



Quiet Healing Center Aquatic Bodywork Courses August - November 2026

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August 2026	05 - 10	Watsu® 1	Mary Seamster & Pooja Gautam	8
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	15 - 16	Watsu® Basic	Mary Seamster & Ellie (CoT)	7
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	28 - 31	Watsu® 1 (Transition Flow)	Tatiana Penzina & Fred (CoT)	7
September 2026	01 - 06	Amnion® 1	Mary Seamster	2
	08 - 11	Tandem Watsu® for Couples	Tatiana Penzina	4
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Amnion[®] 1

with Mary Seamster



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

This module introduces the midline as a key organising principle for vitality and health while strengthening water-based skills to support client safety.

It emphasises developing presence and attunement, and explores new ways of

working with clients underwater. The course also integrates Polyvagal theory to deepen understanding of nervous system regulation in both practitioners and clients, alongside a reflective exploration of personal birth patterns.

Dates:

01 - 06 Sep. 2026

Prerequisites:

Watsu Basic or an intro to Cranial Sacral therapy.

Credits:

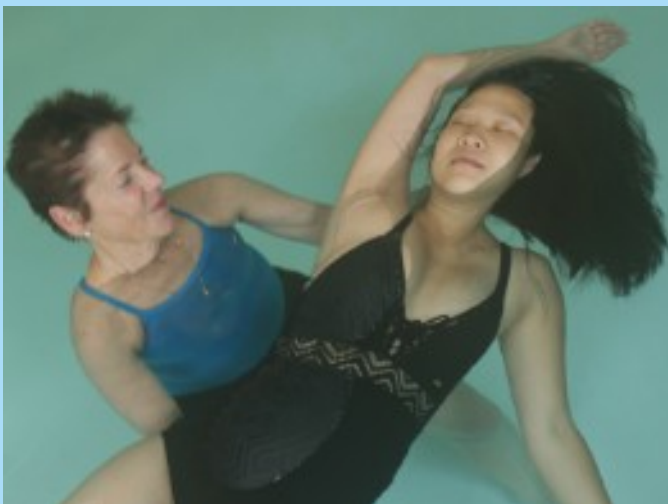
Amnion 1 is recognised by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credit for registration with WABA and Watsu India.

Price: ₹ 39,500

(lunch included)

Amnion[®] 2

with Mary Seamster



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

This module explores how early embryological stages shape patterns expressed in therapeutic sessions.

Participants learn to recognise these imprints through observation and felt-sense perception,

including dynamics of boundaries, connections, and birth processes.

It also highlights how these patterns unfold in sessions through gestures and cycles of stillness and movement, supported by tools such as intake forms.

Dates:

16 - 21 Sep. 2026

Prerequisites:

Amnion 2.

Credits:

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

Price: ₹ 39,500

(lunch included)



Amnion® 3

with Mary Seamster



A 6-day course, continuing what has been introduced in Amnion 1 & 2.

This module deepens understanding of how pelvic structure influences the birth process and how diverse birth experiences and imprints may present in sessions.

It helps participants distinguish

and nervous system freeze, while introducing attachment styles to support connection with self and clients.

The course also explores foundational aspects of family constellations and their expression in therapeutic work.

Dates:
24 - 29 Sep. 2026

Prerequisites:
Amnion 2.

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

Price: ₹ 39,500
(lunch included)

Loving Water

with Roberto



This experience offers a guided journey to overcome fear and discomfort in water by exploring movement, breathing, and floating through targeted exercises.

Participants will gain awareness of how their bodies and emotions respond in aquatic settings, building confidence and relaxation.

Dates:
08- 10 Nov. 2026

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

Price: ₹ 16,500
(lunch included)

Objectives:

Develop confidence in both shallow and deep water. Learn to move intentionally and freely in water. Manage anxiety and emotional blocks related to water. Understand how the body behaves in water to prepare for swimming lessons. Promote relaxation, body awareness, and emotional resilience



OBA 1 Fluid Body

with Fred



A 6-day course on the surface and under water.

In this course, we will approach water in a playful and friendly way and learn various techniques of this wonderful work in warm water.

Dates:
20 - 25 Oct. 2026

Prerequisites:
OBA Basic or WaterDance Fundamental or Watsu 1 or Healing Dance 1.

Credits: OBA 1 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)

We will study and practise the 3 phases of a session: working on cushions and floats, working on the surface, and under water.

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

Tandem Watsu® for Couples

with Tatyana Penzina



Tandem Watsu for Couples is a unique and deeply connecting aquatic experience in which two providers support and guide two partners simultaneously in warm water.

Moving in harmony, the practitioners create a shared flow that allows

both receivers to remain in subtle connection with each other throughout the session. This form of bodywork invites couples to explore trust, communication, and presence beyond words, in an environment where movement, breath, and touch become the primary language.

Dates:
08 - 11 Sep. 2026

Prerequisites:
Watsu 2 mastery.

Credits: Tandem Watsu for Couples gives 32 hours of credit for registration as a supplemental class with Watsu India.

Price: ₹ 25,500
(lunch included)



Universal Flow

with Tatyana Penzina



The body can be understood as a finely tuned system of levers, where bones, joints, and muscles interact to create movement, balance, and support.

