



WATSU  INDIA

WOGA® Instructor Training Course

with Gianni De Stefani

Certified WOGA & WABA Instructor



During this 6-day WOGA instructor training course you will acquire the basics of WOGA and use the potential of yoga in shallow water by learning a WOGA exercise protocol and receiving didactic and methodological material to conduct WOGA classes of one to one and a half hour. You will also get acquainted with the philosophy of Yoga in general.

ITC WOGA gives 42 supplementary hours of credit with WABA (Worldwide Aquatic Bodywork Association) and Watsu India.

- Date:** 21 - 26 March 2019
8.45 AM - 6.30 PM (42 hours)
- Prerequisites:** WOGA 1 & 2 and being a certified instructor or long-time practitioner in aquatic sports or any other kind of bodywork.
- Bookings:** Quiet Healing Center - Auroville
Phone: 0413 2622329 / 9488084966
E-mail: quiet@auroville.org.in