

Relating & Mirroring avec ASHAMAN

Tuesday 6 to Thursday 8 May 2025



Relating & Mirroring is a 25 hours course focusing on perhaps the most important aspect of aquatic bodywork: that our receivers feel felt, and that as givers we are able to truly feel and mirror them in all dimensions—physical, emotional and spiritual. The recent discovery of mirror neurons in the brain has provided our generation with a scientific basis for empathy. In the training we will delve into this neurophysiological phenomena underlying our social interactions before focusing on how it translates into the water. On land we will experiment with dance mirroring exercises, authentic movement and exercises to fine-tune presence. In the water we will develop the skills and perceptual framework to follow and support receivers in their movement and stillness. A few of the principles we will explore include using the water, joining, extending and supporting.

Not only will the course train us to better accompany our receivers, but it will also offer a setting in which we ourselves as receivers may allow our own unwinding and soul dance to unfold. Additionally, we will practice the verbal skills to create the invitation and safe framework for our receivers to flow into their own movement impulses.

This is a core course in the Practitioner Certification. It is 25 hours in length over three days. Prerequisite sont Healing Dance I or WATSU I or Liquid Flow Basic.

The price of the course is €400 including teaching fees, access to the pool and the classroom, teaching materials with video as well as registration in the WABA register.

Classes take place from 9 a.m. to 6:30 p.m.

Accommodation: €40 per night in an individual cabin (€45 with breakfast.)

Or on request in a Lotus tent €30 per night (€35 with breakfast.)

Balanced meals are organized by us with local products, organic and or vegetarian by a nutritionist chef while retaining €20 per meal

All inclusive for 3 days/2 nights, classes, accommodation and meals €580

Possibility of arriving the day before.

For any further information, please do not hesitate to contact us.

Laurie : +33 607722651 Email : beachcample@gmail.com

Beach Camp Temple