

Watsu® I

The preliminary first 50 hour course in the International Watsu Practitioner Certification program and a pre-requisite to the Healing Dance Practitioner Certification program. Students successfully completing this course will be able to safely apply and perform a simple 30 minute to one hour of Watsu's basic positions, holds and moves.

This course covers the following knowledge and skills:

- Learning techniques of how to stay grounded whilst floating a client in chest-level warm water.
- Practicing mindful breathing and learning how to coordinate movement and breath to establish a connection.
- Learning Watsu's sequence backbone positions and movements using appropriate application and contra-indications for each move.
- Acquiring body mechanics, body alignment, balanced footing and proper stance to utilise the water properties.
- Learning how to move the receiver from position to position in a seamless way, maintaining fluidity of movements throughout a session.
- Learning and developing awareness to the receiver's rhythm, applying stillness and dynamic movement.
- Becoming familiar with the correct use of communication, boundaries, standards of an ethical practice within a therapeutic context.
- Learning how to self-care whilst supporting and moving others as effortlessly as possible in the water.
- Being introduced to the concept of Zen Shiatsu.
- Exploring and sharing what "being held" means.
- Being introduced to the professional parameters of being a Watsu Practitioner.
- Acquiring knowledge of optimum pool requirements for aquatic bodywork (depth, temperature, etc.)

This course involves about 30 hours of pool practice, with the remaining 20 hours involving discussions, meditation, movement exercises, lectures and videos, on land. Upon completion of this course, students will be able to be listed as a Watsu Student on the official WABA (World Wide Aquatic Bodywork Association) and AIAB (Australian Institute of Aquatic Bodywork) registries.

Course Materials:

A Class Manual is supplied by the instructor.

Floats for use in the water are supplied by the venue.

Class Textbook: "Watsu® Basic and Explorer Path" by Harold Dull.

What to bring:

2 Swimsuits

2 Towels

Comfortable clothing for the land classes