



## WATSU 1: Transition Flow - 34 hours at National Star College, Cheltenham 3rd 4th 5th September 2018

**Transition Flow** completes **Watsu 1** and increases Watsu skills for the start of the full Watsu Practitioner Programme \* **Pre requisite 16 hours Basic Watsu**

- 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 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 arrange their own accommodation and lunches. There is a Bistro and shop on site and a small kitchen in the therapy suite.

Bring 2 swimsuits, towels/robe, pool shoes and non breakable water bottle.

**BOOKING** - Please contact Hilary Austin to secure a place for the course and to request booking and health declaration forms. [hydrohilary@yahoo.com](mailto:hydrohilary@yahoo.com)  
Payments to Hilary Austin can be made by cheque or BACS transfer or PayPal.  
Foreign Transactions will incur a 3% fee

### Course Information for Transition Flow 34 hours - 3rd 4th 5th Sept 2018

**COURSE HOURS** 8.30am - 6.30pm. Timings approximate

- **ARRIVAL** - Monday 3rd Sept 8.30 am at National Star College.
- Please sign in at Reception where you will be issued a red lanyard and taken through to the practical room.
- **END TIME** - Wednesday 5th Sept 6.30pm
- **COURSE FEE** - Transition Flow £360 includes pool fees, use of practical room, refreshments, 34 hours tuition, notes and WABA Certification.
- **Early bird payment** £350 to be paid to Hilary Austin by 3rd July 2018
- **ACCOMMODATION** - Participants are required to arrange their own lunches, travel and accommodation.

\* see [www.watsu.com](http://www.watsu.com) for full Watsu Practitioner requirements. Basic Watsu 16 hours is a pre requisite for Transition Flow 34 hours to complete Watsu 1- 50 hours Basic Watsu should be practiced and competent in order to proceed to Transition Flow

### Venue

National Star College,  
Ullenwood, Cheltenham  
Gloucestershire  
GL53 9QU  
[www.nationalstar.org](http://www.nationalstar.org)  
01242 527631

### Organiser

Hilary Austin  
hydrohilary@yahoo.com  
01249 701094  
07767 493886  
[www.aquatictherapy.co.uk](http://www.aquatictherapy.co.uk)

### 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](http://www.watsu.com) to learn more about Watsu.