

Aquatic Bodywork Watsu® - Water Shiatsu, Wata® - Water Dancing

Autor/in: Adelheid Meier



Body temperature, soft water, a feeling of weightlessness, gentle, flowing movements are rhythmically coordinated with the breath, therapeutic elements, massage and playful dance release blockages and tensions, changing old patterns of movement, relieve stress and anxiety, the deepening sense of balance, enhance and soothe the breathing convey a sense of freedom that give rise to life energy, space and time forgotten and lead to the realm of relaxation, enjoyment, change, healing and to himself

Water Shiatsu - Watsu® A physical therapy in the 35 ° warm water based on the Zen Shiatsu. This holistic approach brings together some pressure point massage and stretching exercises.

Carried on hands, lying weightless in the water, experience is brought by means such as Meridian stretches, stretching, joint mobilization, massage rotations and the life energy to flow freely. This gentle method of mobilization of the spine and joints is possible with the help of the water characteristics. Through deep relaxation and inner peace dissolve energy blockages, stress, fears and blockages.

Water Dancing, Wata® A dynamic movement therapy, stretching, breath work, massage, meditation and dance links. After beginning with Watsu, the body is kept carefully under water. A nose clip protects the respiratory system.

Specifically applied to free the main lever handles, hinges of tension. Spiral-ball-and wave-motion change in the respiratory rhythm from above and below water. The body awareness will be intensified and new movement experiences are possible. Moments of silence give access to deeper feelings.

Effects and applications Prevention, relaxation, wellness Discharge of professional and private stress through deep relaxation of body, mind and soul.

Psychosomatic complaints Due to the relaxation may be old behavior patterns erkannt and dissolved. The attitude to life changed, strengthen confidence in themselves.

Pain By tiefenentspannende effect of Watsu and Wata the radius is expanded. Pain diverse origin are reduced. Often during treatment of a condition occurs a total pain.

Physical complaints In weightlessness may sound physiological movement (again) be found and trained, muscular tensions are resolved, mobilizes joints and deepens the breathing.

Pregnancy and Childbirth moved in the same element as the unborn child to be, many women find valuable support for the pregnancy and the impending birth. With increasing body weight, weightlessness and physical relief is particularly enjoyed.

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