

Freeing the Body in Water

An Introduction to Integral Aquatic Therapy

with Sol Petersen (New Zealand) and Bibiana Badenes (Spain)

May 31 & June 1, 2012

in beautiful Benicassim, Spain (near Castellon, 1 hour from Valencia)

Treat Yourself

Come join us for a 2-day experience on the gorgeous Costa Azahar in Spain. Our venue is just a few minutes walk from the beach and the salt water pool for our workshop is heavenly. Enjoy this for yourself and learn how to share this nourishing treatment with others.



What is Integral Aquatic Therapy?

Integral Aquatic Therapy is a gentle and effective form of body therapy and rehabilitation performed in warm water (35 degrees C.). It combines elements of soft tissue manipulation and massage, joint mobilization, trigger point therapy, stretching and positional release, all woven seamlessly into a beautiful sequence of fluid movements. In an aquatic session the client can totally relax, safely supported by the water, the healing hands of the practitioner and aquatic floats. The treatment often includes active movement and exercise in the water.

Who would benefit from this workshop?

Massage therapists, bodyworkers, aquatic specialists, occupational therapists, physiotherapists and anyone who delights in the flowing beauty of the body in water. It will be of particular interest to those involved in the healing arts and anyone who wants to be part of an exciting new modality of aquatic bodywork



The Body Moves Freely in Water

The curative effects of the warm water produce spontaneous responses in the connective tissues and the autonomic nervous system as well as on emotional and energetic levels. This leads to a state of deep relaxation and stress release. In this state, the freeing of myofascial restrictions and joint adhesions facilitates greater range of motion and the opening of new neuromuscular connections.

Unlike bodywork in the field of gravity, where the client's body is stabilized by the treatment table, in the water, the body is free to move and be moved, to be stretched both locally and globally in unusual ways and directions. The entire spinal column can be mobilized in snake-like undulations and spirals, impossible to achieve outside the water. The hip and shoulder joints can be more easily decompressed and guided into new movement pathways in a pain-less environment. The hydrostatic pressure of the water is like hundreds of gentle hands holding and massaging the whole body from every direction – simultaneously!

Returning to the Source – Our Very Nature is Water

The first aquatic session is often a surprising and profound experience, touching deep sensory and often emotional levels. The sense of total support, trust, body fluidity and freedom is unique and astonishing. We may feel like a piece of seaweed being danced by the sea goddess – lose all sense of our habitual body identification as if we had become part of everything – feel like we have returned to the womb, or simply that we have fallen into the deepest relaxation of our life.

For a patient suffering rheumatoid arthritis, osteoarthritis or chronic pain or any movement disability, this gentle therapy may be an introduction to feeling joy or freedom in movement. For most of us, the last time we spent an hour floating in warm water was pre-birth – swimming in our mother's tummy, listening to the echoic rhythms of her heartbeat. As we are essentially, mostly water (over 80%), it is like a primal return to oneself. The unconditional support and safety may also assist in the resolution of traumatic and psychosomatic conditions on both the physical and emotional levels.

The programme

Participants will experience a unique approach to aquatic bodywork and learn how to hold and move a partner through basic positions. You will learn about working in the water, starting and completing a session and basic techniques of Integral Aquatic Therapy. You will learn about touch in and out of the water. You will also learn about your own body mechanics – how to support and move a person as effortlessly as possible in the water and how to stay centred in your own body. You will give the work, receive it from a partner and from the teachers. You will experience it in your own body. Most of all you will have a wonderful time and a deeply relaxing experience in a beautiful place only minutes from the Mediterranean Sea.

Sol Petersen is an Integral Aquatic Therapy teacher, Watsu practitioner, Adaptive Physical Education teacher, Structural Integration trainer, body psychotherapist and Tai Ji teacher. He has been practicing and teaching Aquatic Bodywork for over 20 years and loves to share this powerful and effective form of therapy. Sol lives in New Zealand and teaches internationally.
www.theradiantbody.com

Bibiana Badenes is an advanced Rolfing practitioner, Rolfing Movement teacher and a physiotherapist who explores the cutting edge of the potential in physical therapies. She is trained in traditional hydrotherapy and teaches Integral Aquatic Therapy (TIA or Terapia Integral Acuatica) in Spain and has developed a unique holistic programme applying Integral Aquatic Therapy for treating patients with rheumatoid arthritis.
www.kinesis.es

Information & Register

Tuition

€275, by May 6
€315, from May 7

Dates

Thursday, 31 May & Friday, 1 June

Time

9am to 6pm

Accommodation

Cost for full board is €50 to €70 per day.

Contact Bibiana for more information about accommodation (see below).

To register contact:

Bibiana Badenes
Centro Kinesis Physiotherapy Centre,
Benicassim,
Spain

Tel: 0034 964300275,

Email: info@bodywisdomspain.com

Visit: www.bodywisdomspain.com

For information about the workshop contact:

Bibiana as above or,

Sol Petersen

Tel: 006478668971

Email: sol@theradiantbody.com

Visit: www.theradiantbody.com