



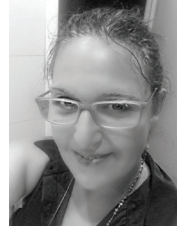
VISITING PRACTITIONER

ANAT JURAN

Watsu®

## VISITING PRACTITIONER

ANAT JURAN



5 - 12 July, 2019

Watsu®

Anat Juran is a widely respected aquatic bodywork and Watsu® therapist. With 30 years' experience of aquatic education including swimming coaching on a national level in Israel, Anat has developed therapeutic focused swimming programs for babies, children, the elderly and people with mobilisation issues. Her driving passion for working with people in the water has led her to develop her practice in many hydrotherapy techniques including Watsu®, Healing Dance, Waterdance and Halliwick.

Anat is also trained in 'Hakomi' (body focused psychotherapy), and SE (Somatic Experiencing) utilising both in her practice and teaching.

Please call Yaukuve Spa Sanctuary #8 to make a reservation.

### WHAT IS WATSU®?

Grounded in holistic principles of mind, body and spirit connectivity, aquatic bodywork combines the foundations of massage, shiatsu, muscle stretching, dance and joint mobilisation performed in a private, heated pool. Anat's work has many applications including physical and emotional rehabilitation, relaxation and rejuvenation.

Your body will be supported in warm water while you are floated, rocked, stretched and cradled. Moments of stillness combined with gentle rhythmic movements allow the whole body to relax and release unlike anything on land. The profoundly relaxing effects of the warm water and the nurturing create a range of therapeutic benefits and potential healing on a deep physical and emotional level.

**Duration 75 minutes - USD 220**

\*ALL PRICES ARE IN USD AND SUBJECT TO 25% GOVERNMENT TAX

