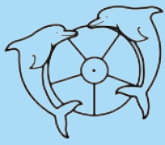
Prerequisites:

Watsu 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 / 7,500
(lunch included)



Watsu® & OBA® Basic

with Dariya & Daniel



A course of 6 half days.

Watsu, the part where the receiver'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.

Dates:

19 - 24 December 2022
25 - 30 January 2023
21 - 26 February 2023
18 - 23 April 2023

Prerequisites:

No previous experience required.

Credits: Watsu Basic is recognized by WABA 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: ₹ 18,750 / 14,950

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:

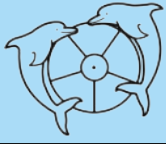
26 - 30 December 2022

Prerequisites:

Watsu & OBA Basic 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: ₹ 22,350 / 17,950
(lunch included)



Watsu® 1

with Petra Buschfeld



A 7-day course on the surface only.

In this course you will first learn the basic movements and positions of Watsu.

Then you will connect them with long, gracefully flowing transitions and 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:

17 - 23 January 2023

Prerequisites:

No previous experience required.

Credits: Watsu 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: ₹ 31,500 / 25,250 (lunch included)

Watsu® 1 Tutorial

with Petra Buschfeld



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 your instructor's undivided attention in order to better progress to the next level of your training.

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

Dates:

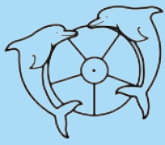
27 February 2023

Prerequisites:

Watsu 1.

Credits: Watsu 1 Tutorial is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 3 hours of credit for registration with WABA and Watsu India.

Price: ₹ 1,800 / 1,450 (lunch included)



Watsu® 2

with Gianni De Stefani



A 7-day course on the surface only.

Watsu 2 expands the Transition Flow taught in Watsu 1. You will learn additional movements and bodywork in each position and how to incorporate them in a session.

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

explore your own movements, while following the receiver'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.

Dates:

28 Feb. - 06 March 2023

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 / 25,250 (lunch included)

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 2.

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.

Dates:

14 March 2023

Prerequisites:

Watsu 1.

Credits: Watsu 2 Tutorial is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 3 hours of credit for registration with WABA and Watsu India.

Price: ₹ 1,800 / 1,450 (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.

Dates:

15 - 21 March 2023

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 / 25,250 (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:

24 January 2023

Prerequisites:

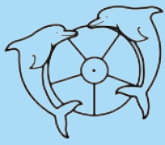
Watsu Basic or a degree to work with babies in water.

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 / 3,950 (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 Fred & Roberto



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:

02 January 2023
20 February 2023
12 April 2023

Prerequisites:

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

Price: ₹ 500

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 (Yoga in Water)

with Dariya or Petra Buschfeld



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:

17 - 18 December 2022
07 - 08 February 2023
30 - 31 March 2023

Prerequisites:

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

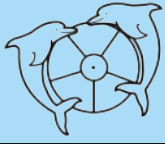
Credits: Woga 1&2 (Yoga in Water) is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 12 supplementary hours of credit for registration with WABA and Watsu India.

Price: ₹ 7,750 / 6,250 (lunch included)

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.



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.

Dates:
20 February 2023

Prerequisites:
Watsu 1.

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

It requires knowledge and skills in cardiopulmonary resuscitation (CPR), using automated external defibrillators (AED) and relieving airway obstructions in patients of every age.

This course is NOT offered at Quiet Healing Center. Please contact Gianni at agsgds@gmail.com for more info and bookings.



Teachers

Biographies

Courses 2022-2023



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.

- Anatomy for Aquatic Bodyworkers
- BLS
- Instructor Training Course (ITC) Watsu®
- OBA® 2 (new)
- OBA® 3 (new)
- Watsu® 2
- Watsu® 3



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

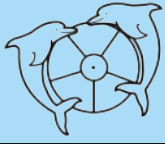
Besides the belief that a solid technical base provides possibilities for ease and lightness in further learning, their main focus is to create spaces for flow, deepening and connection.

- Instructor Training Course (ITC) Watsu®
- Instructor Training Course (ITC) Woga®
- Liquid Flow Essence
- OBA® 1
- Watsu® & Breathing
- Watsu® & Meditation
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® 2 Tutorial
- Watsu® for Babies
- Woga® 1&2 (Yoga in Water)



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 1 and Woga 1&2.

- Instructor Training Course (ITC) Watsu®
- Instructor Training Course (ITC) Woga®
- OBA® 1
- Shiatsu for Watsu®
- Watsu® 1
- Watsu® 1 Tutorial
- Woga® 1&2 (Yoga in Water)



Teachers

Biographies

Courses 2022-2023



Ashaman has been dancing in the water since his first training with Alexander in 1999.

He studied many of the prominent aquatic modalities, and was certified to teach Healing Dance by Alexander in 2005. Since then he continues traveling to teach in the USA, Spain, Italy, Israel, Hawaii, India and Hungary.

- Healing Dance 1
- Healing Dance 1 Integration Day
- Healing Dance 2



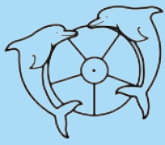
Fred is an OBA Basic - Liquid Joy Instructor and a certified Watsu Practitioner.

- OBA® Basic
- Watsu® Yoga Round



Roberto is a certified Watsu Practitioner.

- Watsu® Yoga Round



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.

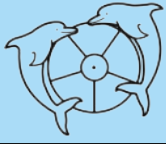
Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

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 Dec. 2022 - April 2023

Page 18

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 / quiet@auroville.org.in
Mobile: +91 9488084966



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.