

Watsu® is an integrative form of aquatic bodywork applied in warm (96 degree) water. As the body is continuously supported while being floated, stretched, and massaged, the client relaxes completely with a general sense of well being. The weightlessness of the body frees the spine and joints allowing one to move and stretch much more easily than on land. Gentle mobilization of the joints and surrounding soft tissue as well as the energy balancing aspects of shiatsu work together to address stress or chronic pain, giving relief for a wide range of conditions.

Adaptive Tools provide additional care for specific body needs. Flotation devices offer precise support of the neck and body compensating for challenging body sizes or physical limitations allowing floating, stretching and maneuvering effortlessly in the water.

Healing Dance adds more 3 dimensional freedom of movement including frequent positioning of the client on their side to evoke the deeper relaxation of the dive reflex while still remaining comfortably above the water. This form releases holding patterns in the body by following the natural tendencies of the body to move in water in waves and spirals and emphasizes the sensation of water flowing past the body.

WaterDance utilizes nose clips and continues the flow gradually under the water resurfacing and submerging over and over again synchronized with the rhythm of the breath. Light and sound fade, time stops and gravity is suspended in a dance of infinite dynamics offering a physical and emotional freedom beyond what can be experienced on land or even on the surface of the water. At times the head is completely free and suspended in the water opening the client to explore altered realities of movement and meditation of the underwater world.

Aquatic Bodywork

Benefits of Immersion

- Increase depth of respiration
- Decreased rate of respiration
- Decreased heart rate
- Calms sympathetic nervous system
- Affects lymph system
- Reduces edema
- Decrease joint compression
- Increases blood to muscles
- Prepares tissue for mobilization

Beneficial to Conditions

- Pregnancy
- Fibromyalgia & Chronic Pain
- Osteo & Rheumatoid Arthritis
- Surgeries, traumas, injuries
- Ortho. & Neuro. Impairments
- Lung disease such as COPD
- Abuse Victims, Post Traumatic Stress

Common Results

- Deep relaxation - sense of well being
- Replacing holding patterns
- Freer movement - elongation of spine
- Increase range of motion -flexibility
- Pain & stress management
- Decreased anxiety
- Improved digestion
- Enhanced immune system response
- Improved sleep patterns
- A deep sense of peacefulness

PERSONAL EXPERIENCES

"Over the past 10-year period ...I have never experienced any flare-ups with my rheumatoid arthritis after receiving Watsu, though I often experience flare-ups after dry-land physical exercise." *William Hervey, Ph.D. of Ventura, CA*



"My chronic pain that radiated down my arms from my tight shoulders and neck let go more within 45 minutes after my first Watsu than with 5 years of massage. Watsu allowed holding patterns I was not even aware of till they were gone to release allowing my whole upper body and low back to soften and enable more overall benefit from massage. What a treat to leave pain free." *Dana DaLuz, Legal Assistant of San Diego, CA*



" Other previous physical therapy only increased my pain. The only relief my heavily medicated 7 year battle with Fibromyalgia has seen is the recent Watsu sessions I have received. On a scale of 1 to 10 with 10 being the highest pain, even with medication I am frequently between 9 and 15--off the scale. Within 30 minutes of Watsu my pain comes down to a 2 and stays down after the session." *Lee M. San Diego, CA*