



Quiet Healing Center Aquatic Bodywork Courses November 2024 - April 2025

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Anatomy for Aquatic Bodyworkers with Gianni & Prashanth



A basic knowledge of anatomy is essential for any aquatic bodywork practitioner.

This 6-day course offers both theoretical and hands-on learning about anatomy relevant to Watsu and focuses on planes and axes of movements, joint mechanics, physiology, metabolism, and on muscles and their lengthening.

Theory and practice take place on land and in water. Through massages and specific exercises, you will learn the functions of various body structures and their applications in Watsu.

Dates:
08 - 13 Feb. 2025

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

Credits: Anatomy for Aquatic Bodyworkers is part of the Watsu training program and gives 50 hours of credit for registration with WABA and Watsu India program.

Price: ₹ 34,950
(lunch included)

About one-third of the course is dedicated to theory, one-third to land-based practice, and one-third to effective applications in water.

Cosmic Child

with Nirvano



Prenatal Work with Oceanic Bodywork® Aqua.

The Cosmic Child process focuses on a meditative experience rather than learning new techniques. The challenge is in the "being" rather than "doing." On this inner journey of discovery, you encounter yourself.

Dates:
01 - 06 Feb. 2025

Prerequisites:
OBA 2.

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

Price: ₹ 34,950
(lunch included)

Through reflex movements, aquatic body waves, and embryonic positions, you dive deeper into memories of your birth, prenatal phase, conception, and beyond, experiencing a space of deep inner stillness.

Water work and gentle exercises open hidden inner spaces within your subconscious. The warm water, Oceanic Bodywork Aqua, and the loving presence of the water family accompany you through this intensive process.



Healing Dance 1

with Ashaman



Healing Dance, a holistic, aquatic technique developed by Alexander George in the early nineties, views the body as at home in water, hydrodynamic in form, and healing through fluid movement.

More than anything else, Healing Dance 1 emphasizes wave movements.

It includes seven full-body waves as well as various circles, figure eights and releases, all woven together with flowing transitions.

The principles and body mechanics of Healing Dance will be introduced on land and practiced in water: moving by example, creative imbalance, the rhythmic field, dosing movement, and relating & mirroring.

Dates:

17 - 22 Dec. 2024

Prerequisites:

Introduction to Healing Dance or Watsu 1.

Credits: Healing Dance

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

Price: ₹ 34,950

(lunch included)

Healing Dance 1 - Integration Day

with Ashaman



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

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

There will be ample time to give and receive, to further assimilate the movements and sequence from Healing Dance 1 with guidance and instruction, and to continue making the principles and body mechanics of Healing Dance "your own".

The Integration Day is a prerequisite for taking Healing Dance 2.

Dates:

28 Dec. 2024

Prerequisites:

Healing Dance 1

Credits: Healing Dance

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

Price: ₹ 5,500

(lunch included)



Healing Dance 2

with Ashaman



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

Dates:
29 Dec. 24 - 03 Jan. 25

Prerequisites:
Healing Dance.

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

Price: ₹ 34,950
(lunch included)

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

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

Healing Dance Integration Weekend

with Ashaman



The Integration Weekend is for those wishing to be certified as a Healing Dance Surface Practitioner. The weekend is also of interest for experienced Healing Dance Practitioners, or for those who have completed Healing Dance 2 some time ago and wish to update their practice or benefit from guided practice time.

Dates:
11 - 12 Jan. 2025

Prerequisites:
Healing Dance 1

Credits: Healing Dance 2 Integration Weekend is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 16 hours of credit for registration with WABA and Watsu India.

Price: ₹ 10,500
(lunch included)

It offers a 16-hour review of the Healing Dance 2 material where technique is refined and experiences are shared, and is taken after completing Healing Dance 2 and before taking the final supervision.



Healing Dance Relating & Mirroring

with Ashaman



Relating & Mirroring is a 25-hour course focusing on perhaps the most important aspect of aquatic bodywork: that our receivers feel felt, and that as givers we are able to truly feel and mirror them in all dimensions: physical, emotional & spiritual. On land we will experiment with dance mirroring exercises, authentic movement and exercises to fine-tune presence.

In the water we will develop the skills and perceptual framework to follow and support receivers in their movement and stillness. A few of the principles we will explore include using the water, joining, extending and supporting.

Dates:
13 - 15 Jan. 2025

Prerequisites:
Healing Dance 1 or Watsu 1.

Credits: Healing Dance 2 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 25 hours of credit for registration with WABA and Watsu India.

Price: ₹ 17,500
(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:
25 - 31 Jan. 2025

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: ₹ 34,950
(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, and is a prerequisite to join Liquid Flow Deepening.

Dates:
15 Feb. 2025

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: ₹ 2,600

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:
24 - 30 March 2025

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: ₹ 34,950
(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.

Dates:
07 April 2025

Prerequisites:
Liquid Flow Deepening.

