

BASIC WATSU RESIDENTIAL TRAINING 20TH 21ST 22ND APRIL 2012

PLACES LIMITED TO 6 STUDENTS ONLY

VENUE: BOSWEDDEN HOUSE, ST JUST, NR. PENZANCE, CORNWALL WWW.BOSWEDDEN.ORG.UK

TEL: 01736 788733

EMAIL: Relax@boswedden.org.uk

Thank you for enquiring about this course.

INSTRUCTOR/ORGANISER : HILARY AUSTIN 1ST U.K WABA CERTIFIED INSTRUCTOR

ADDRESS: 4, THE ORANGERY, ACADEMY DRIVE, CORSHAM WILTS. SN13 0SF

EMAIL: HYDROHILARY@YAHOO.COM

TEL: 01249 701094 MOBILE: 07767 493886 (After 30th March 2012)

WWW.AQUATIC THERAPY.CO.UK

START 20TH APRIL 6.30PM

FINISH 22ND APRIL 6.30PM

COURSE INFORMATION: MAX NO: 6 STUDENTS

THE TUITION FEE: £390 TO BE PAID TO HILARY AUSTIN.

A £50 non- refundable deposit will secure you a place.

ACCOMODATION: FULL BOARD FOR 2 NIGHTS B&B, 2 LUNCHESES, 2 DINNERS in twin share ensuite rooms starting with Dinner on Friday and ending with Lunch on Sunday

£108 TO BE BOOKED ASAP AND PAID SEPARATELY TO THE VENUE (reference: Basic Watsu Course)

You do not need to be able to swim, but it is important that you are able bodied, comfortable and confident in the water. If you have any concerns about this, please ask before you apply and see terms and conditions on the Booking Form and The Health Declaration Form.

COURSE CONTENT:

5 hours of pool time in 2 sessions and 3 hours of land sessions each full day.

Extensive Notes and waba registration are included in the course.

- ≡ HOW TO HOLD AND MOVE SOMEONE SAFELY IN THE WATER
- ≡ GOOD BODY MECHANICS
- ≡ A COMPLETE SEQUENCE, WHICH IS THE FOUNDATION FOR ALL FURTHER WATSU TRAINING
- ≡ HARMONISING AND CO-ORDINATING THE BREATH WITH MOVEMENT AND STILLNESS
- ≡ LAND SESSIONS WHICH AUGMENT THE SEQUENCE & ENCOURAGE SELF AWARENESS THROUGH MEDITATION AND BREATHWORK

**On successful completion of the course you will be certificated with W.A.B.A
Worldwide Aquatic Bodywork Association: www.waba.edu**

Booking Form – please print clearly

Name.....

Address:.....

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Tel:Work..... Tel: Home.....

Mobile..... Email.....

Occupation.....

TERMS AND CONDITIONS

It is a requirement to be able bodied and have good levels of health. Any medical conditions that may affect you being in warm water (35C) for prolonged periods, or completing the intensive schedule, should be checked with a physician.
READ AND SIGN The Health Declaration Form

Are you sensitive to getting water in your ears?

Please bring earplugs (NOT FOAM TYPE) if you know you might need them. Consider BIOEARS from Boots. Any serious ear problem or infection will EXCLUDE your participation on the course.

WE ASK ALL PARTICIPANTS TO TAKE 100% RESPONSIBILITY FOR THEMSELVES AND THEIR LIMITS. THE UNDERSIGNED THEREFORE ASSUMES FULL RESPONSIBILITY FOR HIS/HER HEALTH DURING THE COURSE AND WILL IN NO WAY HOLD THE VENUE OR INSTRUCTOR ACCOUNTABLE FOR ANY OUTCOME OF THE TRAINING

PAYMENT

NON REFUNDABLE DEPOSIT TO SECURE YOUR PLACE: £50 send with Booking and Health Declaration Forms

BALANCE: 10 DAYS BEFORE THE COURSE STARTS: £ 340 by 10TH APRIL 2012

OR FULL PAYMENT: £ 390

Please make cheques payable to: HILARY AUSTIN.

PAYPAL PAYMENT WILL INCUR A 5% FEE

Please return your forms and payment to: HILARY AUSTIN

4, The Orangery, Academy Drive, Corsham, Wiltshire SN13 0SF

The course fee does *not* include: Travel or **Accomodation Costs (see Course Information)**

I.

SIGNED:

DATE:

Return of this form & the signed Health Declaration Form, with payment will be seen as acceptance of the terms and conditions