

BASIC WATSU COURSE IN CORNWALL

22nd 23rd 24th November 2013

Places Limited to 6

Welcome to this BASIC WATSU Residential Course at Boswedden House.
I really look forward to seeing you on Friday 22nd Nov for our group dinner at 6.30pm.

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

VENUE:

Boswedden House,
St. Just,
Nr. Penzance,
Cornwall
TR19 7NJ

www.boswedden.org.uk

Email: relax@boswedden.org.uk Tel/Fax: 01736 788733

Resident proprietors: Thelma Griffiths and Nigel Nathan

BE SURE TO BOOK YOUR ROOM WITH THE VENUE DIRECTLY AS SOON AS POSSIBLE (once you have reserved your place on the training by completing The Booking Form and Health Declaration Form)

Reference to Boswedden House when booking your room: Basic Watsu Training. Payment to Boswedden House for 2 nights, 2 breakfasts, 2 lunches, 2 dinners.

Total: £112

Single occupancy will incur a supplement and must be arranged with the venue when booking.

INSTRUCTOR:

Hilary Austin **Tel:** 01249 701094 **Mobile:** 07767 493886

www.aquatictherapy.co.uk

Email: hydrohilary@yahoo.com

COURSE FEE:

DEPOSIT: £75 non-refundable to secure your place.

BALANCE: £300 to be paid by 23rd Sept 2013. Cheques payable to: Hilary Austin

BACS Transfer: H A Austin: Text/phone for details to 07767 493886

PayPal payments will incur a 5% fee

SEND BOOKING FORM, HEALTH DECLARATION FORM and cheques to:

Hilary Austin
4, The Orangery,
Academy Drive,
Corsham,
Wilts SN13 0SF

WHAT TO BRING

Warm robe for wearing between house and pool, pool towel, 2 swimsuits, earplugs if needed (not foam – consider “Bioears” from BOOTS) plastic water bottle, snacks e.g. nuts, dates, bananas (nothing messy!)
Loose, comfortable clothing.

BASIC WATSU COURSE CONTENT AND TIMETABLE

- ≡ How to hold, float and move someone safely in the water
- ≡ Good body mechanics
- ≡ A complete sequence of moves, which is the foundation for all further Watsu training
- ≡ Training dvd showing the sequence with commentary (available for purchase)
- ≡ Harmonising and co-ordinating breath with movement
- ≡ Land sessions which augment the sequence and encourage self-awareness through meditation and breath work

WABA (Worldwide Aquatic Bodywork Association) registration and certification are included in the course fee.

Extensive notes are provided to download and print prior to the start date. Please be sure to bring these to the class. Email: hydrohilary@yahoo.com for your copy.

This is an intensive training, which endeavours to share with you special skills to enjoy and use with family, friends and professionally. Please refer to www.watsu.com for Watsu Practitioner Requirements. It is the foundation for all further Watsu training.

Anyone can sign up for this 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.

TIMETABLE

Subject to change

FRIDAY 22ND NOVEMBER 2013

6.30pm	Group Dinner. Boswedden House Dining Room
7.30 9.00pm	Opening Circle in Lounge. Introductions and DVD

SATURDAY and SUNDAY

8.00 – 8.30	Breakfast
9.00 – 10.00	Land Class in Lounge.
10.00 – 10.15	Break for tea/coffee/snacks

Change into swimwear and robe

10.20 – 12.45	Pool (bring water bottle)
1.00 – 2.00	Lunch
2.00 – 3.00	Land Class

Change into swimwear and robe

3.00 – 6.00	Pool (bring snacks and water bottle)
6.00 – 6.30	Land
7.00 – 8.00	Dinner (Saturday)

SUNDAY Bring feedback forms. Certificates presented. Closing Circle

Please be aware that dinner is NOT included Sunday evening for those who choose to stay on.

CELEBRATE ~~~~~