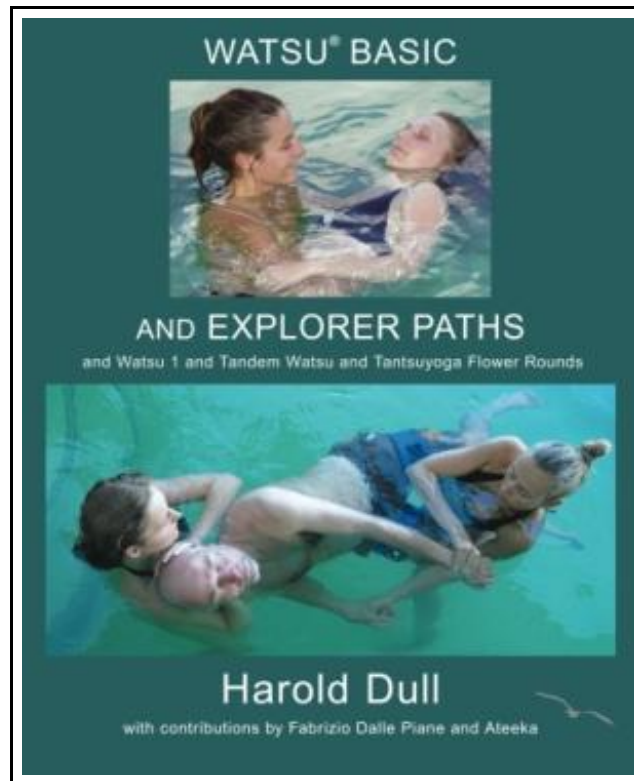


Watsu Basic and Explorer Paths



Filesize: 6.04 MB

Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

WATSU BASIC AND EXPLORER PATHS

DOWNLOAD



Watsu Publishing. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 9.1in. x 7.5in. x 0.2in. This book introduces Watsu, the world's first Aquatic Bodywork, and the newest forms of Explorer and Tandem Watsu, as well as Tantsuyoga which brings Watsu's unconditional holding and the movement of water onto land. Watsu is the practice of floating and stretching people in warm water in a way that creates enough safety in our arms for them to access whatever level of being they need to free and heal. Watsu has taken the lead in aquatic therapy and stress reduction in clinics and spas around the world. This book's new Basic Watsu is both a path in itself for exploring new ways of being with family and friends and a possible first step to a professional path. It is based on a simple progression of moves that follow and deepen the connection of your breathing, and moves that awaken and engage the movement within. This progression, and how to maintain someone comfortably supported and aligned (as well as yourself) can be learned in two days of instruction. Once learned, the more you share on this Basic path, the more you will find your connection to others reaching new levels. This book also introduces the moves of the next step on the professional path, the Transition Flow, which is the rest of what is taught in our Watsu 1 intensives. Another path introduced in this book complements both the Basic and Practitioner paths. Instead of a progression or a form it presents a format for meetings in which three from any level of Watsu explore its potential together. This book presents themes, one of which each brings to a meeting. Sharing feedback and suggestions, the three explore as a team the principles and the applications of...



[Read Watsu Basic and Explorer Paths Online](#)



[Download PDF Watsu Basic and Explorer Paths](#)

Related PDFs



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

[Download Document »](#)



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

[Download Document »](#)



Tax Practice (2nd edition five-year higher vocational education and the accounting profession teaching the book)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 282 Publisher: Higher Education Pub. Date :2009-01-01 version 2. This book is...

[Download Document »](#)



Jonah and the Whale Christian Padded Board Book (Hardback)

Shiloh Kidz, United States, 2013. Hardback. Book Condition: New. 173 x 173 mm. Language: English . Brand New Book. Your little ones will learn the story of Jonah s journey with this delightful inspirational board...

[Download Document »](#)



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually...

[Download Document »](#)