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

Price: ₹ 2,600

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 mobilisation in connection with the breath and energy work.

Dates:
29 - 30 Nov. 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: ₹ 10,950
(lunch included)

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

This basic course is for everyone interested in a first exploration into aquatic therapy work.



OBA 1 Fluid Body

with Fred or Dariya



OBA 1 focuses on acquiring additional movements, refining your intuitive responses, and preparing to work more confidently with people in water.

You will learn and practice the 3 phases of an OBA session: working on cushions and floats, working on the surface and underwater.

Dates:
02 - 07 Dec. 2024
15 - 20 April 2025

Prerequisites:
Watsu 1, Healing Dance 1, OBA Basic or equivalent course.

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

Price: ₹ 34,950
(lunch included)

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

Successful completion of this course will enable you to give pleasant practice sessions to family and friends.

OBA 2 Aquatic Body

with Nirvano



Building on the experience of OBA 1, this course allows you to deepen your practice using neck and knee cushions, learn a full-body massage, and exchange various new underwater techniques that are deeply relaxing and energizing.

Dates:
05 - 10 Jan. 2025

Prerequisites:
OBA 1.

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

Price: ₹ 34,950
(lunch included)

Being surrounded by water creates a supportive environment for uncovering physical holding patterns and releasing withheld emotions. Your perception, touch, and intuition will be refined.

We will discuss the body's water balance in relation to warm water and delve into the benefits and contraindications of the OBA 2 techniques.



OBA 3 Oceanic Body

with Nirvano



OBA 3 includes advanced techniques for both surface and underwater work, with a focus on slowness, silence, love, and compassion, as well as the expression of emotions.

OBA 2 techniques will be reviewed and refined under supervision, while

new OBA 3 techniques, both above and below water, will be introduced to create a seamless flow of movement. The training will include both theoretical and practical instruction on managing emotions.

The course will also address how to offer a series of sessions to a client and what this entails. Practical advice will be provided on presenting yourself professionally once you have completed OBA 4 – Cosmic Body and become a certified OBA practitioner.

Dates:
05 - 10 Jan. 2025

Prerequisites:
OBA 2.

Credits: OBA 3 is recognized by WABA (Worldwide Aquatic Bodywork Association) and gives 50 hours of credits for registration with WABA and Watsu India.

Price: ₹ 34,950
(lunch included)

Oceanic Bodywork® Fire & Earth Intro

with Nirvano



Body Rhythm & Loving Touch. An introduction to Oceanic Bodywork® Fire & Earth. Immerse yourself in the rhythmic heartbeat of your body, enveloped in the loving atmosphere of healing hands. Experience the relaxation and enjoyment of massaging and being massaged with scented oil.

This introduction focuses on learning the simple massage and breathing techniques of Oceanic Bodywork Fire & Earth, along with an introduction to aromatherapy and incense, and group singing and dancing. Guided meditations and awareness exercises will accompany the journey.

Dates:
27 - 28 Jan. 2025

Prerequisites:
No previous experience required.

Price: ₹ 12,500
(lunch included)



Shiatsu for Watsu®

with Petra Buschfeld



Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network – the energy system.

About 60% of this course is on land, during which we will offer a simple Shiatsu protocol for applying pressure

along the 12 main meridians (energy pathways) 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:
08 - 13 Feb. 2025

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: ₹ 34,950
(lunch included)

Tantsu® 1

with Keli Procopio



Tantsu was developed by Harold Dull in the same year he conceived Watsu with the intent to bring on land the same principles provided in Watsu.

The basic principles of Zen Shiatsu are further amplified in Tantsu, where a person is totally contained in a whole-body holding position, called Tantsu Cradle.

A Tantsu session includes passive stretching, use of Shiatsu pressure points, spontaneous movements of the body, and non-verbal communication.

Dates:
01 - 06 March 2025

Prerequisites:
No previous experience required.

Credits: Tantsu 1 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: ₹ 34,950
(lunch included)



Tantsu® 2

with Keli Procopio



massage table as support.

Creativity, intuition, deep listening are some of the qualities to which we will have access to experience the free flow on land and to deepen the principle of unconditional holding.

This training is a further step in the Tantsu® learning process, during which you will explore additional cradles and practice how to adapt a session to individual needs,

Tantsu is usually performed on the ground, on a futon or a soft support. In this course, you will also practice how you can adapt all cradles using a

Dates:
10 - 15 March 2025

Prerequisites:
Tantsu 1.

Credits: Tantsu 2 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: ₹ 34,950
(lunch included)

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 (with a nose clip). Sufficient time will be given for integrating fears or apprehensions to go under water.

Dates:
01 - 06 April 2025

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: ₹ 34,950
(lunch included)



Watsu® & Breathing

with Dariya



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:
08 - 09 March 2025

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: ₹ 10,500
(lunch included)

Watsu® & Meditation

with Dariya



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.

