

## WHAT IS WATSU?!?!

Aquatic Bodywork = Watsu ®

Since 1980 when people were first floated and stretched in warm water with Watsu, the number of those it helps continues to grow. Today, in more than 40 countries, Watsu is proving it's effectiveness in alleviating chronic pain and a widening range of conditions.

Watsu is a passive form of aquatic bodywork received while being held and completely supported by the water and one's practitioner. Gently moving a person through the water in graceful, fluid movements, Watsu promotes a deep state of relaxation with dramatic changes to the parasympathetic nervous system. One's ears are submerged (most people wear soft, comfortable earplugs) yet the face remains above the surface of the water. There is movement and stillness, stretching and massage (acupressure) throughout one's session.

Watsu helps decrease muscle tension and increase range of motion. The support of the water provides relief from compression forces in the joints. The movements through the waters provide gentle stretching into all ranges for the spine and extremities while these joints are unloaded.

Used in physical therapy clinics and spas worldwide, Watsu has been described as the most innovative and powerful bodywork of our time. The results of consistent watsu sessions are longer lasting than traditional land-based methods of bodywork, and for many, these benefits last for up to a week.

Many chiropractors, surgeons and orthopedic physicians are referring their patients to this modality. Many people report feeling the most relaxed they have ever been after a Watsu session. Some even say it was one of the most powerful experiences in their life.

