

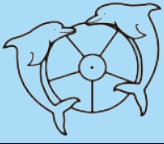


Quiet Healing Center Aquatic Bodywork Courses December 2023 - April 2024

Month	Date	Course	Teacher(s)	Page
December 2023	10 - 15	WaterDance Fundamental	Roberto	6
	16 - 17	Woga® 1&2 (Yoga in Water)	Dariya	12
	18	Watsu® Yoga Round	Fred & Roberto	12
	19 - 24	Watsu® & OBA® Basic	Dariya & Daniel	9
	26 - 30	Watsu® 1 (Transition Flow)	Dariya & Daniel	10
January 2024	02 - 07	WaterDance 1	Arjana	6
	08	Watsu® Yoga Round	Fred & Roberto	12
	09 - 15	Liquid Flow Essence	Dariya & Daniel	4
	16	Watsu® for Babies	Dariya	11
	17 - 22	WaterDance 2	Arjana	7
	23 - 24	Watsu® Basic	Petra Buschfeld	9
	25 - 26	Watsu® & Meditation	Dariya	8
	27 - 31	Watsu® 1 (Transition Flow)	Petra Buschfeld	10
February 2024	01 - 06	WaterDance 3	Arjana	7
	07	Watsu® Yoga Round	Fred & Roberto	12
	08 - 14	Liquid Flow Deepening	Dariya & Daniel	4
	16 - 21	Watsu® & OBA® Basic	Dariya & Daniel	9
	16 - 21	Shiatsu for Watsu®	Petra Buschfeld	5
	23 - 29	Watsu® 3	Gianni De Stefani & Mary Seamster	11
March 2024	01 - 02	Watsu® & Breathing	Dariya	8
	03 - 08	Amnion® 1	Mary Seamster	2
	09 - 10	Woga® 1&2 (Yoga in Water)	Petra Buschfeld	12
	11 - 17	Watsu® 2	Dariya & Daniel	10
	18	Watsu® Yoga Round	Fred & Roberto	12
	19 - 24	Amnion® 2	Mary Seamster	3
	26 - 28	Adapted Watsu® 2	Gianni De Stefani & Prashant C.G.	2
	30 - 05	Inner Watsu®	Watsu India Team	3
April 2024	07 - 08	Woga® 1&2 (Yoga in Water)	Dariya	12
	09 - 14	Woga® ITC (Instructor Training Course)	Petra & Pooja	13
	15	Watsu® Yoga Round	Fred & Roberto	12
	16 - 21	Watsu® & OBA® Basic	Dariya & Daniel	9
	23 - 28	OBA® 1	Petra Buschfeld	5

New certification program: LIQUID FLOW PROVIDER (page 17)

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



Adapted Watsu®

with Gianni De Stefani & Prashant C.G.



In this course, you will learn to apply the qualities and techniques of Watsu to persons with special needs or disabilities, whether physical or mental.

You will also gain experience in working with pool noodles and assisting people, who are particularly rigid or fearful due to trauma, culture or water phobia.

As a result, you will acquire, on land and in water, an indispensable basic knowledge about the body's functioning,

so that you can adapt and offer pleasant Watsu sessions to individuals with special needs.

Dates:

26 - 28 March 2024

Prerequisite:

Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

Adapted Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 25 hours of credit for registration with WABA and Watsu India.

Price: ₹ 15,950
(lunch included)

Amnion® 1

with Mary Seamster



A 6-day intro into working with embryological patterns and attachment imprints.

Being in a warm pool seems to spontaneously evoke many prenatal and preverbal gestures that emerged inside the protective matrix of the amnion (a membrane that closely covers the embryo when it's first formed).

In order to set the intention for calm and grounded contact, this course starts with a brief exploration of cranial sacral therapy principles. The training includes both land-based components as well as explorations in water, incorporating experiential exercises, informative lectures, engaging videos, and sacred creative expressions.

This is a time to let go of whatever aquatic techniques you have learned and be prepared to unfold, unmask, and delve into your own deeply rooted imprints.

