



Waterbliss

aquatic therapy



Aquatic Therapy Workshop in Cairns!



1-day WATSU introductory course

Watsu (WATER shiatSU) is literally Shiatsu performed on clients who float in warm water. The practitioner carefully supports the client and applies gentle stretching and shiatsu-like massage techniques. WATSU is the first form of Aquatic Bodywork. Harold Dull began developing it in 1980 floating his Zen Shiatsu students in the warm pool at Harbin Hot Springs applying its stretches and moves. In the years since, with the help of countless others in classes, clinics and spas around the world, Watsu has evolved into what many consider the most profound development in bodywork in our time. While other modalities are based on touch, the holding that working in water necessitates, brings the receiver to a new level of connection and trust. This, combined with the therapeutic benefits of warm water and the greater freedom of movement it encourages, creates a modality that can effect every level of our being.

Prerequisites: None!

This course is ideal for everybody who likes water and experience water in a new way. The history, theory and applications of the Watsu technique are covered. Body mechanics and body awareness will be practiced in this course. Students discover how to float their receiver in the water. You will learn basic, easy techniques in this 1-day course, which you can take home and practice with friends and family. It is fun! The course is a good preparation if you consider doing a 50-hour Watsu course later on. Course handouts are included.



**Your teacher:
Claudia Lutrop**
is a registered WATSU® Assistant Teacher and Practitioner. She is also a Practitioner of OCEANIC BODY WORK.

Claudia has done training in other Aquatic Therapy modalities like HEALING DANCE, WATER DANCE, AQUATERNATIVES® and AQUATHERICS®. She has studied the USA, Australia and New Zealand. Claudia is a Scuba Dive Instructor and has been training people in water for more than 14 years. She gave scuba dive courses for physically disabled people.

!Cost: only \$ 180 per person

Not sure yet? Get a *treatment*

Come and get a treatment first! If you never have experienced Aquatic Bodywork for yourself, it is recommended, but not required, that you have a session prior class. This will help you gain valuable insights into how the technique works and what effects are on the body. Cost for a 60 minute treatment is \$80.

**For more details call Claudia
ph 40 390 648**

www.waterbliss.com.au