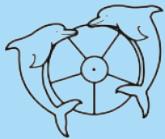




## Quiet Healing Center Aquatic Bodywork Courses December 2025 - April 2026

Month	Date	Course	Instructor(s)	Page
December 2025	06 - 11	OBA 4 Cosmic Body	Dariya	8
	14	Watsu® Yoga Round	Sheida	16
	16 - 21	Watsu® & OBA Basic	Dariya & Ankit	13
	22 - 23	Woga® 1&2	Ankit & Pooja	17
	22 - 31	Fire & Earth (Oceanic Bodywork)	Nirvano	5
	24 - 28	Watsu® 1 (Transition Flow)	Dariya	14
	29 - 03	WaterDance Fundamental	Roberto	11
January 2026	04 - 05	Watsu® & Breathing	Dariya & Fred	12
	06 - 11	WaterDance 1	Louisiane & Roberto	10
	12 - 17	Watsu® & OBA Basic	Dariya	13
	12 - 17	Shiatsu for Watsu®	Ulrike	9
	19 - 24	WaterDance 2	Louisiane & Roberto	10
	25	Watsu® for Babies	Dariya	16
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February 2026	07 - 08	Woga® 1&2	Tamara & WI Team	17
	09 - 11	Anatomy for Aquatic Stretching	WI Team	3
	11	Liquid Flow Essence Integration Day	Dariya & Daniel	8
	12	Ai Chi Basic	WI Team	2
	13	Watsu® Yoga Round	Sheida	16
	14 - 16	Adapted Watsu®	WI Team	2
	18 - 23	Watsu® 2	Dariya	15
	24 - 02	Inner Watsu®	WI Team	6
March 2026	03	Watsu® Yoga Round	Tamara	16
	04 - 09	Craniosacral Therapy in Water™ Module 1	Elisa	4
	10 - 11	Watsu® & Meditation	WI Team	12
	12 - 17	Craniosacral Therapy in Water™ Module 2	Elisa	5
	18 - 19	Woga® 1&2	Prema & Tamara	17
	20 - 25	Clinical Watsu® 3: Fascia as a System	Elisa	4
	26	Watsu® Yoga Round	Shreya	
	26 - 31	Tantsu® 1	Xavier & Dariya	9
	27 - 01	Watsu® 1	Elisa & Fred	14
April 2026	02 - 04	Watsu® & Pregnancy	Xavier & Roberto	13
	05 - 06	Watsu® & Breathing	Xavier	12
	05 - 07	Ai Chi ITC (Instructor Training Course)	WI Team	3
	08 - 13	Watsu® 3	Xavier & Dariya	15
	14	Watsu® Yoga Round	Ellie	16
	15 - 20	Watsu® 1	Xavier & Pooja	14
	21 - 27	Liquid Flow Deepening	Dariya & Daniel	6
	28 - 29	Woga® 1&2	Tamara	17
	30	Liquid Flow Deepening Integration Day	Dariya & Daniel	7



## Adapted Watsu®

with Watsu India Team



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:**  
14 - 16 Feb. 2026

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

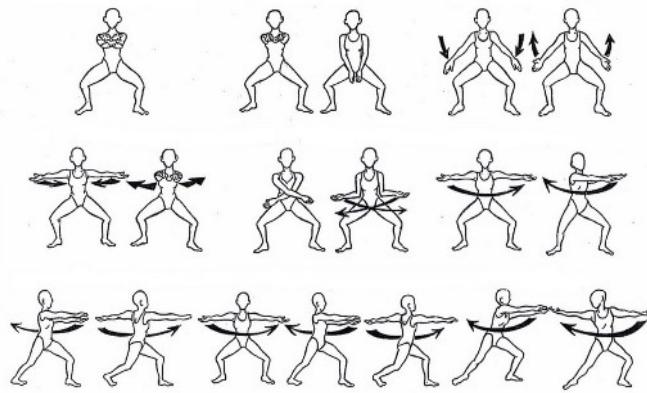
**Credits:** Adapted Watsu is recognised by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 25 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 17,950  
(lunch included)

## Ai Chi Basic

with Watsu India Team

### Ai Chi Postures



Ai Chi is a full-body relaxation and strengthening method used in aquatic therapy. This gentle water-based practice involves slow flowing movements synchronised with deep breathing.

