



Waterbliss

aquatic therapy



Aquatic Bodywork for Yoga Teacher Students

This September **Waterbliss** offers two courses developed especially for Yoga teacher students.

Basics of Aquatic Bodywork (course 1)

21 Sep 2008

prerequisite: None

Aquatic Bodywork and Breathing (course 2)

28 Sep 2008

prerequisite: course 1

As participant of the courses you will

- Enhance your body awareness
- Learn about the flow in the water and transfer it to the flow on your Yoga mat
- Feel how to work with the breath in the water
- Experience therapeutic benefits of water by receiving a treatment



So what is Aquatic Bodywork?

With the support of your therapist, you float comfortably in a pool of 35-degree warm water while your whole body is swished and swayed gently through the water.

The water takes weight off your spine and allows the spine to relax and move in ways that are not possible on land. Your energy pathways will be opened and you feel a deep sense of relaxation, reaching deep meditative levels, while being stretched and massaged in the water. Imagine, just being, not trying to do anything and being held so lightly that you feel your own lightness as you sink and rise to the rhythm of your breath.

You experience giving and receiving Aquatic Bodywork. Like in Yoga and Tai Chi, you can stay grounded in your stance while you float and stretch someone to the rhythm of your connected breath. The benefits of Aquatic Bodywork are experienced by both receiver and giver!

Your teacher: *Claudia Lutrop*



Founder of Waterbliss – aquatic therapy

Claudia is a registered WATSU® Assistant Teacher and OCEANIC BODY WORK Practitioner.

Her training includes the modalities of HEALING DANCE, WATER DANCE and AQUATERNATIVES®. She has studied the USA, Australia and New Zealand. Claudia is also a Scuba Dive Instructor and has been training people in water for more than 13 years. She gave scuba dive courses for physically disabled people. Claudia is a

long-time Yoga student of Susi Davies.

Course 1: Basics of Aquatic Bodywork (1-Day Course)
21 Sep 2008 8.30- 6 pm prerequisites: none



In this course we will practice finding our core through games and exercises in water. Body mechanics, body posture, and how to observe the breath will be practiced. The flow in the water helps to improve your asana flow on your Yoga mat. You can take this course to deepen your meditation, your Yoga practice, your relationship to water, your being in the now and your connection to others.

No prerequisites! This course is ideal for everybody who likes water and experience water in a new way.

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!

Included:

- A full 60 minutes Waterbliss treatment is included and the basis for the introduction! To experience receiving a session before you give one is very important. The treatment should be taken on a day before the course, during your Yoga teacher training, when you really need it! Experience the therapeutic benefits of warm water and the greater freedom of movement. Receiving a treatment not only relieves muscle pains and sourness, it can affect every level of your being.
- Course duration is from 8.30 AM to 6 PM with breaks.
- Course manual
- You will get a Statement of Attainment.

Course 2: Aquatic Bodywork and Breathing (1-Day Course)
28 Sep 2008 8.30- 6 pm prerequisites: course 1



This course is the continuation of course 1. Now it is about letting things go into the flow. You will be led through a simple but complete sequence of moves with smooth transitions. Learn more about breathing techniques; how to stimulate the breath and activate the dive reflex (Bradycardia). Harmonisation of the mind and breath in the water will be covered.

Included:

- During Module 2 you receive a very special mini session from Claudia during the course. Experience more receiving before you give!
- Course manual
- Course duration is from 8.30 AM to 6 PM with breaks
- You will get a Statement of Attainment

Cost:

Course 1 only **A\$ 220.00**
Course 1 and 2 **A\$ 390.00**

RSVP and payment latest by 1st August 2008.
Credit cards (MasterCard and Visa card) accepted

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