



~~ Aguahara ~~

Aguahara is the art of holding and moving another body in the water like in a dance, with focus on loving connection and awareness, stillness and space for listening.

One person is held and floated on the surface by another. Then, depending on the person and moment, a combination of tender, playful, opening, calm or dynamic movements, forms and positions can be created, both on the surface or also under water. Although there are specific moves supporting a creative process, each session is unique.

Both receiver and giver may experience: Loosening muscles and articulations, reduction of pain, relaxation, deep contemplation, emotions, pre- and postnatal memories, pleasure, images, journey to the inner self, flow of life energy, connection, euphoria, etc.

Aquatic Bodywork is a young field within the landscape of healing methods. Aguahara has its roots in Janzu, Watsu and Water Dance among others, as well as in the Zen-philosophy. Aguahara, not only as a bodywork technique but also as a philosophy and a community, is growing, developing and spreading all over the world.

Some insight: www.aguahara.org/en

~~ The Course ~~

This course can be a moving and intensive journey into discovering yourself as a (water-)being.

This training includes single and group exercises, practice and theory class, introduction to waterdance, supervised practice, group exchange, water jams and a certificate. Most time is spent in the water, also time on land for theory classes, additional exercises and sharings.

We learn how to move another body in water and how to surrender to being moved. We have a focus on the subtlety of small movements and the flow of energy within the body. We experience different qualities and energetic aspects of this exceptional element. And we find new ways of moving and dancing on our own and with other people in water. This special time is shared with a caring and open-hearted community. Altogether we create a space as attentive and safe as possible, to allow each of us to be who and how we are.

1 st Level * 60h of Class	2 nd Level * 45h of Class
9.-13.5., 1.-3.6., 22.-24.6	31.8.-2.9., 21.-23.9., 12.-14.10.
We concentrate on our connection to the water, ourselves and our partner and learn giving sessions on the surface of the water.	We dive into the magic world of underwater sessions and dance. We get into more details and deepen some more theoretical aspects.
660-440€ 400€ → Early Bird till 9.4.	550-330 € 300 € → Early Bird till 15.7. Level 1&2: 650 € → Early Bird till 9.4.
Additional costs for both courses are the own entrance fee for the pools and if needed travel costs for thermal baths outside of Berlin	

Places: Bodywork spaces and warm water pools in and nearby Berlin.

Classes: Fri evening, Sat & Sun the whole day (in May: Wed evening, Thu-Sun whole day)

Language: English & German

For the training no previous experiences is needed!

Aguahara Introductory Workshop 15.4.2018, 11-17h

Kristalltherme Ludwigsfelde * 80-40€ – please register beforehand!

For more information and registration: contact@tranzform.net (English/Español/Deutsch)

~~ Facilitator ~~



Lao Mari Mälzer * practicing and teaching transformative practices (natural therapy, shiatsu, Aguahara, dance, inner work, energetic healing), in Berlin and globally.

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„In water I love dancing, flowing, diving and holding the space for others while learning and having their personal processes. I enjoy the deep loving connection and stillness we can experience in an Aguahara session and it's my pleasure to transmit that.“

Aguahara...

- ...is traveling in water ...pleasure and lust for life ...loosens the body
- ...opens up psyche and mind ...brings back memories
- ...is dance without gravity ...is a moment of pure meditative being ...sets free endorphins ...gives solution(s)
- ...feels like in times of amniotic fluid ...is confiding
- ...uses the water's transformative power
- ...moves your inner water ...relaxes ...surprises
- ...moves

