

BASIC WATSU COURSE INFORMATION AND SCHEDULE

PLACES LIMITED TO 6 STUDENTS

WELCOME to the Basic Watsu Residential Course at Boswedden House on 20th, 21st, 22nd April 2012
I really look forward to seeing you on Friday 20th April at 6.30pm for our group dinner.

Below is some information you might find helpful, but do feel free to contact the venue or myself
If you have any further questions.

VENUE:

BOSWEDDEN HOUSE, CAPE CORNWALL, ST.JUST, NR. PENZANCE
CORNWALL, TR19 7NJ

EMAIL: relax@boswedden.org.uk
www.boswedden.org.uk

TEL/FAX: 01736 788733

PLEASE ENSURE YOU HAVE BOOKED YOUR ROOM WITH THE VENUE REF: Basic Watsu Training

Resident proprietors: Thelma Griffiths and Nigel Nathan

INSTRUCTOR: Hilary Austin **Tel:** 01249 701094 **Mobile:** 07767 493886 (After 30th March)
Email: hydrohilary@yahoo.com

COURSE FEE: DEPOSIT £50 (paid)
BALANCE: £340 to be paid by 10th April. Cheques payable to: Hilary Austin
Paypal payments will incur a 5% fee

SEND TO: 4, The Orangery, Academy Drive, Corsham, Wilts SN13 0SF

COURSE HOURS: (may be subject to change on Sat/Sun)

FRIDAY 20th April

ARRIVAL: Meet in Dining Room: 6.30pm for dinner. 7.30pm - 9.00pm in Meditation Room: Opening circle

SAT 21st April: and SUN 22nd April

BREAKFAST: 8.00am – 8:30am

LAND: 9.00 – 10.00 am **Meditation Room**

Break for tea/coffee/snacks .

Change into swimwear and robe

POOL: 10.15 *prompt* – 12.45

LUNCH 1.00 – 2.00 **Boswedden House dining room**

LAND: 2.00 – 3.00

Change into swimwear and robe

POOL: 3.00 - 6.00 **bring snacks for pool break**

LAND: 6.00 - 6.30 **SUNDAY certificates and feedback forms**

DINNER Frid/Sat 6.30 – 7.30

WHAT TO BRING

Robe for wearing between house and pool, pool towel, 2 swimsuits, earplugs if needed (not Foam - consider BIOEARS from BOOTS), plastic water bottle, snacks eg nuts, dates, bananas (nothing messy!)

Loose, comfortable clothing.

~~~~~Streams of Joy ~~~~~Hilary~~~~~