

# Watsu® II

Based on the acquired Watsu I skills, this course places emphasis on expanding the students' range of moves. Every position learnt in Watsu I is explored presenting possibilities of more detailed bodywork, Shiatsu stretches, pressure points and move applications. Clinical approaches are being introduced to explore adaptation tools to meet various individual needs.

Students learn to be more attuned to the receiver's breath and natural movements, increasing essential basic skills for applying a therapeutic Watsu session.

This course has about 30 hours of pool practice with the remaining 20 hours of class time on land where students expand on the anatomical intent of moves, the aquatic implementation of major shiatsu meridians and points, Watsu chi mechanics, adaptations for specific needs and rehabilitation application. All land and water classes will emphasise the importance of "being with" the client and the "Breath and Heart Connection".

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

## **This course covers the following knowledge and skills:**

- Learning the Watsu II Expanded Flow Sequencing.
- Learning to adapt moves for special needs.
- Increasing skill for listening to the body and being with the breath.
- Learning to assess which moves are appropriate for different needs.
- Learning the intent of each move and which muscle or joint is being stretched.
- Increasing ability to notice how much range of motion and stretch can be given in warm water as per a clients' needs.
- Developing a deeper understanding of Zen Shiatsu, meridians and points.
- Learning about the different qualities of "being with" the client instead of doing something to the receiver.
- Being encouraged to maintain Breath and Heart Connection

Upon successful completion of this class and completing the assessments and supervision requirements, students will be able to enrol into *Watsu III* course.

## **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