

"Aquatic Bodywaves" 2023

Modules -Overview

<p>Module 1: Step in & Trust mandatory in order to continue</p> <p>Main goals</p> <ul style="list-style-type: none"> - to gain better understanding of body alignment and improve your posture, taking care of your own body. - to offer good and safe support for your partner, especially for the neck - to develop a comfortable intuitive awareness of how to be with another person in the water. - to learn how to move fluidly in a limited space <p>Some additional key words: grounding quality of touch intuitive watermoves how to start and finish a session the art of improvisation & positive feed backs</p> <p>Emotional themes : Being centered and grounded as a safe frame, boundaries in an intimate context, the path of intuition,</p>	<p>Module 2: Fundamentals</p> <p>Main goals</p> <ul style="list-style-type: none"> - to understand more thoroughly flow and coordination of movement and be able to read the dance of the receiver, creating rhythms without effort. - to find stability and grounding while moving someone and to create currents and waves with your own movements. - presence of being without doing, channeling the energies through your own presence. <p>Some additional key words: anchored and relaxed basic body positions bodywork & dance with water cushions fascia- quality of touch authentic movement underwater dives, waves & spirals</p> <p>Emotional themes : Expressing and welcoming deep feelings, true communication, surrendering to the unknown, deep trust</p>
<p>Module 3: part 1: "Flow"</p> <ul style="list-style-type: none"> - to engage your whole being while «dancing» someone - to support the flow and transformation of the emotions and to ground the client after a deep experience. -to listen to oneself and the other, in order to feel what is right in the moment <p>Some additional key words: interactive bodywork cocoon massage dancing water movements underwater dives interactive bodywork verbal and non verbal communication</p> <p>Emotional themes : Surrendering body, mind & soul, the strength of vulnerability, go with the flow</p>	<p>Module 3: part 2: "Deep inner Journey"</p> <ul style="list-style-type: none"> - to read the breath and relax under water - to explore the edges of safety and challenge, working between offering a secure environment and a space for the person to grow - to support the self-healing resources and autonomy of the receiver <p>Some additional key words: how to prepare underwater session breath work secure frame, safe boundaries & integration inversion & embryo develop your own style of bodywork presence and intuition, heart session</p> <p>Emotional themes : Birth traumas, the fear of death, loss and the power of letting go</p>