The practice consists of 19 movements or katas, performed while maintaining a steady breathing rhythm of about 14 to 16 breaths

per minute. The first six arm movements are based on Qi Gong, with a relatively static and symmetrical body posture. The subsequent movements are based on Tai Chi, incorporating continuous shifts of your centre of gravity.

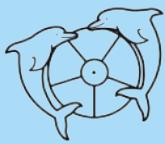
This gentle bodywork flows through graceful, circular movements that mirror the rhythm of the breath, creating a meditative dance in water.

The body is revitalised, the mind becomes calm and clear, allowing us to become more aware of the sensations both within and around us.

**Dates:**  
12 Feb. 2026

**Prerequisites:**  
No previous experience required.

**Price:** ₹ 5,750  
(lunch included)



## **Ai Chi ITC (Instructor Training Course) with Watsu India Team**



Ai Chi is a contemporary form of aquatic bodywork that introduces the powerful stretches of Gi Gong and the calm, dance-like movements of Tai Chi, practised in a warm water pool.

This gentle bodywork flows through graceful, circular movements that mirror the rhythm of the breath, creating a meditative dance in water.

The body is revitalised, the mind becomes calm and clear, allowing us to become more aware of the sensations both within and around us.

In this course, you will learn how to guide others through a complete Ai Chi sequence, promoting both fitness and well-being

**Dates:**  
05 - 07 April 2026

**Prerequisites:**  
Ai Chi Basic.

**Price:** ₹ 16,950  
(lunch included)

## **Anatomy for Aquatic Stretching with Watsu India Team**



A basic understanding of anatomy is essential for any aquatic bodyworker, working with clients in many different and dynamic ways.

This course provides a practical introduction to the locomotor system with focus on joints, muscular imbalances, and the principles of muscle lengthening and massage.

**Dates:**  
09 - 11 Feb. 2026

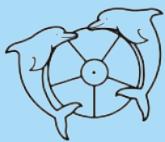
**Prerequisites:**  
Watsu 1 or OBA 1 or WaterDance 1 or Healing Dance 1.

**Credits:** Anatomy for Aquatic Stretching gives 25 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 17,950  
(lunch included)

We will deepen anatomical awareness to better support aquatic massage and stretching techniques during sessions. Participants will also develop an understanding of how to work with muscular imbalances in a mindful and effective way.

The course is divided equally between land-based practice and hands-on applications in water.



## Clinical Watsu® 3: Fascia as a System

with Elisa



This advanced course is designed for students, who have demonstrated mastery of Watsu 2, as well as for certified practitioners eager to expand their clinical skills and therapeutic applications of Watsu.

In this training, you'll discover fascia as a dynamic, integrative system – the connective

tissue that links every part of the body. By the end of this course, you'll be equipped to foster a strong therapeutic alliance with clients, navigate the therapeutic process toward health, balance, and homeostasis, confidently adapt Watsu for diverse therapeutic needs, and develop a business plan to support your clinical Watsu practice.

If you've already completed Watsu 3, participation in this course replaces Adapted Watsu, which is part of Watsu India's certification program.

**Dates:**  
20 - 25 March 2026

**Prerequisites:**  
Watsu 2 and Watsu 2 mastery plus 20 practise sessions given.

**Credits:** Clinical Watsu 3 is recognised by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 36,500  
(lunch included)

## Craniosacral Therapy in Water™ Module 1

with Elisa



Craniosacral Therapy in Water, comprising three modules, was developed in 2010 by Elisa Muñoz Blanco, after years of study, research, and clinical practice.

In Module 1, you will learn the fundamentals of the Craniosacral and Fascial systems; develop skills in conscious touch, listening, and assessment;

identify and work with the subtle Craniosacral Rhythm; gain techniques to release restrictions in key body areas; and learn tools that can be immediately applied in your therapeutic practice.

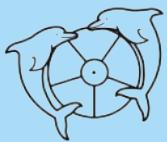
Upon completion, you will receive a Certificate of Participation issued by Elisa Muñoz Blanco, Director of the Watsupath™ Training Institute.

**Dates:**  
04 - 09 March 2026

**Prerequisites:**  
Student or practitioner in a professional health care /aquatic bodywork program.

**Credits:** This course offers 50 hours of credits towards the Professional Training in Craniosacral Therapy in Water and elective credits for Watsu under WABA and Watsu India.