Each action we perform—whether simple or complex—is the result of these levers working in harmony.

Dates:
12 - 14 Sep. 2026

Prerequisites:
Watsu Basic.

Credits: Universal Flow gives 25 hours of credit for registration as a supplemental class with Watsu India.

Price: ₹ 19,950
(lunch included)

When we enter the water, this system does not disappear; rather, it reveals itself in a more subtle and fluid way. Working with the body in water becomes an art of sensing and guiding this system of levers, where gravity is softened and movement can unfold with greater ease and continuity.

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:
26 - 31 Oct. 2026

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 1

with Roberto



In 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'll learn to adapt our technique, cultivating greater safety, fluidity, and poetic

expression in our movements.

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

Dates:

02 - 07 Nov. 2026

Prerequisites:

WaterDance
Fundamental.

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: ₹ 36,500

(lunch included)

Watsu® & OBA Basic with Natalia Chaverri Madden, Fred & Tamara (CoT)



A course of 4 full 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.

Dates:

15 - 18 Oct. 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: ₹ 23,500

(lunch included)



Watsu® Basic with Mary Seamster & Sheida, Ellie or Tamara (CoT)



A 2-day course on the surface only.

Watsu Basic introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation.

Dates:
15 - 16 Aug. 2026
26 - 27 Aug. 2026
30 Sep. - 01 Oct. 2026

Prerequisites:
No previous experience required.

Credits: Watsu Basic is recognised by WABA (Worldwide Aquatic Bodywork Association) as part of the Watsu training program and gives 16 hours of credits for registration with WABA and Watsu India.

Price: ₹ 12,500
(lunch included)

In this course, you will practise 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.

Watsu® 1 (Transition Flow) with Pooja Gautam, Tatyana Penzina & Fred (CoT)



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

Dates:
28 - 31 Aug. 2026
02 - 06 Oct. 2026

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: ₹ 27,000
(lunch included)

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.



Watsu® 1

with Mary Seamster & Pooja Gautam



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:
05 - 10 Aug. 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: ₹ 39,500
(lunch included)

Watsu® 2

with Natalia Chaverri Madden



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:
08 - 13 Oct. 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: ₹ 39,500
(lunch included)



Watsu® 3 Masterclass

with Tatyana Penzina



The Watsu 3 Masterclass for certified Watsu practitioners is an advanced-level training designed to deepen both technical skill and intuitive understanding in aquatic bodywork.

At this stage, the focus shifts from learning structured sequences to embodying the underlying principles that allow each

session to become a unique and responsive experience.

Practitioners are invited to refine their sensitivity, presence, and capacity to listen through touch, movement, and breath.

Dates:
20 - 25 Aug. 2026

Prerequisites:
Watsu 3.

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

Price: ₹ 39,500
(lunch included)

Watsu® Yoga Round

with Ellie or Sheida



The Watsu 3 Masterclass for certified Watsu practitioners is an advanced-level training designed to deepen both technical skill and intuitive understanding in aquatic bodywork.

At this stage, the focus shifts from learning structured sequences to embodying the underlying principles that allow each

session to become a unique and responsive experience.

Practitioners are invited to refine their sensitivity, presence, and capacity to listen through touch, movement, and breath.

Dates:
13 Aug. 2026
15 Sep. 2026
07 Oct. 2026

Prerequisites:
Watsu 3.

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

Price: ₹ 750



Woga® 1&2 (Yoga in Water)

with 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 Sep. 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

Courses 2026



Ellie 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.

- Watsu® Basic
- Watsu® Yoga Round



Fred 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, & 3 instructor.

- OBA 1 Fluid Body
- Watsu® & OBA Basic
- Watsu® 1 (Transition Flow)



Mary Seamster, LET, REST, 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
- Amnion® 3
- Watsu® Basic
- Watsu® 1



Instructors

Qualifications

Courses 2026



Natalia Chaverri Madden

is a Holistic Balance Instructor, Licensed Physical Therapist, Master in Therapeutic Exercise, Yoga Teacher and Watsu Instructor (Watsu Basic and Watsu 1, 2 & 3). WOGA teacher. She founded Watsu Costa Rica in 2006 and is working together with other instructors to develop the Latin American Watsu Institute.

- Watsu® & OBA Basic
- Watsu® 2



Pooja Gautam is a certified Watsu practitioner, a Watsu Basic & Watsu 1 instructor and a Woga teacher, including Woga ITC (Instructor Training Course).

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



Roberto is a certified Watsu, WaterDance and OBA practitioner. He teaches WaterDance Fundamental and WaterDance 1, 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



Instructors

Qualifications

Courses 2026



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® Basic
- Watsu® Yoga Round



Tamara is a certified Watsu practitioner, Woga teacher, OBA & Amnion student and a Watsu assistant.

She is a dedicated and passionate Watsu practitioner, and has been teaching Woga since August 2023.

- Watsu® Basic
- Watsu® & OBA Basic
- Woga® 1&2



Tatyana Penzina is a Watsu 1, Watsu 2, and Watsu 3 instructor and a Tantsu practitioner.

- Tandem Watsu® for Couples
- Universal Flow
- Watsu® 1 (Transition Flow)
- Watsu® 3 Masterclass



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.



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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
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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.