



# Quiet Healing Center

## Aquatic Bodywork Courses

### August - October 2024

| Month          | Date    | Course                     | Teacher(s)      | Page |
|----------------|---------|----------------------------|-----------------|------|
| August 2024    | 01      | Watsu® Yoga Round          | Fred & Ellie    | 5    |
|                | 03 - 04 | Watsu® Basic               | Fred            | 4    |
|                | 10 - 11 | OBA® Basic - Liquid Joy    | Fred            | 2    |
|                | 13 - 18 | OBA® 1 - Fluid Body        | Fred            | 2    |
|                | 28 - 29 | Woga® 1&2                  | Pooja           | 6    |
|                | 30 - 31 | Watsu® Basic               | Pooja           | 4    |
| September 2024 | 03 - 08 | WaterDance Fundamental     | Roberto         | 3    |
|                | 14      | Watsu® Yoga Round          | Ellie & Roberto | 5    |
|                | 17 - 22 | Watsu® & OBA® Basic        | Fred            | 3    |
|                | 24 - 28 | Watsu® 1 (Transition Flow) | Dariya          | 4    |
|                | 29      | Watsu® Yoga Round          | Fred & Ellie    | 5    |
| October 2024   | 02 - 08 | Watsu® 2                   | Dariya          | 5    |
|                | 10 - 15 | Watsu® & OBA® Basic        | Dariya          | 3    |
|                | 17 - 18 | Woga® 1&2                  | Dariya & Shreya | 6    |
|                | 20 - 25 | OBA® 1 - Fluid Body        | Dariya          | 2    |
|                | 26      | Watsu® Yoga Round          | Ellie & Roberto | 5    |



## OBA® Basic - Liquid Joy

with Fred



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

This basic Oceanic Bodywork Aqua (OBA) course for beginners combines elements of light movements, stretching, massage and joint mobilization in connection with the breath and energy work.

**Dates:**  
10 - 11 Aug. 2024

**Prerequisites:**  
No previous experience required.

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

**Price:** ₹ 9,950  
(lunch included)

During this course, you will learn a number of simple movements and techniques, both on the surface (including floating with cushion and noodle) as well as under water.

## OBA® 1 - Fluid Body

with Fred or Dariya



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:**  
13 - 18 Aug. 2024  
20 - 25 Oct. 2024

**Prerequisites:**  
OBA Basic or equivalent course.

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

**Price:** ₹ 32,500  
(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.



## 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:**

03 - 08 Sep. 2024

**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)

## Watsu® & OBA® Basic

with Dariya or Fred



A course of 6 half days.

Watsu, the part where the receiver's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water.

During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will 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.

Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

**Dates:**

17 - 22 Sep. 2024  
10 - 15 Oct. 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 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:** ₹ 19,950





## Watsu® Basic

with Fred or Pooja



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:**

03 - 04 Aug. 2024  
30 - 31 Aug. 2024

**Prerequisites:**

No previous experience required.

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

**Price:** ₹ 10,950  
(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 Dariya



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:**

24 - 28 Sep. 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



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:**  
02- 08 Oct. 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® Yoga Round

with Fred & Roberto & Ellie



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, awaken and celebrate the energy of your being.

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!

**Dates:**  
01 August 2024  
14 September 2024  
29 September 2024  
26 October 2024

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

**Price:** ₹ 750





## Woga® 1&2 (Yoga in Water)

with Dariya & Shreya or Pooja



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:**

28 - 29 Aug. 2024

17 - 18 Oct. 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.





## Teachers

## Biographies

## Courses 2024



**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.

- OBA® 1 - Fluid Body
- Watsu® & OBA® Basic
- Watsu® 1 (Transition Flow)
- Watsu® 2
- Woga 1&2



**Ellie** is a certified Watsu practitioner and Watsu assistant. She also holds space for Watsu Yoga Rounds.

- 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, OBA Basic and OBA 1 instructor.

- OBA® Basic - Liquid Joy
- OBA® 1 - Fluid Body
- Watsu® Basic
- Watsu® 1
- Watsu® Yoga Round



## Teachers

## Biographies

## Courses 2024



**Pooja** is a certified Watsu practitioner, a Watsu Basic instructor and a teacher for Woga ITC (Instructor Training Course).

- Watsu® Basic
- 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
- Watsu® Yoga Round



**Shreya** is a certified Watsu practitioner and a physical therapist who has experience in working with clients undergoing rehab for injuries, in the aquatic environment, and is currently working as a Dive Instructor. She is also a Woga facilitator and holds space for Watsu Yoga Rounds.

- Watsu® Yoga Round





## General Information

---

### Course Timings

Full day courses usually start at 8.45 am and last till 6.00 or 6.30 pm. Afternoon courses usually start at 1.00 pm. Lunch is included in all full day courses.

### Course Prices

Course prices include teaching fees, pool use, didactic material (DVD and/or manuals), certificates, lunches and snacks, and registration fees with WABA (Worldwide Aquatic Bodywork Association) and Watsu India. Prices are given in Indian Rupees (₹).

Visit <http://www.oanda.com/currency/converter> to check prices in your currency.



### How to book

If you are interested to join a course, write us an email at [quiet@auroville.org.in](mailto:quiet@auroville.org.in) or contact us through our website at [www.quiethealingcenter.info](http://www.quiethealingcenter.info).

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

We will inform you within the next few days about availability of place and email you all necessary further information.

If a course is full, we will put your name on the waiting list and let you know if we receive a cancellation.

### Language & Age Requirements

Basic knowledge of English is required, as all courses are taught in English, although some of our teachers are proficient in French, German and Italian. In principle, aquatic bodywork courses cannot be attended by people under 16.



# Quiet Healing Center

## Aquatic Bodywork Courses August - October 2024

Page 10

### 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 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.