**Price:** ₹ 36,500  
(lunch included)



## **Craniosacral Therapy in Water™ Module 2**

**with Elisa**



In this advanced module, you will explore the body as an integrated whole – merging anatomy, physiology, and subtle energetic awareness. You'll refine your therapeutic presence, develop advanced hands-on techniques, and learn to navigate the body's inherent treatment plan with greater ease and precision.

By the end of this course, you'll enhance your ability to perform whole-body assessments of physiological responses; learn to assess and treat cranial base dysfunctions; apply principles of SomatoEmotional Release® to facilitate emotional healing alongside physical release; participate in hands-on sessions; and observe skilled demonstrations.

Upon completion, you will receive a Certificate of Participation issued by Elisa Muñoz Blanco, Director of the Watsupath™ Training Institute.

**Dates:**  
12 - 17 March 2026

**Prerequisites:**  
CST 1.

**Credits:** This course offers 50 hours of credits towards the Professional Training in Craniosacral Therapy in Water and elective credits for Watsu under WABA and Watsu India.

**Price:** ₹ 36,500  
(lunch included)

## **Fire & Earth (Oceanic Bodywork)**

**with Nirvano**



This 10-day course on land invites you to learn the gentle massage and breathing techniques of Oceanic Bodywork Fire & Earth, along with an introduction to aromatherapy and incense.

Immerse yourself in the rhythmic heartbeat of your body, held in the

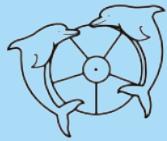
nurturing atmosphere of healing hands. Experience the joy and deep relaxation of giving and receiving massages with scented oil.

Enjoy the shared connection of group singing and dancing, while guided meditations and awareness exercises will support your journey inward.

**Dates:**  
22 - 31 Dec. 2025

**Prerequisites:**  
No previous experience required.

**Price:** ₹ 68,950  
(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 the art of touch, boundaries/intimacy, chakras & pranayama, communication skills, powerful meditation techniques, quality of relating, rebirthing, self-awareness/breath-awareness, and Shiatsu.

**Dates:**  
24 Feb. - 02 March 2026

**Prerequisites:**  
Watsu 2 or an equivalent course.

**Credits:** Inner Watsu is recognised 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:** ₹ 36,500  
(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.

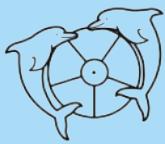
You will be encouraged to create your own sequences and movements, present them to other students, and learn from their creations. Also, learning to take your client under water without using a sign will be a valuable addition to your toolkit and allow you to establish a deeper connection with your receiver.

**Dates:**  
21 - 27 April 2026

**Prerequisites:**  
Liquid Flow Essence and Liquid Flow Essence Integration Day

**Credits:** Liquid Flow Deepening gives 50 hours for the Watsu India Liquid Flow Provider Certification program. These hours are also registered on the international WABA registry.

**Price:** ₹ 36,500  
(lunch included)



## **Liquid Flow Deepening Integration Day with Dariya & Daniel**



The Integration Day offers refinement of techniques and principles learned during the Liquid Flow Deepening course.

There will also be time to answer questions both on a collective and on an individual level.

This integration day is one of the prerequisites for becoming a certified Liquid Flow Provider.

**Dates:**  
30 April 2026

**Prerequisites:**  
Liquid Flow Deepening.

**Credits:** Liquid Flow Deepening Integration Day gives 4 hours of credit for the Liquid Flow Provider Certification program.

**Price:** ₹ 2,950

## **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.

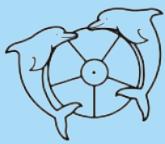
Together with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the core of any aquatic bodywork: being deeply in touch with one's own essence, and experiencing a sense of timelessness and connection to all.

**Dates:**  
31 Jan. - 06 Feb. 2026

**Prerequisites:**  
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 a maximum of 13 supplementary hours of credit for registration as international Watsu practitioner within the Watsu India learning program, and 50 hours for the Watsu India Liquid Flow Provider Certification program.

**Price:** ₹ 36,500  
(lunch included)



## **Liquid Flow Essence Integration Day** with Dariya & Daniel



The Integration Day offers refining techniques and principles, which you have learned during the Liquid Flow Essence course.

It is also a prerequisite to join the Liquid Flow Deepening course.

**Dates:**  
11 Feb. 2026

**Prerequisites:**  
Liquid Flow Essence and number of practice sessions given.

**Credits:** Liquid Flow Essence Integration Day gives 4 hours of credit for the Liquid Flow Provider Certification program.

