

# basic watsu

with Carlos del Pino & Ateeka

*February 10 - 12, 2012 Oslo - Norway*

WATSU ® is a gentle form of bodywork given in warm water (35 C) . It combines elements of massage, joint mobilization, shiatsu, stretching, floating, connected breathing, flowing movement and deep stillness. The receiver is continuously supported at the water's surface while being floated, cradled, and stretched. Moment of stillness alternate with rhythmical floating movements, which free the body in ways that are challenging on land. The warm water relaxes muscles and supports the spine. With this support and with a much lessened weight of the body, the spine, joints and muscles can be stretched and freed in a way unique to water work. Most noted is the stress-free state of deep relaxation and wellness that the receiver experiences during and even long after a session.

WATSU can help to deepen your relationship with yourself, with water and to build a relationship of trust and heart connection with others.

This is the first time that a complete course of WATSU will be taught in Scandinavia. International WATSU teacher, Carlos Del Pino comes from Tahiti to share his warm and accessible approach to aquatic bodywork with us. This course will share and teach you the basic principles of WATSU. You will learn a simple but complete sequence of Watsu that you can share with family and friends immediately. It is open to everybody (adult) without exception and no specific experience is needed.

The course includes approximately 12 hours of instruction in the beautiful warm pool of Radiumhospitalet and 3-4 hours of work on land, along with breaks of integration. At the end of the course, you will be issued a certificate recognized by the Worldwide Aquatic Bodyworker Association with 16 hours of credit in the international trainings for Watsu and Tantsu practitioner.

Cost: 3000 NOK for 3 day course\*  
*\*includes pool entrance fee for all three days*

1000 NOK deposit required to hold your space  
Space is limited

Location: Radiumhospitalet - Oslo

To register and for more information: Hege  
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+47. 40 85 00 14

[www.watsu.com](http://www.watsu.com)

[www.tantsutraining.com](http://www.tantsutraining.com)