

Watsu® Training Program

Watsu® 1: Basic Watsu® & Watsu® Transition Flow (5 days, 50 hours)

Basic Watsu®

(2 days, 16 hours)

This class is the first third of Watsu® 1 and focuses primarily on presence, following and attuning awareness to the rhythm of the breath and heart. Students learn a simple sequence that can be shared with friends and family. Provides a wonderful base for working in the water with another,

- Deepen internal listening skills^[L1]_[SEP]
- Increase awareness of the principles^[L1]_[SEP] of aquatic therapy
- Simple sequence^[L1]_[SEP]
- Transition to Watsu® 1

This Watsu® Basic course is of an introductory level with no intention of preparing professionally, therefore it is essential that the rest of the training levels are carried out to offer it to the public in a completely professional way.

No prerequisites are required. Watsu® Basic (16h in 2 days) gives access to Watsu® Transition Flow (34h. in 3 days) and both make up the standard Watsu® 1 (50h in 5 days) course.

Watsu® Transition Flow

(3 days, 34 hours)

introduces basic moves and positions, the principals of water, body mechanics, connection to the breath and an introduction to land based Shiatsu. Students apply all they have experienced and learned to a simple form that connects all the major positions of Watsu® with long, graceful flowing transitions.

- Basic moves and positions^[L1]_[SEP]
- The principals of water^[L1]_[SEP]
- Body mechanics^[L1]_[SEP]
- Breath connectivity^[L1]_[SEP]
- Introduction to Shiatsu^[L1]_[SEP]
- Aquatic transition and flow

Prerequisites:

having completed at least a Basic Watsu®, credited by Worldwide Aquatic Bodywork Association.

Once student has completed Basic Watsu® and Watsu® Transition Flow, or Watsu® 1 - complete, s(h)e will have access to Watsu® 2, if the credited Instructor has evaluated the student favorably, and the student has performed the number of required free and/or supervised practice sessions and received the required number of sessions from a credited Practitioner.

Watsu® 2

(5 days, 50 hours)

Student expands her/his repertoire of basic aquatic moves, applies Shiatsu principals and practices into the water work. Student will learn to become more attuned to the client's movement and explore this in the context of an aquatic session.

- Intermediate moves
- Applied Shiatsu points & meridians
- Depth of presence & attunement

Student achieves the following goals:

- Expand each of the positions learned in the Transition Flow with additional moves and stretches. Learn how to adapt them to the one in your arms.
- Learn what moves need to be repeated on both sides and what need only be done on one side, and how to best utilize the time this frees.
- Incorporate work on the Hara.
- Learn to individualize each session.
- Complete Watsu's standard form.

Prerequisites:

having completed at least a Watsu® 1, credited by Worldwide Aquatic Bodywork Association W.A.B.A.

Once student has completed Watsu® 2, s(h)e will have access to Watsu® 3 when, once the Demonstration of Competency has been completed, the credited Instructor has evaluated the student favorably, and the student has performed the number of required free and/or supervised practice sessions and received the required number of sessions from a credited Practitioner.

Clinical Watsu® 3: Fascia as a System

(5 days, 50 hours)

This is the foundational course for you becoming an excellent Practitioner. Through experience you will build the skills to co-create the most efficient therapeutic alliance and facilitate a progressive unfolding of the process towards Health and Balance, Homeostasis.

Fascia connects everything and how we relate with each part as we integrate them into the Unity of the Body, we recover Language between parts and communication and Health is reestablished. The proposal of movement and stillness you will navigate during these six days is served in the form of a menu, with possibilities to approach the body finally as One, following the inherent movement in every step of the way.

As the closure of your Watsu® training path, we will be breaking some misconceptions, covering assessment and self-assessment tools, different population's needs for adaptation, and the safety conditions you will provide for them, listen to your challenges, help you design your business plan, and a successful and long-life practice.

Videos will demonstrate WATSU® being adapted for people with a wide variety of challenges. Additionally, hands-on sessions with clients with various special needs will enable you to directly witness the extraordinary benefits of this work.

Contents:

- Break some misconceptions: Watsu® as a specific aquatic therapy method today.
 - Relaxation technique vs. Therapy. Is Watsu® a passive therapy? Interoception, exteroception and proprioception. Neuroplasticity applied to Watsu®.
 - Hydrokinesitherapy vs. Clinical Watsu®: Being vs. Doing.
 - Assessment, clinical reasoning, treatment, communication. Pain as a 5E process.
- Understand Fascia as a system:
 - Free flow and Follow movement.
 - Real listening and Presence.
 - Body as a Unity: from superficial to deep, from proximal to distal, from cranial to caudal.
- Cover indications, safety, precautions, and adaptations:
 - Treatment of Orthopedic, Neurological, Systemic conditions.
 - Trauma/PTSD Treatment.
 - Functional recovery. People with oncological diagnosis.
- Embody a Qualitative approach:
 - Before/During/After a Clinical Watsu® session: communication with patients.
 - Progression of treatment: Less is more.
 - Continuing education and research.
 - Business Skills. Recommendations On How to Proceed.

Pre-requisite: Watsu® 2, completion of 20 practice sessions, and a recorded demonstration of competence with a W.A.B.A. credited Instructor.

Once Watsu® 3 is been completed, the student will have access to his/her Demonstration of Mastery to become a Watsu® Practitioner when the accredited Instructor has evaluated the student favorably, and the student has performed the number of required free and/or supervised practice sessions, received the required number of sessions from a credited Practitioner, and completed the required hours of Anatomy, Shiatsu, Elective Credits and Continuing Education Credits.

Prof. ELISA MUÑOZ BLANCO. PT, MSc.



Physiotherapist Col. No. 3059. Master's Degree in Physiotherapy in Pediatrics at the University San Pablo-CEU. Associate Professor of Degree in Physiotherapy and in the master's degree in Physiotherapy in Pediatrics at the University San Pablo-CEU.

Founder and director of the Watsupath™ Training Institute. Creator of the concept of Craniosacral Therapy in Water™. Watsu® 1 & 2 and Clinical Watsu® 3 Instructor credited by Worldwide Aquatic Bodywork Association. Ai Chi® Instructor credited by Aquadynamics Institute.

Expert in Osteoarticular Physiotherapy and Myofascial Induction®, Manual Lymphatic Drainage, Craniomandibular Dysfunction and Orofacial Pain, Craniosacral Therapy, Biodynamic Craniosacral Therapy and Thai Yoga Therapy, in Psychosomatic Medicine and Clinical Psychology and in Short Psychotherapy.

Co-author of the book "Aquatic Therapy. Approaches from Physiotherapy and Occupational Therapy in the aquatic environment" and "The Heart of Watsu®" as well as several scientific articles in high impact journals.

WatsuPath - CST in Water™ is a registered trademark of Elisa Muñoz Blanco. Watsupath™ Training Institute and Elisa Muñoz Blanco are holders of the Watsu® trademark in Spain.