**Price:** ₹ 2,950

## **OBA 4 Cosmic Body**



In this final course, you will explore the most advanced and refined OBA techniques, culminating in a deep dive into the "Aquatic Body Wave" – the core of this extraordinary practice, which we will gradually uncover together.

We will revisit and synthesise all the techniques learned throughout the program, organising them into their eight core categories for a clearer understanding of their application and impact.

eight core categories for a clearer understanding of their application and impact.

Additionally, we will explore the emotional dimensions of bodywork in warm water—how these experiences can surface, affect us, and how to navigate them in a constructive and transformative way.

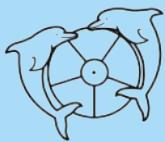
**with Dariya**

**Dates:**  
06 - 11 Dec. 2025

**Prerequisites:**  
OBA 3.

**Credits:** OBA 4 is recognised by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credits for registration with WABA and Watsu India.

**Price:** ₹ 36,500  
(lunch included)



## Shiatsu for Watsu®

with Ulrike



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) along with 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:**  
12 - 17 Jan. 2026

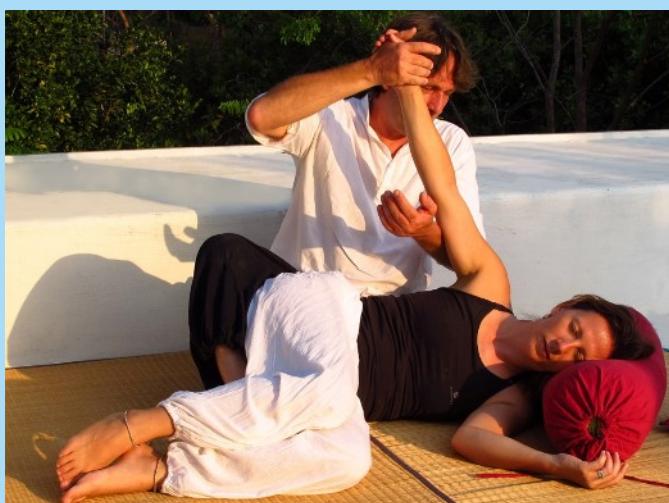
**Prerequisites:**  
Watsu 1 or equivalent course.

**Credits:** Shiatsu for Watsu is recognised 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:** ₹ 36,500  
(lunch included)

## Tantsu 1

with Xavier & Dariya



Tantsu was developed by Harold Dull in the same year he created Watsu, with the intention of bringing Watsu's nurturing principles onto land.

Rooted in the foundations of Zen Shiatsu, Tantsu deepens these principles through full-body holding positions, called the Tantsu Cradle, in which the receiver is completely held and supported.

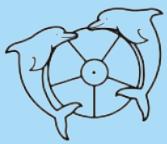
A Tantsu session combines passive stretching, Shiatsu pressure points, spontaneous body movements, and non-verbal communication, creating a deeply connected and restorative experience.

**Dates:**  
26 - 31 March 2026

**Prerequisites:**  
No previous experience required.

**Credits:** Tantsu 1 is recognised 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:** ₹ 36,500  
(lunch included)



## WaterDance 1

with Louisiane



In this foundational course, we explore the art of connecting with the breath and establishing a deep, trusting relationship with our partners to guide them underwater with confidence and care.

Through practice with diverse body types, we will learn to adapt our technique, cultivating greater safety, fluidity, and poetic expression in our movements.

By guiding our partners underwater using *kumbhaka* (breath retention), we invite them into deep states of relaxation, inner silence, freedom, and joy. Any fears related to immersion are welcomed with presence and compassion.

We will learn the "short form," comprising more than 20 distinct positions and movements. Special emphasis will be placed on creating a safe, gentle, and fluid environment to foster a sense of freedom and joy.

**Dates:**  
06 - 11 Jan. 2026

**Prerequisites:**  
WaterDance Fundamental.

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

**Price:** ₹ 36,500  
(lunch included)

## WaterDance 2

with Louisiane



In WaterDance 2, we expand our repertoire with new movements and sequences, transitioning from the short WaterDance 1 form to a more advanced, flowing expression of this unique aquatic bodywork.

Students will learn how to link movements seamlessly, allowing WaterDance to evolve into a true underwater dance.

