**WATERNESS JOURNEY TRAINING PROGRAM**

**ABOUT THE MODALITY**

Waterness Journey™ is a subaquatic therapeutic modality that opens the field of interactivity between the receiver and the facilitator, generating somatic and emotional release.
It helps restore energy and the co-regulation capacity that exists between the fluid environment and the body’s perception through movement.
Awakening body consciousness provides a reset or return to balance, by enhancing internal resources to maintain a refined and satisfying connection with one’s body.

Students who complete the 160 hours Waterness™ certification program will benefit from becoming accredited Waterness™ Professionals or integrating the technique into their Watsu® training path with the WatsuPath™ Institute.

To do so, they must complete the full Level 1 training (Waterness™, 50h, in course or retreat format), take the Level 2 course (Nexus™, 50h), and audit either level 1 or 2, and take TAdE module.
(See end of this document for full requirements regarding practice sessions, received sessions, and supervision.)

**ABOUT THE AUTHOR**

Sophie Costes
Creator and Instructor of the Waterness Journey™ concept. Psycho-corporal therapist (TCI), Vipassana meditation practitioner, yoga instructor, and Ayurvedic massage therapist.

**WATSUPATH™ TRAINING INSTITUTE**

WatsuPath™ is the only training institute in Spain accredited by the Worldwide Aquatic Bodywork Association to teach Watsu®, Craniosacral Water Therapy™, Healing Dance®, Ai Chi®, Fire & Water®, Waterness Journey™, Aquatic Integration™, and WaterDance®, among others.
It was the first Watsu® training center in the world focused on the therapeutic field and managed by healthcare professionals.
WatsuPath™ is present in Spain, Portugal, France, Italy, Switzerland, Germany, the UK, Czech Republic, Hungary, Iceland, USA, Costa Rica, Mexico, Argentina, Chile, and India.
Waterness Journey™ is a registered trademark by Sophie Costes and is accredited as a continuing education modality under WatsuPath™ and the WABA registry.

**WATERNESS™ (5 Days, 50 Hours) – COURSE DESCRIPTION**

The Waterness™ course invites participants to observe the principles of water movement and apply them to the mobility, fluidity, and conductivity of the body.
Through aquatic bodywork, underwater exploration, and somatic practices, the goal is to release unresolved emotional, physical, or energetic content and restore coherence, balance, and openness.
The course provides technical tools for floating and massage both above and below the waterline, foundations for psycho-emotional support, and direct experiences of interactivity and somatic release through spontaneous movement, promoting a fluid and self-regulating communication.
Participants learn the basic principles of mobilization, 3D massage, and immersion, along with the foundations of communication within a professional session context.

**The program includes:**Mobilization and massage, deep stretches, and body release points using a 3D spherical approach.
Synchronization of breath and movement for immersion.
Movement studies inducing compression, expansion (at the surface or underwater), inversions, sudden direction changes, centripetal and centrifugal motion.
Application of different forces to explore acceleration, deceleration, resistance, and flow.
Somatic proposals and body awareness practices on land to integrate into water work.
Study of various types of functional holding to create safe and supportive contact at both physical and emotional levels.
A space for understanding and facilitating spontaneous movement and interaction between facilitator and receiver through active listening.
Practice and research spaces to explore real-time improvisation.

At the end of this 50-hour module, the student will be able to:
Use aquatic bodywork tools, create safe, progressive, and adaptive immersions using varied movement qualities and durations, identify emotional and somatic content and provide appropriate support.
Apply effective responses through listening and presence, using massage at the surface or underwater techniques to produce deep relaxation and promote well-being.

**INTRO (1 Day, 8 Hours) – COURSE DESCRIPTION**

A concise introductory training designed for those curious to discover the basic principles of aquatic bodywork.
This proposal offers the opportunity to both give and receive direct experience and begin exploring elements of an aquatic therapy session, including underwater immersion.
On land and in water, basic tools and body awareness practices are shared to enrich the aquatic experience.

After completing the Intro, participants will be able to use basic aquatic bodywork tools, maintain a stable enough posture to offer quality support, and play with simple movements by synchronizing their breath with floating and underwater transitions.

