



## Magic Water Program 2015

Dimitri Klein, owner of the DUNE ECO VILLAGE & SPA, Laurie Moerman welcome you at the beautiful aquatic bodywork facility in India: MAGIC WATER! Through this letter, we invite you to discover the training program of our course season 2015.

MAGIC WATER has been designed and built as "the House of Aquatic Bodywork" by our great friend architect Nils, and is situated in the lush heart of one of the greatest Eco Village & Spa resort in Southern India. Magic water is based on the Vastu Shastra principle (Indian Feng Shui) by Dr Prabaht Poddar.

Welcome

## Water Courses 2015 at Magic Water

*Course fees/lunch/snacks/tax included in the price  
Our fees remain priced in Indian Rupees (INR) and as per Euros  
actual exchange rate.*



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## AVAILABLE CLASSES

### **Magic Waves With Laurie Moerman**

**31 jan  
1 day / 6hours**

3500 INR / 46€  
*No pre-requisite*

An open door to the well-being where we will explore the strong support of the Earth with the different approaches and the freedom of the water. Simple and fun learning energy techniques, meditation and discovery of an unsuspected aquatic world. Playing with the fluidity of water and involving the motion of a free body, and will begin our experimental journey magical waves to the rhythm of the breath of music.

A nice introduction to the sensations and pleasure !!  
Welcome

### **Aichi With Laurie Moerman**

**Feb 18 - 19  
2 days / 12 hours**

6900 INR / 92€  
*No pre-requisite*

The new Tai Chi practiced in water was created by Jun Konno in the early 90 links. Ai Chi is a new technique of aquatic work wisely acting on the meridians, it is composed of calm movements derived from Tai Chi to compose a "dance in warm water." Fluid movements of Ai-Chi dance reminiscent of the round shape of a circle, and are synchronized with each breath into a meditative state.

*Ai Chi is a water exercise and relaxation program that has been created to help aquatic practitioners and students enjoy the water in a flowing yet powerful progression. Aquatic exercise instructors, personal trainers, and aquatic therapy and rehabilitation practitioners will find the Ai Chi workshop beneficial for them and their clients*

### **Woga©Yoga in water With Laurie Moerman**

**Feb 22 - 23  
2 days / 12 hours course  
credit WABR**

6900 INR / 92€  
*No pre-requisite*

The word Yoga comes from the Sanskrit and its literal translation means join, return, or "put together what has been separated". The regenerative powers of "Water" have already been proven and it carries more subtle vibrations. The two things, water and yoga together as complementary goods. The topics covered during this initiation; stretching in the water with HataYoga asanas and postures, the Working breath awareness in part from pranayama, muscle harmonization derivative aquatic eutonie, meditation and symbolism of the body in water . The only way to understand is to experience it!



**Introduction to Water  
course "Watsu"  
With Laurie Moerman**

**Feb 26  
6 hours credit WABR**

3950 INR/ 46€  
No pre-requisite

The discovery of the benefits of the body and mind with support for hot water. An experience that brings us to the vast universe of sensations and learning awareness of aquatic work.

+ 1 hour Initiation  
Dolphin's wave for imagine to be dolphin.

**AquaReflexo©1  
With Laurie Moerman**

**March 1 - 2  
2 days /14 hours course**

7900 INR/ 105€  
No pre-requisite

The AquaReflexo is a new method of aquatic work accessible to all of stimulating the reflex points of all organs through acupressure and promote relaxation. Pressure points of the foot being less sensitive in water and on land, energetical work is deeper. This course takes place between land and water by addressing action on the meridians and the wonderful sensation of floating. This is an approach to the theory of reflexology adjusted with the pleasure of the practice in hot water.

This discovery course is an exploration of what can happen when we associate Watsu for opening the heart to the effects of hot water as an energy ombudsman and learning the benefits of Chinese medicine. It is also the perfect time to let go in a non-verbal mode of communication, a moment of peace.