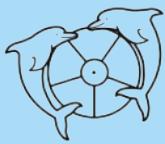
By the end of this course, participants will be equipped to offer complete sessions with full confidence and safety, and to initiate deep, joyful, and healing experiences for their receivers.

**Dates:**  
19 - 24 Jan. 2026

**Prerequisites:**  
WaterDance 1 and WaterDance 1 Supervision.

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

**Price:** ₹ 36,500  
(lunch included)



## WaterDance Fundamental

with Roberto



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

At the heart of this practice is Water Breath Dance: a flowing movement where you float someone in your arms, allowing them to gently sink with

their exhale and rise together as you both inhale. This creates a deep, shared connection that supports all other surface and underwater movements.

Throughout the course you will learn, in a playful and mindful way, how to safely guide your partner under water (with a nose clip). Sufficient time will be given to integrate any fears or apprehensions about going under water.

**Dates:**  
29 Dec. 25 - 03 Jan. 26

**Prerequisites:**  
No previous experience required.

**Credits:** WaterDance Fundamental is recognised by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 36,500  
(lunch included)

## WaterDance Integration

with Louisiane



This course focuses on refining your mastery of movements learned in WaterDance 1 and 2.

Students will receive personalised adjustments and guidance to enhance the ability to connect and flow between movements.

A live “feeling session” will be conducted with a

guest, who has no prior experience with underwater work. In this safe and supportive environment, students will gain the opportunity to offer a meaningful experience to a first-time WaterDance recipient.

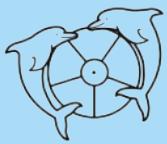
Following this session, each student will receive written feedback from their guest and oral feedback from the instructor. This shared reflection circle will offer valuable insights, practical tips for improving technique, and an opportunity to assess how effectively each student responded to their partner’s unique needs.

**Dates:**  
28 - 30 Jan. 2026

**Prerequisites:**  
WaterDance 2 and WaterDance 2 individual supervision.

**Credits:** WaterDance Integration is recognised by WABA (Worldwide Aquatic Bodywork Association) and gives 25 hours of credit for registration with WABA and Watsu India.

**Price:** ₹ 17,950  
(lunch included)



## **Watsu® & Breathing**

**with Dariya, Fred & Xavier**



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

In this course, you will learn to integrate the practice of Watsu qualities and explore the power of working with your receiver's breath.

Several topics will be discussed, including the link between breathing

and yourself as a giver, as well as your energetic connection with the receiver.

You will also gain an understanding of the anatomical basis of our respiratory system to better grasp its functioning.

**Dates:**  
04 - 05 Jan. 2026  
05 - 06 April 2026

**Prerequisites:**  
Watsu Basic.

**Credits:** Watsu & Breathing is recognised 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:** ₹ 11,500  
(lunch included)

## **Watsu® & Meditation**

**with Watsu India Team**



Meditation is an important tool for listening, accepting and knowing ourselves, as well as becoming more intuitive towards others.

In our understanding, the purpose of meditation is to cultivate presence and peace of mind, enabling us to connect with our unique essence and the world around us.

Through exercises on land and in water, we will cultivate awareness of the present moment, aiming to enhance the innate quality of presence within each of us.

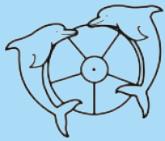
Once we connect with this inner presence, we will explore ways to deepen and expand it, allowing us to welcome the presence of others in a harmonious and respectful manner.

**Dates:**  
10 - 11 March 2026

**Prerequisites:**  
Watsu Basic.

**Credits:** Watsu & Meditation is recognised 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:** ₹ 11,500  
(lunch included)



## **Watsu® & OBA Basic**

**with Dariya & Ankit**



A course of 6 half days. In Watsu, where the receiver's face remains always on the surface, you will learn the qualities and body mechanics required for working 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 practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention while moving another person in water. You will experience floating others and being floated, both 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:**  
16 - 21 Dec. 2025  
12 - 17 Jan. 2026

**Prerequisites:**  
No previous experience required.

**Credits:** Watsu Basic is recognised by WABA as part of the Watsu training program and gives 16 hours of credits for registration with WABA and Watsu India. OBA Basic is part of the Watsu India training program and gives an additional 15 hours of credits for registration with Watsu India and 15 supplementary hours with WABA.