Dates:

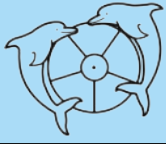
03 - 08 March 2024

Prerequisites:

Watsu Basic or an intro to Cranial Sacral therapy.

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

Price: ₹ 31,500
(lunch included)



Amnion® 2

with Mary Seamster



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

Amnion combines elements of prenatal somatic therapy, attachment theory, and cranial sacral unwinding.

Through Amnion, we tap into implicit memories, creating the potential for releasing stored imprints

within the body's tissues, muscles, and organs. By allowing the body to simply be, these imprints manifest as meaningful gestures telling the story of our preverbal awareness.

Building upon the basics learned in Amnion 1, this course will take your understanding to a deeper level and enrich your therapeutic skills.

Dates:
19 - 24 March 2024

Prerequisites:
Amnion 1.

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

Price: ₹ 31,500
(lunch included)

Inner Watsu®

with Watsu India Team

Through an interdisciplinary approach and discussion on issues related to aquatic bodywork and personal growth, you will deepen your experience and understanding of working with human beings in warm water.



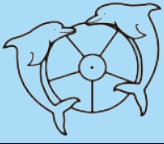
In this intense course you will be exposed to different topics, including art of touch, boundaries/intimacy, chakras & pranayama, communication skills, powerful meditation techniques, quality of relating, rebirthing, self-awareness/breath-awareness, and Shiatsu.

Dates:
30 March - 05 April 2024

Prerequisites:
Watsu 2 or an equivalent course.

Credits: Inner Watsu 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)



Liquid Flow Deepening

with Dariya & Daniel



Liquid Flow Deepening is an extension of Liquid Flow Essence with a focus on process work and refinement of flow and touch, both on the surface and under water. It includes free movement and contact dance in water as well as acquiring tools for deeper listening and expressing yourself with the help of compassionate communication.

Even though Liquid Flow Deepening offers some new material and variations of already known movements, it is basically about refining what is already there.

You will be encouraged to create your own sequences and movements, present them to other students, and learn from their creations.

Also, learning to take your client under water without using a sign will be a valuable addition to your toolkit and allow you to establish a deeper connection with your receiver.

Dates:

08 - 14 February 2024

Prerequisites:

Liquid Flow Essence.

Credits: Liquid Flow Deepening is an elective of the Watsu India training program and gives 50 supplementary hours of credit for registration with WABA (Worldwide Aquatic Bodywork Association).

It also gives 50 hours of credit for the Liquid Flow Provider certification program.

Price: ₹ 31,500
(lunch included)

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:

09 - 15 January 2024

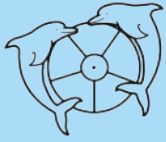
Prerequisites:

Watsu & OBA Basic, and number of practice sessions given according to teacher's 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).

It also gives 50 hours of credit for the Liquid Flow Provider certification program .

Price: ₹ 31,500
(lunch included)



OBA® 1 - Liquid Joy

with Petra Buschfeld



A 6-day course with mainly underwater work.

Oceanic Bodywork Aqua (OBA) 1 focuses on learning more complex techniques, refining your intuitive responses, and preparing for working more skilfully 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:
23 - 28 April 2024

Prerequisites:
OBA Basic, Watsu 1, Healing Dance 1 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: ₹ 32,500
(lunch included)

In this course, you will become acquainted with the 3 phases of a session: working on cushions and floats, working on the surface and underwater.

Successful completion will enable you to give pleasant sessions to family and friends.

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 - its energy system.

About 60% of this course conducted on land, during which you will learn a simple Shiatsu protocol for applying pressure along

Dates:
16 - 21 February 2024

Prerequisites:
Watsu 1 or equivalent course.

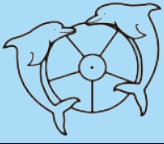
Credits: Shiatsu for Watsu is recognized by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu learning program and gives 50 hours of credits for registration with WABA and Watsu India.

