



WATSU 1: 50 hours 16th - 20th April 2018
Basic Watsu & Transition Flow at National Star College, Cheltenham
Basic Watsu: 16th 17th April 2018
Transition Flow: 18th 19th 20th April 2018

Basic Watsu (16 hours) and **Transition Flow** (34 hours) complete the 50 hours of Watsu 1. **Basic Watsu** is the first 2 days of Watsu 1. It can be taken as complete in itself, certificated separately and used as a foundation for practicing. **Transition Flow** completes **Watsu 1** and increases Watsu skills for the start of the full Watsu Practitioner Programme *

- Learn therapeutic handling alongside breath awareness, rhythm and stretching
- Learn transitions into and out of Watsu's major positions
- Learn how to effectively incorporate stillness into treatment
- Learn how to maintain alignment of the client and therapist
- Learn to adapt this to people of different sizes, shapes and dispositions.
- Learn about one's own body mechanics and awareness to support and move clients effortlessly and safely in the water.

These courses will be held in the stunning grounds of National Star College at the heart of the Cotswold Way. Course participants will be working in a dedicated therapy suite and heated Aquatic Therapy pool. Light refreshments will be available throughout the course however participants are expected to provide their own accommodation and lunches. Bring 2 swimsuits, towels/robe, pool shoes and non breakable water bottle.

Course Information for Basic Watsu (16 hrs) 16th 17th April 2018

- **COURSE HOURS** - 8.30 am - 6.30pm. Timings approximate.
- **ARRIVAL** - Monday 16th April 8.30 am at National Star College.
- Please sign in at Reception where we will meet, be issued a red lanyard and then go through to the practical room.
- **END TIME** - Tuesday 17th April 6.30pm
- **COURSE FEE** Basic Watsu - £320 includes pool fees, use of practical room, refreshments, 16 hours tuition, notes and WABA Certification.
- Early bird payment £300 to be paid to Hilary Austin by March 5th 2018.
- Terms and conditions on booking form

BOOKING - Please contact Hilary Austin to secure a place for each course and to request booking and health forms. hydrohilary@yahoo.com
Payments to Hilary Austin can be made by cheque or BACS transfer (text her for details) or PayPal (if foreign currency transaction this will incur a 4% fee)

Course Information for Transition Flow (34 hours)18th 19th 20th April 2018

COURSE HOURS 8.30 am - 6.30pm. Timings approximate

- ARRIVAL - Wed 18th April 8.30 am at National Star College. Please sign in at Reception where we will meet, be issued a red lanyard and then go through to the practical room.
- END TIME - Friday 20th April 6.30pm
- COURSE FEE - Transition Flow £360 includes pool fees, use of practical room, refreshments, 16 hours tuition, notes and WABA Certification.
- Early bird payment £350 to be paid to Hilary Austin by March 7th
- BOOKING - Please contact Hilary Austin to secure a place for each course and to request a booking and health form. Payments to Hilary Austin can be made by cheque or BACS transfer. PayPal may incur a 4% fee
- ACCOMMODATION - Participants are required to arrange their own travel meals and accommodation. AirBnB in Cheltenham offers extensive choice

* see www.watsu.com for full Watsu Practitioner requirements. Basic Watsu is a pre requisite for Transition Flow to complete Watsu 1.

Venue

National Star College,
Ullenwood, Cheltenham
Gloucestershire
GL53 9QU
www.nationalstar.org
01242 527631

Organiser

Hilary Austin
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Instructor

Hilary Austin
The UK's 1st and most
experienced *WABA
authorised Watsu
Instructor
* Worldwide Aquatic
Bodywork Association

Benefits of Watsu® For People With Orthopaedic, Neurologic and Rheumatological Special Needs

Watsu is a passive form of aquatic bodywork/therapy that supports and gently moves a person through warm water in graceful, fluid movements. Watsu promotes a deep state of relaxation with dramatic changes in the autonomic nervous system.

Through quieting the sympathetic and enhancing the parasympathetic nervous systems, Watsu has profound effects on the neuromuscular system. These changes benefit clients with a wide variety of special needs.

The sympatholytic effects of Watsu lead to enhancement of the parasympathetic nervous system. Physiological changes then occur throughout the body. These changes may include:

1. Decreased heart rate
2. Decreased rate of respiration
3. Increased depth of respiration
4. Increased peripheral vasodilatation
5. Increased smooth muscle activity (digestion)
6. Decreased activation of striated muscles (skeletal)
7. Decreased spasticity
8. Decreased muscle spasm
9. Decreased Reticular Activating System activity
10. Enhanced immune system response

Watsu helps decrease hypertonicity, including spasticity and rigidity. The rhythmical, gentle rocking motions in warm water coupled with the repeated trunk rotation and trunk elongation are helpful in decreasing abnormal muscle tone.

Any healthcare professional who use bodywork as part of his/her practice will benefit from learning Watsu. Some professionals will use Watsu as the primary intervention in their treatment programs. Others will find their clients benefit the most when Watsu is used as just a portion of the treatment program or as part of each treatment session. Therapists find Watsu to be especially beneficial for clients who are having difficulty with functional, daily life skills secondary to pain, stiffness, muscle spasm or spasticity.

Watsu is being incorporated into aquatic therapy treatment programs in hospitals, clinics and rehabilitation centres around the world. Therapists are impressed by the benefits for so many of their clients. Some of the many populations who have benefited include those with traumatic brain injury, spinal cord injury, strokes, Parkinson's, arthritis, cerebral palsy, chronic pain, fibromyalgia, ankylosing spondylitis, post mastectomy, post thoracic surgery, and post-traumatic stress disorder.

Visit www.watsu.com to learn more about Watsu.