**Price:** ₹ 20,950

## **Watsu® & Pregnancy**

**with Xavier & Roberto**



This 3-day course offers 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.

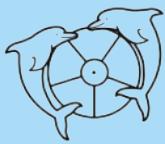
**Dates:**  
02 - 04 April 2026

**Prerequisites:**  
Watsu Basic.

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

**Price:** ₹ 17,950

With Watsu, we can help relieve specific pains and create psychological conditions to better prepare pregnant women for childbirth. It also provides specific indications and contra-indications in the context of pregnancy and will allow to give precious support to future mothers. The course also focuses on the prenatal energetic relation between parents and child and how the future father can fully participate in this unique experience.



## **Watsu® 1 (Transition Flow)**

**with Dariya**



In this 5-day course, you will learn to connect the movements and positions of Watsu Basic with long, gracefully flowing transitions.

You will also learn to adapt this bodywork to people of different sizes, shapes, and dispositions, and to adjust your own body mechanics in order 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 it means to be held for yourself and others.

**Dates:**  
24 - 28 Dec. 2025

**Prerequisites:**  
Watsu Basic.

**Credits:** Watsu 1 (TF) is recognised 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:** ₹ 24,950  
(lunch included)

## **Watsu® 1**

**with Elisa, Fred, Pooja & Xavier**



In this 6-day course, you will first learn the basic movements and positions of Watsu Basic. Then, you will connect them with long, gracefully flowing transitions and adapt this work to people of different sizes, shapes, and dispositions.

At the same time, you will practise basic qualities such as grounding, presence, stillness, movement, and attention while moving another person in water. You will experience floating others and being floated, thereby creating space for deep relaxation and nurturing body, mind and spirit.

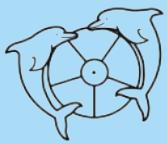
On land, you will be introduced to both Co-Centering and Tantsu, and explore what it means to be held for yourself and others.

**Dates:**  
27 March - 01 April 2026  
15 - 20 April 2026

**Prerequisites:**  
No previous experience required.

**Credits:** Watsu 1 is recognised 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:** ₹ 36,500  
(lunch included)



## **Watsu® 2**

**with Dariya**



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

You will also study the meridians and acupressure points in Watsu, and creatively explore your own movements, while following the receiver's natural tendency to move.

Practising acupressure massage, as well as lifts, pushes, and pulls introduced at this stage, will help you develop the ability to explore and play with energy.

**Dates:**  
18- 23 Feb. 2026

**Prerequisites:**  
Watsu 1.

**Credits:** Watsu 2 is recognised 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:** ₹ 36,500  
(lunch included)

## **Watsu® 3**

**with Xavier & Dariya**



Watsu 3 is for students who have given enough practice sessions to develop a comfortable, intuitive awareness of how to float another person and are ready to adapt and further explore aquatic bodywork beyond the fixed form of Watsu 2.

**Dates:**  
08 - 13 April 2026

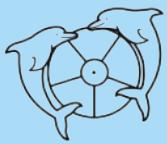
**Prerequisites:**  
Watsu 2 and Watsu 2 mastery.

**Credits:** Watsu 3 is recognised 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:** ₹ 36,500  
(lunch included)

After mastering the Watsu 2 sequence, Watsu 3 opens the doors to "Free Flow" and personal creativity. This openness to creativity is balanced with careful attention to various body types and different positions, ensuring safety for both the giver and receiver.

***You can only participate in this advanced course after having shown and passed your Watsu 2 Mastery session!***



## **Watsu® for Babies**

**with Dariya**



Watsu for Babies is a beautiful and spontaneous way to experience the early years of childhood. It is open to anyone, who wants to share the joy of being in water with babies.

In this course, you will discover that emotions arising from spontaneous movements in water can open extraordinary doors. These moments allow you to be in the present moment, simply listening to the baby's breathing while being supported by the healing power of water.

Through Tantsu and Ai Chi exercises, you will begin to listen to yourself and to the baby you hold. You will also learn possible transitions of the Watsu sequence in order to expand it creatively for babies.

**Dates:**  
25 Jan. 2026

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

**Credits:** Watsu for Babies is recognised 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:** ₹ 5,750  
(lunch included)

## **Watsu® Yoga Round**

**with Ellie, Sheida & Tamara**



Watsu Yoga Round is a powerful tool for deep relaxation and inner peace.

