

WATSU1: Transition Flow Module in CORNWALL

27TH NOV- 1ST DEC 2013

Places limited to 8

Thank you for enquiring about [WATSU 1](#). Transition Flow.

The Transition Flow follows Basic Watsu (16 hrs.) and in 34 hrs. completes the 50 hrs. of Watsu 1. Learn to expand the Basic Watsu form with long gracefully flowing transitions into and out of Watsu's major positions. Learn to adapt this to people of all sizes, shapes and dispositions. Learn about your own body mechanics - how to support and move each person as effortlessly as possible in the water.

See www.watsu.com for further information regarding Watsu and its benefits and Practitioner Requirements.

If you have time, do stay on or arrive early to enjoy the beautiful scenery and sea air.

This is a Residential Course with all meals included at Boswedden House 27th Nov – 1st Dec
We really look forward to seeing you on Wed 27th 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 Hilary if you have any further 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 and sending deposit or full payment.

Reference for Boswedden House when booking is: - Watsu 1 Training.

Total payment to Boswedden House: £224. Includes: 4 nights, 4 breakfasts, 4 lunches, 4 dinners, twin share, and en suite accommodation.

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

INSTRUCTORS:

Tomasz Zagorski
Hilary Austin **Tel:** 01249 701094 **Mobile:** 07767 493886
Email: hydrohilary@yahoo.com
www.aquatictherapy.co.uk

COURSE FEE: includes Pool fees, Tuition with 2 Instructors, Waba Certification,

DEPOSIT: £160 (Non-refundable) secures your place.

BALANCE: £400 to be paid by 1st October 2013. Cheques or BACS transfer payable to: Hilary Austin

See Booking Form for details

PayPal payments will incur a 5% fee

See Booking Form for terms and conditions and read the Health Declaration Form

SEND BOOKING FORM and HEALTH DECLARATION FORM to: Hilary Austin. 4, The Orangery, Academy Drive, Corsham, Wiltshire. SN13 0SF

COURSE HOURS:

(May be subject to change)

Thurs – Sunday

9.00am – 6.00/6.30pm

ARRIVAL TIME: WED. 27th November at BOSWEDDEN HOUSE by 6.00pm

6.30pm. Meet in the Dining Room for group dinner.

7.30pm - 9.00pm. Meet in the Lounge for the Opening Circle.

END TIME: 6.30pm Sunday 1st Dec (please be aware that dinner is not included on the last day)

WHAT TO BRING:

- Warm robe for wearing between house and pool.
- Pool towel, 2 swimsuits, and pool shoes
- Earplugs if needed (not foam - consider "Bioears" from "Boots")
- Plastic water bottle
- Snacks e.g. nuts, dates, bananas (nothing messy!)
- Loose comfortable clothing.