Price: ₹ 31,500
(lunch included)

the 12 main meridians (energy pathways) along with some basic theory of Chinese Medicine such as yin yang, the five elements and the 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.



WaterDance Fundamental

with Roberto



In this course, we focus on the 3 fundamental aspects of WaterDance: vertical grounding, posture of both giver and receiver, and the breath.

The key movement is Water Breath Dance, in which you float someone in your arms allowing them to gently sink as they exhale and rising

with them as you both inhale. This creates a profound connection that carries through all on-the-surface and underwater movements.

Throughout the course, you will learn in a playful and yet attentive way how to bring your partner under water. Sufficient time will be given for integrating fears or apprehensions to go under water.

Dates:

10 - 15 December 2023

Prerequisites:

No previous experience required.

Credits: WaterDance

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

Price: ₹ 31,500

(lunch included)

WaterDance 1

with Arjana



In the course of this training, you will learn the basic movements of the "WaterDance Short Form".

You will first focus on the very first underwater "submersions", which require a great deal of attention, patience and time. You will also learn how to bring

water-frightened or trauma

tized people into a soft, slow and safe contact with the underwater world. The use of kumbhaka (apnea) under water will progressively facilitate the receiver to relax into deeper states of inner silence, freedom and joy.

By working with different body types, you will gradually learn to adapt your technique and gain confidence, ease and graceful fluidity.

Dates:

02 - 07 January 2024

Prerequisites:

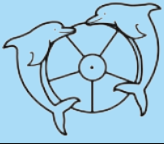
WaterDance Fundamental, Watsu 1, Healing Dance 1, Watsu & OBA Basic, or any other WABA recognised warm water modality.

Credits: WaterDance 1

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

Price: ₹ 31,500

(lunch included)



WaterDance 2

with Arjana



In WaterDance 2, you will deepen the work of WaterDance 1, using the same principles while expanding the material with a fuller repertoire of underwater movement and techniques.

By learning the “*WaterDance Extended Form*”, which involves new movements and ways of linking sequences, you will be guided into a greater space of fluidity and grace.

By the end of this course, you have received enough material to give a complete WaterDance session, thereby offering a secure space and profound healing.

WaterDance becomes a real meditative dance for both giver and receiver!

Dates:

17 - 22 February 2024

Prerequisites:

WaterDance 1.

Credits: WaterDance 2

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

Price: ₹ 31,500

(lunch included)

WaterDance 3

with Arjana



In WaterDance 3, we invite you on a journey, which will lead you to more creativity and spontaneity.

In Free Flow, you will expand on the foundations of WaterDance 1 and 2, taking your repertoire of movements into the realm of a true dance.

You will be guided to create your own underwater movements and learn to link them in endless new ways, thereby opening a space in which you focus and absorb the moment with all your senses.

In this kind of presence, your dance will be directly connected with your partner and become creative, spontaneous, playful, and perhaps different from everything you have done so far with WaterDance.

Dates:

01 - 06 March 2024

Prerequisites:

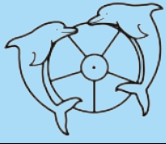
WaterDance 2.

Credits: WaterDance 3

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

Price: ₹ 31,500

(lunch included)



Watsu® & Breathing

with Dariya



A 2-day journey of exploring and discovering your breath and its practical applications in Watsu.

You will learn to integrate the practice of Watsu's qualities with the power of consciously working with your receiver's breath.

Dates:
01 - 02 March 2024

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: ₹ 9,950
(lunch included)

On land, several topics will be discussed related to the link between breathing and yourself as a giver and your own energetic connection with the receiver.

You will also be exposed to the anatomical basis of the respiratory system to better understand its functioning and importance in Watsu.

Watsu® & Meditation

with Dariya



Meditation is an important tool to listen, accept and know yourself, and to become more intuitive towards yourself 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.

Dates:
25 - 26 January 2024

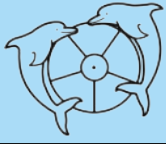
Prerequisites:
Watsu Basic.

