

Watsu® III

Students enrolled in Watsu III have successfully completed Watsu II, have given enough recorded sessions to be comfortable with their body mechanics, technique and sequence, and have demonstrated their skills to a Watsu instructor.

In Watsu III students are introduced to the concepts of the Free Flow by exploring in depth what “Being with” means, by developing intuitive awareness, responding with spontaneous creativity, learning to track and contact a client’s subtleties, and exploring adaptation of positions and movements outside the form of Watsu II.

This course presents an opportunity for students to expand their Watsu vocabulary and develop their own personal style.

On top of learning techniques that can lead into Free Flow, students are also introduced to adapting Watsu to a variety of client conditions and challenges. Students who want more training in this can enrol into the *Watsu 3 Adapted: A Clinical Approach* course.

This course covers the following techniques and skills:

- Learning additional powerful stretches.
- Learning advanced moves and techniques.
- Exploring and practicing Rolls.
- Being introduced to the Step work.
- Learning more about Wall work.
- Exploring more Adaptation tools.
- Learning to utilise own body (“the third arm”).
- Because this is the highest level of Watsu required for the Watsu Practitioner Certification, attention during land classes will be placed on preparing students for professional practice.

For further information about the full requirements of Watsu Certification in Australia and internationally, please refer to *Watsu Practitioner Requirements*.

Course Materials:

A Class Manual is supplied by the instructor.

Floats for use in the water are supplied by the venue.

Class Textbook: “Watsu® Basic and Explorer Path” by Harold Dull.

What to bring:

2 Swimsuits

2 Towels

Comfortable clothing for the land classes.