

Healing Dance® I

In the **Healing Dance I** course students explore polarities like support and closeness, together with space and freedom. Students will learn a new sequence of movements that induce the natural tendencies of the body moving in water to use its three-dimension nature, increasing awareness to the sensation of water flowing past.

This course, powerful in its own right, can be also taken as an elective inside the Watsu practitioner training program and is a core course in the Healing Dance practitioner certification program.

Land classes will primarily use anatomical visual aids and kinaesthetically designed exercises to assist you in learning the progression and intent of moves.

This course covers the following knowledge and skills:

- Healing Dance moves in the water, including mini-sequences and large dynamic moves such as releases, waves, tractions and transitions as well as tuning in and moving with a client.
- Healing Dance sequence with its seven full-body waves, various circles, figure eights and releases, all balanced by the stillness of positional sanctuaries and woven together with flowing transitions.
- Healing Dance concepts of body mechanics including different stance and walking patterns that allow traveling across the pool.
- Exploring ways to refine the body posture in the water.
- Reviewing, refining and learning additional head support techniques relevant to the new range of moves which can be incorporated into any form of aquatic bodywork practiced.
- Expanding on the ability to work with a wide range of clients and learn a delightful flowing aquatic dance.
- Healing Dance principles are discussed on land and practiced in the water.

Upon successful completion of this course students will be able to perform a basic Healing Dance session and will receive a professional certificate.

Completing the rest of the requirements in Stage II (see "*Practitioner Requirements*" here www.aiab.net.au/practitioner-requirements) will enable students to enrol into *Healing Dance II* course.

Course Materials:

Included in the course price...

- Two course manuals are supplied by the trainer

- Floats for use in the water are supplied for the duration of the course
Not included...
- A video is available for purchase

What to bring:

- 2 Swimsuits
- 2 Towels
- Water bottle
- Comfortable clothing for the land classes