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: ₹ 9,950
(lunch included)

This course will encourage the development of your intuition and perception through the heart, which at times support making choices from a deeper place.

Meditation essentially helps to develop your capacity for personal expansion and is the basis for your ability to deeply listen, and be fully present with the person you float during a Watsu session.



Watsu® Basic

with Petra Buschfeld



In this 2-day course, you will be introduced to the basics of Watsu, an aquatic body work modality during which the face always remains on the surface.

In this hands-on training, you will learn and practice Watsu's basic body mechanics, movements and qualities such as grounding, presence, stillness, and attention, required to securely support

and move another person in water.

You will experience floating other people and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Dates:

23 - 24 January 2024

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.

Price: ₹ 10,950

Watsu® & OBA® Basic

with Dariya & Daniel



A course of 6 half days both on the surface and underwater.

Watsu Basic, during which the receiver's face stays always on the surface, will introduce you to the qualities and body mechanics required to work with someone in water.

During the OBA Basic module, you will learn how to take another person under water (with a nose clip), thereby offering a unique experience.

In this hands-on 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 underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Dates:

19 - 24 December 2023

16 - 21 February 2024

16 - 21 April 2024

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: ₹ 19,950



Watsu® 1 (Transition Flow) with Dariya & Daniel or Petra Buschfeld



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.

You will also learn to adapt this bodywork to people of different sizes,

shapes, and dispositions, adjust your own body mechanics, and 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 2023
27 - 31 January 2024

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: ₹ 22,500
(lunch included)

Watsu® 2

with Dariya & Daniel



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:

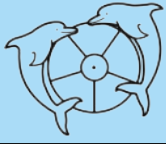
11- 17 March 2024

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)



Watsu® 3

with Gianni De Stefani & Mary Seamster



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:

23 - 29 February 2024

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 mastery of the Watsu 2 sequence!

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:

16 January 2024

Prerequisites:

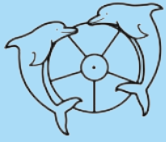
Watsu Basic or a degree to work with babies in water.

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 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 your heart, to an inner silence that is fully alive and vibrant.

It is an invitation to feel, awoken and celebrate the energy of your being.

Dates:

18 December 2023
08 January 2024
07 February 2024
18 March 2024
15 April 2024

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:

16 - 17 December 2023
09 - 10 March 2024
07 - 08 April 2024

Prerequisites:

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

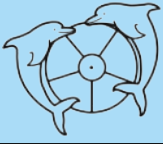
Credits: Woga 1&2 (Yoga in Water) is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 12 supplementary hours of credit for registration with WABA and Watsu India.

Price: ₹ 7,950
(lunch included)

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.



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



During this 6-day course, you will gain a fundamental understanding of Woga, enabling you to harness the benefits of yoga in warm shallow water.

The program includes learning a diverse range of Woga exercises, as well as receiving didactic resources for conducting Woga classes or integrating Woga into your aquatic fitness classes.

Dates:

09 - 14 April 2024

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.

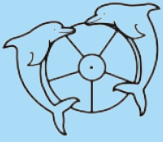
Credits: Woga ITC is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 42 supplementary hours of credit for registration with WABA and Watsu India.

Price: ₹ 26,500
(lunch included)

The course covers:

- An introduction to yoga philosophy, encompassing the concepts and principles of Hatha Yoga and Pranayama.
- Theoretical knowledge of the physical properties pertaining to water.
- Effective methodological and teaching strategies for planning Woga classes.





Teachers

Biographies

Courses 2023-2024



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.

- Inner Watsu®
- Liquid Flow Deepening
- Liquid Flow Essence
- Watsu® & Breathing
- Watsu® & Meditation
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® 2
- Watsu® for Babies
- Woga® 1&2 (Yoga in Water)



Petra Buschfeld, a certified acupuncturist, is a WABA instructor for Watsu Basic and Watsu 1, and co-teaches Shiatsu for Watsu.

