



# WATERDANCE FUNDAMENTAL

## May 22<sup>th</sup> to 27th 2021

Teaching by **Arjana C. Brunschwiler**  
Accompanied by Teacher's candidates

La Voie de l'Eau  
24, rue des giloux 04300 Forcalquier  
Provence - France



### Contact

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In WATA Fundamental Class, we focus on the three fundamental aspects of Waterdance: vertical grounding, posture (of both the giver and receiver) and the breath.

In Waterdance, our most basic move is the Water Breath Dance, in which we float someone in our arms and let them sink a little as they breath out and rise with them as we both breath in. This creates a connection that can be carried into all above and under water moves.

We also practice the beginning and ending of a session and the basic movements, which form the essential core of this form of Aquatic-Body-Healing-Work.

The second part of this training is dedicated to a playful and at the same time attentive introduction to bring our partner under water. Fears or apprehensions of going under water will be given the time needed to open up and to be integrated.

On land:

Various tools like guided meditations, body- and energy work, active breathing exercises, communication skills and a conscious contact with the earth, shall help to balance the four elements in and around us.



### ***Arjana Claudia Brunschwiler***

*(Waterdance.world) Is the co-founder of WaterDance and imported WATSU® to Switzerland in the 1990s. She is recognised by WABA (Worldwide Aquatic Bodywork Association, USA) and IAKA (Institut für Aquatische Körperarbeit, Switzerland, Germany, Austria). In 1993 she created the IAKA Institute, a school dedicated to the art of aquatic touch and recognised worldwide for its aquatic bodywork techniques. In 1996 Arjana brought WATSU® to Belgium. Since then she teaches WATSU® and WATA worldwide.*

## COURSE PROGRAM

<b>Prerequisites</b>	No Prerequisites - open to all!
<b>Daily schedule</b>	We start the day with a meditation before breakfast. We then practice all morning in the pool (except on day 1). After a good lunch break we spend the afternoon in the practice room or in nature. Finally, before or after dinner, participants have the opportunity to play in the water.

## Practicalities

<b>Dates and times</b>	From Saturday 22th till Thursday 27th Mai 2021 Registration at 9.00h on Saturday. Better to arrive the day before... <b>Opening circle at 9.30 h sharp!</b> Course ends +/- 5 pm on Thursday.
<b>Course Fee</b>	600 € + 150€ poolfees (not included accommodation and food)
<b>Included in the fee</b>	6 days of training – didactic material - certification of attendance – registration on WABR (Worldwide Aquatic Bodywork Registry – if you want)
<b>Deposit</b>	150€ (non refundable)
<b>Registration</b>	Please sign up with a mail to: <b>waterdanceconnexion@gmail.com</b>
<b>Payment:</b>	The deposit to be paid when sending your registration may be paid By: - French bank check payable to Stéphane Longuet, send to: Longuet Stephane 24, rue des giloux 04300 Forcalquier. - Or use Transferwise (transferwise.com) At the address: waterdanceconnexion@gmail.com - Or by transfer: N26 Bank Name: LONGUET Stephane IBAN: DE49 1001 1001 2621 0047 95 BIC: NTSBDEB1XXX

The balance of the payment will be requested upon your arrival.

## Venue



At the Center **La Voie de l'Eau** in Forcalquier 04300, 24 rue des giloux. In Haute-Provence, a basin designed and dedicated to aquatic practices in a quiet environment, a stone's throw from the forest, the town center of

Forcalquier and all its amenities.

Contact Stéphane to discuss the best solution to get there according to your personal possibilities (car, train, bus, carpooling, etc.).

Parking on site.

## Accommodation

Possibility of sleeping on the spot in a single, double or triple room from 20€ /pers./day.

Single rooms are available 2km from the basin in guest rooms, contact me for more info.

Photos of the different spaces are available on request ...

Possibility of sleeping in a tent on spot for 5€/night

## Location

Forcalquier is a touristic small town in Haute-Provence, France.

Contact Stéphane to discuss the best solution to get there according to your personal possibilities (car, plane, train, bus, carpooling, etc.).

Parking on site.

## Meals:

It is possible to use the family kitchen with utensils, oven and fridge ... to heat or prepare what everyone wants.

Everyone brings the food they want and the meals are taken together. Forcalquier is a small town and all the amenities (organic store, delicatessen, supermarkets, restaurants...) are available around. The basin is 2 minutes walk from the city center.

## Training

This intensive WATA Fundamental training is recognized within WABA international professional training. It counts for 50 accredited hours. A certificate of attendance is delivered at the end of the course.

## What to wear

In south-east of France, end of May can be hot, cold, wet or dry...Anyway, not very cold or hot..

Please, bring comfortable clothes to work on the ground. Two swimsuits and two bath towels if possible. A jacket and outdoor shoes for possible outings in nature.

## What to bring

Bring something to write, your own floats (if you have it) and nose clip (possibility of buying some during the course).

Bring also some earplugs if you have sensitive ears and maybe earplugs for a good night's sleep if you share a room. Bring also a water bottle or a thermos.

