

# "Aquatic Bodywaves" 2023

## Modules -Overview

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