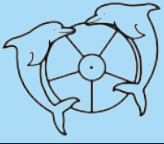
She also teaches Watsu & Elements of Vipassana, OBA1, Woga 1&2 and is a teacher for Woga ITC (Instructor Training Course).

- Inner Watsu®
- OBA® 1
- Shiatsu for Watsu®
- Watsu® Basic
- Watsu® 1 (Transition Flow)
- Woga® 1&2 (Yoga in Water)
- Woga® ITC (Instructor Training Course)



Arjana has discovered over 30 years ago the beauty and the healing powers of Aquatic Bodywork, and since then she is sharing this gift as an international facilitator of all levels of WaterDance and Watsu (Europe, USA, Hawaii, New Zealand, Israel, Czech Republic, Poland, Bali...).

- WaterDance 1
- WaterDance 2
- WaterDance 3



Teachers

Biographies

Courses 2023-2024



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

- Amnion® 1
- Amnion® 2
- Watsu® 3



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.

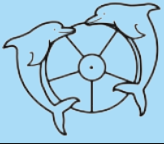
- Adapted Watsu®
- Inner Watsu®
- Watsu® 3



Roberto is a certified Watsu and WaterDance practitioner, and a WaterDance Fundamental instructor.

He also holds space for Watsu Yoga Rounds.

- WaterDance Fundamental
- Watsu® Yoga Round



Teachers

Biographies

Courses 2023-2024



Prashant C.G. is a Watsu practitioner and Watsu Basic instructor with a Master in Neurological & Psychosomatic Disorders. He is working with paediatric and adult neuro clients.

- Adapted Watsu®



Pooja Gautam is a certified Watsu Practitioner and a teacher for Woga ITC (Instructor Training Course).

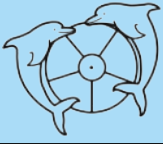
- Woga® ITC (Instructor Training Course)



Fred is an OBA Basic and OBA 1 instructor, and a certified Watsu Practitioner.

He also holds space for Watsu Yoga Rounds.

- Watsu® Yoga Round



Announcement

LIQUID FLOW PROVIDER



New certification program

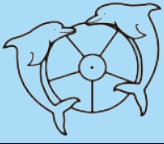
We are delighted to announce our new certification program. It is designed for students, who desire a shorter – yet profound – path to certification as Liquid Flow Provider, and eventually progress towards becoming certified practitioners in other aquatic bodywork modalities such as Watsu, WaterDance, OBA, Healing Dance etc.

Prerequisites to become a Liquid Flow Provider

1	Basic surface & underwater course	30
2	Liquid Flow Essence	50
3	Liquid Flow Integration 1 (after LFE) <i>Dates to be announced according to student's needs and availabilities.</i>	3
4	Liquid Flow Deepening	50
5	Liquid Flow Integration 2 (after LFD) <i>Dates to be announced according to student's needs and availabilities.</i>	3
6	Watsu 1 or OBA 1 or WATA 1 or HD 1	50
7	Received sessions 7 (2-4 from D&D)	14
8	Given sessions 10	20
9	Hands-On	2

Total hours 222

All Liquid Flow courses are recognized by WABA as supplemental classes.



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, registration fees with WABA (Worldwide Aquatic Bodywork Association) and Watsu India, and all government taxes. 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.

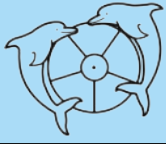
Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

We will inform you within the next few days about availability 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. 2023 - April 2024

Page 19

Payments

To confirm your registration and secure your spot, we request an advance payment of (about) 20% of the course fees. We expect the balance to be settled on the first day of the course at the Quiet Healing Center reception.

Payments may be made through UPI (GPay, PhonePe, PayTM etc. for Indian residents), debit/credit card, and bank transfer (NEFT & SWIFT).

Please arrive at the reception at least half an hour before the course starts to settle pending payments, sign in and receive your course pass.

Please note that 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.