It focuses on listening to the body and being present, offering a way to reconnect with your heart and experience an inner silence that is fully alive and vibrant.

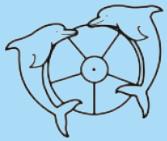
**Dates:**  
14 Dec. 2025  
13 Feb. 2026  
03 March 2026  
14 April 2026

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

**Price:** ₹ 750

When immersed in warm water during the Watsu Yoga Round, the body is free from the effects of gravity. The flow of movements and stretching, alternated with moments of stillness, invite progressive well-being: body and mind become free to dance!

Watsu Yoga Round is an invitation to feel, awaken, and celebrate the energy of your being.



## **Woga® 1&2 (Yoga in Water)**

**with Ankit, Pooja, Prema or Tamara**



**Woga** is the combination of two words: water and yoga.

By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

Woga is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest

height deep. It focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall, in floating position, and under water. The course also includes pranayama and meditation exercises.

Classes follow a structure similar to land-based yoga: breathing exercises, warm-ups, a series of poses, and a relaxation period. The key difference is that you are in a warm water pool! Swimming skills are not required.

**Dates:**

22 - 23 Dec. 2025  
07 - 08 Feb. 2026  
18 - 19 March 2026  
28 - 29 April 2026

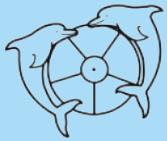
**Prerequisites:**

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

**Credits:** Woga 1&2 (Yoga in Water) gives 12 supplementary hours of credit for registration as international Watsu practitioner within the Watsu India learning program.

**Price:** ₹ 8,950  
(lunch included)





## Instructors



## Qualifications

**Ankit Shah** is a Watsu practitioner and Woga instructor.

## Courses 2025-2026

- Watsu® & OBA Basic
- Woga® 1&2



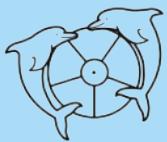
**Dariya** is a WABA facilitator. She has been sharing her passion for aquatic bodywork with groups since 2004. Besides the belief that a solid technical base provides possibilities for ease and lightness in further personal growth, her main focus is to create spaces for flow, deepening and connection.

- Liquid Flow Essence
- Liquid Flow Essence Integration Day
- Liquid Flow Deepening
- Liquid Flow Deepening Integration Day
- OBA 4 Cosmic Body
- Tantsu® 1
- Watsu® & Breathing
- Watsu® & OBA Basic
- Watsu® 1 (Transition Flow)
- Watsu® 2
- Watsu® 3
- Watsu® for Babies

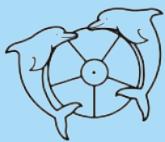


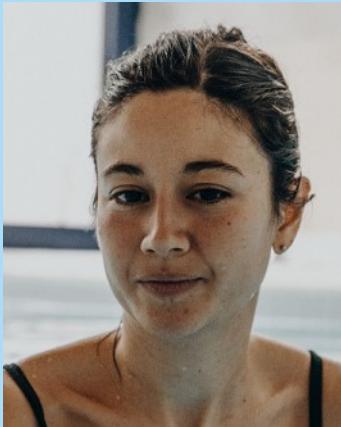
**Daniel** is a certified aquatic bodyworker and a Liquid Flow teacher.

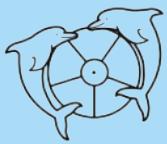
- Liquid Flow Essence
- Liquid Flow Essence Integration Day
- Liquid Flow Deepening
- Liquid Flow Deepening Integration Day



Instructors	Qualifications	Courses 2025-2026
	<p><b>Elisa Muñoz Blanco</b> is a physiotherapist, osteopath, and a cranio sacral therapist. She is also a WABA certified Watsu 1 &amp; 2 and Clinical Watsu 3 instructor as well as a certified Ai Chi instructor, Vipassana meditator, and an Ashtanga Vinyasa yoga practitioner.</p>	<ul style="list-style-type: none"><li>▫ Clinical Watsu® 3</li><li>▫ Cranno Sacral Therapy in Water™ Module 1</li><li>▫ Cranno Sacral Therapy in Water™ Module 2</li><li>▫ Watsu® 1</li></ul>
	<p><b>Ellie</b> is a certified Watsu practitioner, offering individual sessions and Watsu Yoga Round classes at Quiet Healing Center. She is also a Watsu assistant, a Birenda massage therapist, and a certified Tantsu practitioner.</p>	<ul style="list-style-type: none"><li>▫ Watsu® Yoga Round</li></ul>
	<p><b>Fred</b> has been teaching for the last 30 years many topics (physical education, learning how to learn, cooperation). The art of transferring knowledge has always been his passion. He is a Watsu Basic, Watsu 1, OBA Basic and OBA 1, 2, &amp; 3 instructor.</p>	<ul style="list-style-type: none"><li>▫ OBA Celebration Day</li><li>▫ Watsu® &amp; Breathing</li><li>▫ Watsu® 1</li></ul>