**Healing Dance I  
With Ashaman Gray**

**March 4 - 9  
6 days & 1 evening /  
50h course credit WABR**

27700 INR/ 369€  
Pre-requisite ideally Watsu1

Healing Dance understands movement as medicine, discovering that through "received dance" energies are unblocked and the body finds its own natural flow. The work of Alexander Georgeakopoulos, it emphasizes waves, spirals, and figure 8s, and is distinguished by the exhilarating freedom of movement imparted to receivers, as well as by its refined body mechanics for the giver. Healing Dance has many aspects, all based on the healing power of movement. In addition to seven full-body waves the Healing Dance I sequence encompasses various circles, figure eights and releases, all balanced by the stillness of positional sanctuaries, and woven together with flowing transitions.



**Aqua Reflexo©2  
With Laurie Moerman**

**March 13 - 14  
2 days /14 hours course**

7900 INR/ 105€

Pre-requisite: AquaReflexo  
© 1

A deepening of the technique and the energy vectoriels circuits. Aquareflexo 2 allows a reading of the language of the body, to make a more precise diagnosis by points reflexes of the foot and hand, to bring of the preventive and be better. This course supported by the benefactions of the water and the principles of Watsu® will guide us towards a better listening of the other one and itself.

**Dance in Liquid Space,  
Moving with the  
elements  
With Sophie Costes and  
Yanaël Plumet**

**March 18 - 22  
5 days & 1 evening / 32  
hours**

21450 INR/ 286€

No pre-requisite

5 days of creative exploration using a combination of body disciplines such as Contact Improvisation, water work, dance, Qi Qong, Yoga and meditation to investigate the influences of the 3 elements Earth, Air and Water on our moving bodies.

In the beautiful premises of Magic Water close to Auroville, the proposal invites the participants to nurture a space of presence and awareness to enter a subtle journey of interactions in a generous and sensitive group dynamic.

The Dance in liquid space, moving with the elements project is born out of the collaboration of the dancer / Improviser Yanaël Plumet and Water Therapist Sophie Costes to share with complementary skills their common passion for the moving body in relation to its environment.

**Healing Dance II  
With Ashaman Gray**

**March 26 - 31  
6 days & 1 evening /  
50h course credit WABR**

27700 INR/ 369€

Pre-requisite : Healing  
Dance I

In this training we continue the study of spatial mandalas beyond the waves of *Healing Dance I* into the spiral, the eight and the spiral eight. *Healing Dance II* also focuses strongly on bodywork. It offers a toolbox replete with massage techniques and stretches integrated into the flow of movement. The course delivers the fullness of Healing Dance's surface repertoire with an entirely new set of mini-sequences including Seaweed II, The Starfish, Adonis Waves, Arm Waves, and Klimt. *Healing Dance II* carries further the emphasis on Relating and Mirroring by which students hone the all important art of responding to the kinetic and feeling states of their receivers. A written and photo manual are provided and a DVD of the sequence is made available.

Both Healing Dance I & II are surface trainings, without submersion, and are a great way to expand one's offering to those receivers that cannot yet go under.



## Sophie Costes



French born **Sophie Costes**, ayurvedic therapist, yoguini & dancer, is a practitioner of Watsu© and WaterDance©. She founded Waterness Journey™, an interactive water modality which uses movement & breath awareness to dance in water. The practice of Vipassana meditation contributes greatly to her water work. Sophie teaches water courses & leads projects on dance festivals since 2011 in Asia and Europe.

[www.padamoon.com](http://www.padamoon.com)

## Yanaël Plumet



**Yanaël** is a performer and a traveller with a wide interest for the moving body and its adaptation to various contexts. Instant composition, contact-improvisation and site-specific projects are central interest of his work. To deepen his understanding of the mind/body relations and get closer to the sources of movement he integrated Yoga, Qi Qong, Tai-chi and Vipassana meditation to his regular practices. In 2000 he created the structure Compagnie Coulisse with which he led several multidisciplinary and itinerant projects. Based in Istanbul between 2006 and 2012 he directed the Transit Festival dedicated to improvisation and performance art. He has been teaching since 10 years to different kinds of audiences on the 3 continents Europe, Asia and America.

