

# Healing Dance I

Healing Dance (HD) has been created and developed by Alexander George, a former ballet dancer and teacher who began studying Watsu in 1990.

Healing Dance is the expression of therapeutic dance in water, therefore movement and fluidity are the core and heart of this course. Healing Dance is based on the philosophy that movement is medicine. Rhythmic, self-awareness and the weightlessness hydrodynamic nature of water, all together, can encourage healing.

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.

Completing the rest of the requirements in Stage II will enable students to enrol into *Healing Dance II* course.

**Course Materials:**

A Class Manual and materials are supplied by the instructor  
Floats to be used in the water are supplied at the venue

**What to bring:**

2 Swimsuits  
2 Towels  
Comfortable clothing for the land classes