

INTRODUCTION TO HEALING DANCE™

A two-day, 16-hour holistic aquatic therapy course

Saturday, April 24, 1:30-9:30 p.m.

Sunday, April 25, 10:30 a.m. – 6:30 p.m.

Courage Center Golden Valley

This dance-like, fluid therapy, inspired by Watsu™, is practiced in warm water and incorporates all the known benefits of water therapy. Each participant begins by experiencing a mini-session of Healing Dance and learns through games and dance on land and in water. Body mechanics and body awareness are emphasized.

Healing Dance provides the same physiological benefits as Watsu. It also creates a sense of spaciousness and freedom for people with physical limitations. Created by choreographer Alexander George, Healing Dance allows greater distance between the practitioner and the client than in Watsu, which allows some people to more fully relax.

What you will learn:

- Discover how to support and move your clients in new ways in the water.
- Learn a simple practice sequence to prepare yourself to take Aquatic Basics or Healing Dance Basics
- Follow natural tendencies of the body moving in water, using waves, circles and figure eights with the legs free to experience the sensation of the water flowing past.
- Learn the foundations of positional sanctuaries, releases, creative stretches and transitions.
- Discover the principles of relating and mirroring, moving by example, generating a rhythmic field, and applying advanced body mechanics, traveling smoothly across the pool to create “virtual currents”.



Who can benefit from this class:

Therapists, caregivers, people interested in exploring a career in aquatic therapy, and those who want to further explore Aquatic Therapy for personal development. No prior experience necessary though any training in body awareness is helpful.

Instructor: Nicola Kapala, certified Healing Dance and Watsu Instructor,
612.408.2821, nicola07@yahoo.com

Fee:

\$395 (includes lunch)

Contact:

Mary LeSourd, 763.520.0485, mary.lesourd@couragecenter.org

REGISTRATION FORM

Name _____

Phone (day) _____ (evening) _____

Address _____

E-mail _____

Occupation _____

Purpose for taking class _____

Additional comments _____

Submit registration form and payment made by check/money order to:

Courage Center
Mary LeSourd, Aquatics Department
3915 Golden Valley Road, Minneapolis, MN 55422
