



Watsu Basic and Explorer Paths

By Harold Dull

Watsu Publishing. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 9.1in. x 7.5in. x 0.2in. This book introduces Watsu, the worlds first Aquatic Bodywork, and the newest forms of Explorer and Tandem Watsu, as well as Tantsuyoga which brings Watus unconditional holding and the movement of water onto land. Watsu is the practice of floating and stretching people in warm water in a way that creates enough safety in our arms for them to access whatever level of being they need to free and heal. Watsu has taken the lead in aquatic therapy and stress reduction in clinics and spas around the world. This books new Basic Watsu is both a path in itself for exploring new ways of being with family and friends and a possible first step to a professional path. It is based on a simple progression of moves that follow and deepen the connection of your breathing, and moves that awaken and engage the movement within. This progression, and how to maintain someone comfortably supported and aligned (as well as yourself) can be learned in two days of instruction. Once learned, the more you share on this Basic path, the more you will find your connection to...



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