Instructors	Qualifications	Courses 2025-2026
	<p><b>Louisiane Desbrosses</b> is a Watsu &amp; WaterDance practitioner and a certified instructor of WaterDance Fundamental and WaterDance 1 &amp; 2. She has been trained by Arjana Brunschwiler, co-founder of WaterDance.</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> WaterDance 1</li><li><input type="checkbox"/> WaterDance 2</li><li><input type="checkbox"/> WaterDance 2 Integration</li></ul>
	<p><b>Nirvano</b> Martina Schulz, has loved and explored water work for 25 years. She founded the Oceanic Bodywork® method (Aqua, Fire &amp; Earth and Air), the Cosmic Child process and prenatal work in water. She leads the Oceanic Bodywork School in Switzerland and holds workshop and trainings worldwide.</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Fire &amp; Earth (Oceanic Bodywork)</li></ul>
	<p><b>Pooja Gautam</b> is a certified Watsu practitioner, a Watsu Basic instructor and a Woga teacher, including Woga ITC (Instructor Training Course).</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Watsu® 1</li><li><input type="checkbox"/> Woga® 1&amp;2</li></ul>



## Instructors

## Qualifications

## Courses 2025-2026



**Prema Sankar** is a certified Watsu practitioner, a Watsu assistant and a Woga teacher. She also holds space for Watsu Yoga Rounds.

▫ Woga® 1&2



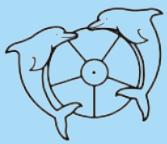
**Roberto** is a certified Watsu, WaterDance and OBA practitioner. He teaches WaterDance Fundamental since 2023 and holds space for Watsu Yoga Rounds. He is also a swimming instructor, works with neurodivergent kids in water and helps people overcome their fear of water.

▫ WaterDance Fundamental  
▫ WaterDance 1  
▫ WaterDance 2  
▫ WaterDance 2 Integration  
▫ Watsu® & Pregnancy

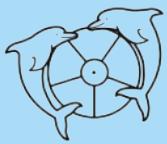


**Sheida** is a dedicated Watsu practitioner, certified since March 2023 and a Watsu assistant. She is also a student of WaterDance and Amnion, a yoga teacher, a Woga instructor, and an experienced swimming teacher.

▫ Watsu® Yoga Round



Instructors	Qualifications	Courses 2025-2026
	<p><b>Tamara</b> is a certified Watsu practitioner, Woga teacher, OBA &amp; Amnion student and a Watsu assistant.</p> <p>She is a dedicated and passionate Watsu practitioner, and has been teaching Woga since August 2023.</p>	<ul style="list-style-type: none"><li>▫ Watsu® Yoga Round</li><li>▫ Woga® 1&amp;2</li></ul>
	<p><b>Xavier Boisson</b> is a WABA facilitator for Watsu Basic, Watsu 1, 2 &amp; 3 and Tantsu, and a WaterDance practitioner. He is also specialised in working with pregnant women (and their partners).</p>	<ul style="list-style-type: none"><li>▫ Tantsu® 1</li><li>▫ Watsu® &amp; Breathing</li><li>▫ Watsu® &amp; Pregnancy</li><li>▫ Watsu® 1</li><li>▫ Watsu® 3</li></ul>



## 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](mailto:quiet@auroville.org.in) or contact us through our website at [www.quiethealingcenter.info](http://www.quiethealingcenter.info).

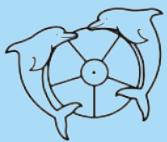
Please give us details of previous trainings in aquatic bodywork, if any, to ensure that you are qualified to attend the course you are interested in. (Read the course prerequisites!)

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.



## **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). To cover bank charges on card payments, 2% on all foreign debit/credit cards will be added.

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](http://www.quiethealingcenter.info) / [quiet@auroville.org.in](mailto: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 instructor 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.