**The program includes:**Breath awareness and movement synchronization, basic postures and movement from the center and feet, hand positions and basic body mechanics.
Shoulder-based rocking and immersions, upward spirals, and transitions from one side to the other.

**TADE (1 Day, 8 Hours) – COURSE DESCRIPTION**

The TAdE course (Aquatic Therapy during Pregnancy) offers a gentle and supportive approach to caring for women in water during pregnancy.
This modality is also beneficial for people experiencing high stress or physical tension, as well as elderly individuals needing careful support and massage with a specific focus on hips, lower back, and limbs.

**The program includes:**Understanding the phases of pregnancy and common discomforts, gathering information and adapting emotional and somatic support accordingly.
Practice of massage in supine or side-lying positions with stretches adapted to each stage of pregnancy.
Fluid and rocking movements, release points and mobilization of the thoracic area, neck, hips, pelvis, and lower back.
Use of pillows and floatation devices depending on the condition.

By the end of this 8-hour module, students will have:
An integrative view of fundamental movements according to each stage of pregnancy, clarity about contraindicated mobilizations, and tools for active and empathetic listening.
They will develop a soft yet effective touch with adapted pressure and use cushions to access from hips to feet, helping relieve common pregnancy discomforts and create a safe, nurturing environment for the mother.

**NEXUS™ (5 Days, 50 Hours) – COURSE DESCRIPTION**

Nexus is a training that, alongside the technical learning of aquatic therapeutic sessions, offers an immersion into embodied experience.
It explores how the body responds to the environment and to sensory stimuli such as touch and hydrostatic pressure, and how these inputs travel through neural and bodily pathways, influencing emotions and movement.

To welcome what emerges with respect and appropriate resources, students develop sensitivity through experience and acquire communication tools that allow for meaningful anchoring of the receiver’s experience.

Nexus proposes a method of self-observation through somatic exploration, refining the capacity to accompany from an embodied, empirical perspective.
Based on the solid technical structure of Waterness Journey™, both at the surface and underwater, this module invites students to deepen their awareness of movement in water.

Its aim is to cultivate a therapeutic relationship that is both methodical and intuitive, weaving together technique, presence, and perception.
Nexus is essentially a process of integration and connection—with the environment, with others, with the technique, and with one’s own presence.
It is about inhabiting transition, recognizing constant change as an opportunity to support transformation in a safe context, and creating bridges that connect us all.

**The program includes:**Advanced mobilization and massage principles, deep stretches, body release points in 3D, movement studies such as inversions, split directions, and visceral massage.
Study and practice of Jungian character types, tools for empathetic listening, resilience-building, conflict management, and ethics.
Somatic proposals and body awareness on land to transfer into water work.
Study of various functional holdings to ensure safe support for the receiver.

**PREREQUISITE**: Completion of the full Waterness™ course is required.

**COMPLETE TRAINING PATH**

Students must complete and audit: Waterness™ (50h) or Nexus™ (50h), and TAdE (8h), plus required practices, received sessions, and supervision.

**CASE STUDY PRESENTATION**

Students must submit two written case studies (real or fictional), analyzed through a psychosomatic lens inspired by Wilhelm Reich's characterology.
The objective is to help students integrate principles of observation and therapeutic support in water, based on their in-session experiences.
Each case should reflect observation of the body in relation: its expression, tone, movement, breath, and interactive or passive behavior in water.
Students will be evaluated on their ability to read bodily communication, understand internal dynamics, and adapt their support according to the character and state of their aquatic partner.

**PRACTICE SESSIONS**

Students must complete at least 20 hours of practice sessions over a maximum of 3 years.
These sessions must be unpaid, though pool rental contributions by receivers are acceptable.

**RECEIVED SESSIONS**

Students are required to receive 10 professional sessions throughout the program.
These may include WaterDance®, Jahara®, Healing Dance®, Watsu®, or Craniosacral Water Therapy.
At least three of these sessions must be Waterness Journey™ sessions with a certified professional.

**SUPERVISION WITH A WATERNESS™ INSTRUCTOR**

This essential step toward certification involves a one-on-one review of the student’s strengths and areas for growth.
An individual plan is developed to help the student reach their professional goals.