

# Healing Dance II

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 II deepens the skills learned in Healing Dance I by teaching and emphasising more on how to establish rapport and trust with the receiver from the early start and throughout the session. Students learn to use the techniques of trance-inducing Back Waves and the quality of touch to induce trust and safety. Healing Dance II continues the study of three-dimensional mandalas beyond the waves of Healing Dance I into the spiral, the eight and the spiral eight. Healing Dance II places emphasis on how to integrate bodywork techniques such as massage and stretches into the flow of movement.

This course provides a new and rich repertoire of mini-sequences, and brings about further emphasis on “Relating and Mirroring”; learning the essential art of noticing and responding to the kinetic and feeling states of the receivers.

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

- Healing Dance II moves in the water, including additional mini-sequences and large dynamic moves, such as Seaweed II, The Starfish, Adonis Waves, Arm Waves, and Klimt and more.
- Learning and understanding how to establish trust with the client.
- How to incorporate bodywork like massage and stretches into the flow of movements.
- Learning and refining skills of tracking and responding, relating and mirroring to the body, kinetic and energies expressed of the client.

Upon successful completion of this class, students will be able to perform a basic Healing Dance session.

Completing the remainder of the requirements on Stage III together with the additional requirements (please refer to *Healing Dance Practitioner Requirements*), will enable students to finalise their certification and be listed on the official AIAB (Australian Institute of Aquatic Bodywork) and Healing Dance International Organisation registries as practitioners.

## **Class Materials:**

Class Manual and materials are supplied by the instructor  
Floats for use in the water are supplied by the venue

## **What to bring:**

2 Swimsuits  
2 Towels  
Comfortable clothing for the land classes