It also encourages development of our intuition and perception through the heart, complementing the rational mind. This can help us making choices from a deeper place.

Essentially, meditation helps in our personal growth and enhances our ability to deeply listen to and be fully present with the person we float during a Watsu session.

Dates:
16 - 17 Jan.2025

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: ₹ 10,500
(lunch included)



Watsu® & OBA Basic

with Dariya



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 to work with someone in water.

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

In this course, you will practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another body 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:

10 - 15 Dec. 2024

14 - 18 Feb. 2025

08 - 13 April 2025

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: ₹ 20,500

Watsu® 1

with Petra Buschfeld



A 7-day course on the surface only.

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

Then, you will connect them with long, gracefully flowing transitions and adapt this work to people of different sizes, shapes, and dispositions.

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

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

Dates:

28 Feb. - 06 March 2025

Prerequisites:

No previous experience required.

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

Price: ₹ 34,950
(lunch included)



Watsu® 1 (Transition Flow)

with Dariya



A 5-day course on the surface only.

In this course, you will learn to connect the basic movements and positions you have learnt in 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:
23 - 27 Dec. 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: ₹ 23,950
(lunch included)

Watsu® 2

with Dariya



A 6-day course on the surface only.

Watsu 2 expands the Transition Flow taught in Watsu 1. You will learn additional movements and bodywork for each position 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:
21- 26 Feb. 2025

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: ₹ 34,950
(lunch included)



Watsu® 3

with Keli Procopio & Gianni De Stefani



A 7-day course on the surface only.

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:
17 - 23 March 2025

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: ₹ 34,950
(lunch included)

After mastering the shapes and the sequences, Watsu 3 opens the doors to Free Flow and personal creativity.

This openness to creativity is balanced with careful study and attention to the different positions, ensuring safety for both the giver and the receiver.

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

Watsu® for Babies

with Dariya



Watsu for Babies is a beautiful 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.

Dates:
04 Jan. 2025

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: ₹ 5,500
(lunch included)

In this course, you will discover that emotions arising from spontaneous movements in water can open extraordinary borders. These moments allow us 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.



Woga® 1&2 (Yoga in Water) with Dariya & Shreya, Petra or Pooja



A 2-day course.

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. 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.

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:

08 - 09 Dec. 2024

19 - 20 Feb. 2025

26 - 27 April 2025

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: ₹ 8,750
(lunch included)

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:

10 - 15 March 2025

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 gives 42 supplementary hours of credit for registration as international Watsu practitioner within the Watsu India learning program.

Price: ₹ 28,500
(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.



Watsu® Yoga Round

with Fred & Roberto & Ellie



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 experience an inner silence that is fully alive and vibrant.

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

Dates:

01 Dec. 2024
24 Jan. 2025
07 Feb. 2025
07 March 2025
07 April 2025

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!





Teachers

Biographies

Courses 2024-2025



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

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

- Healing Dance 1
- Healing Dance 1 Integration Day
- Healing Dance 2
- Healing Dance 2 Integration Weekend
- Healing Dance Relating & Mirroring



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 1 Fluid Body
- Watsu® & Breathing
- Watsu® & Meditation
- Watsu® & OBA Basic
- Watsu® 1 (Transition Flow)
- Watsu® 2
- Watsu® for Babies
- Woga® 1&2 (Yoga in Water)



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



Teachers

Biographies

Courses 2024-2025



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® Yoga Round



Gianni De Stefani travels worldwide since more than 30 years as organizer and WABA instructor.

He teaches Watsu Basic, Watsu 1, 2 & 3, Anatomy for Watsuer, Adapted Watsu, Watsu & Meditation, Watsu for Babies, OBA, Woga, Water Gymnastics and Rehab.

- Anatomy for Aquatic Bodyworkers
- Watsu® 3



Teachers

Biographies

Courses 2024-2025



Keli Procopio, is a Counselor Professional Expert in Watsu and Breathwork, and the Co-founder of Watsu Italia.

She teaches since 2000, is a Coach Adviser and leads groups up to Watsu 3 as well as Breath for Watsu, Emotional Process and the whole Tantsu program.

- Tantsu® 1
- Tantsu® 2
- Watsu® 3



Nirvano Martina Schulz, has loved and explored work in the water for 25 years. She founded the Oceanic Bodywork® method (Aqua, Fire & Earth and Air), the Cosmic Child process and prenatal work in water.

She leads the Oceanic Bodywork School in Switzerland and holds workshop and training all over the world.

- Cosmic Child
- OB Earth & Fire Intro
- OBA 2 Aquatic Body
- OBA 3 Oceanic Body



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, OBA 1, Woga 1&2 and is a teacher for Woga ITC (Instructor Training Course).

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



Teachers

Biographies

Courses 2024-2025



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

- Instructor Training Course (ITC) Woga®



Prashanth 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.

- Anatomy for Aquatic Bodyworkers



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



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.



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 / 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.