



## **Introducing Tatyana Penzina from St. Petersburg**

She will have a presentation and pool workshop on Watsu for babies. Watsu is a form of passive aquatic therapy inducing deep relaxation. The movements in warm water awaken the senses and helps alleviate tension and stress.

Watsu 1® Instructor, Birthlight® certified teacher of baby swimming, baby yoga, toddler yoga, perinatal yoga, birth preparation, RainbowKidsYoga® teacher, Sensory Integration therapist, Halliwick® therapist.

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Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years. Parents learn to share the joy of being in water with their own child, they discover that the emotions, arising from a spontaneous movement in water. This opens extraordinary borders and allow us to live in the present, here and now, simply listening to the breath of the child, both supported by the healing power of water.

Some exercises from Tantsu and Ai-Chi enable parents to learn to listen to themselves and to the baby in their arms. Tatjana will also introduce us to a new baby massage developed by Dr. Riccardo Plumbo in collaboration with Gianni De Stefani, certified WABA teacher.