[www.yanaelplumet.com](http://www.yanaelplumet.com)

## Ashaman Gray



**Ashaman** has been studying with Alexander since 1999, and certified to teach Healing Dance since 2005. Raised in Auroville, he is always very happy to share this work here. He currently teaches in the US, India, and Spain.

[www.healingdance.org](http://www.healingdance.org)





**Laurie**, the 3 breaths :  
Dolphins/Sea/Watsu

Graduated as Dive Master, specialized in human / dolphin interaction, Laurie organizes Dolphin encounters and with the support of Nicolas Hulot, the "teen with autism / dolphin project" in Bahamas. She worked in the most important Parisian spas as therapist, reflexologist and Watsu® practitioner. She then developed her own water technique : AquaReflexo©. Laurie recently became an Instructor Basic Watsu®, Waba.

In January 2010, she founded the "Water Magic Treatments" pool in partnership with Dune Eco Village & Spa in South India.

And finally is partner with the French School of Watsu.

[www.ecolewatsu.fr](http://www.ecolewatsu.fr)  
[www.fondation-nicolas-hulot.org](http://www.fondation-nicolas-hulot.org)  
[www.blueodyssee.org](http://www.blueodyssee.org)



**Exclusive for practitioners and students:**

**Wednesday:**

**12pm to 2pm / Training**

400 rps per 1 hour (per couple)  
Payment at spa reception before to start.

**Thursday:**

**12pm to 2pm Free Practice**  
for students

*The Magic Water's Chart has to be read and accepted by each student by signing.*

**There will be an organized transport from Auroville to Dune for students.**

**Course fees** for all classes include the teacher's fee, manuals, certificates, lunches, snacks, practice days and/or evening practice (where noted) and tax. Our fees remain priced in Indian Rupees (INR) and as per Euros actual exchange rate.

**Registration with WABR**

(Worldwide Aquatic Bodywork Registry) is not included in the fee but will be available for an additional administration fee at the time of the course venue.

**Accommodation: Exceptional package** for our students (8 places maximum)

learning more than 30 hours in a cottage in Dune, 1500rps Accommodation per person per day, including breakfast. For more information please contact directly Central

**Reservation Office at [booking@dunecogroup.com](mailto:booking@dunecogroup.com)**

**MAGIC WATER** will provide floats and nose clips for student use during class and practice time.

Please be at MAGIC WATER at 8:30AM on the first day of class to sign-in, receive appropriate course materials, and pay final balances of your course fee. The daily schedule for each course will be set by the instructor and may differ from course to course.

The daily schedule for each course will be established on the first day of the course. All

other important information regarding course details and MAGIC WATER will also be provided on the first day of each course.

If you have any questions, please feel free to contact by email Magic Water director Laurie at [bluelaurie.moerman@gmail.com](mailto:bluelaurie.moerman@gmail.com).



## HOW TO BOOK YOUR COURSE!

Would you request more details before taking a decision, please email to Laurie at

[magic.water.india@gmail.com](mailto:magic.water.india@gmail.com) or [bluelaurie.moerman@gmail.com](mailto:bluelaurie.moerman@gmail.com).

**Ready to book?** Go onto our dedicated pages on The Dune hotel website [www.thedunehotel.com](http://www.thedunehotel.com) and pre-register yourself through making a booking-request.

Upon verification of the availability, we will open a payment-link through our on-line and secured registration system for you to deposit 50% of the course fee. The payment and confirmation of your deposit is the sole guarantee of a place on a course.

**Final payment** The payment for the balance 50% of the course fee is due no later than the first day of each course and should be paid in Rupees by cash or credit card. Kindly note that you will be able to begin the course only after such formality has been successfully fulfilled.

**Refund conditions** Course deposits are Refundable (less an administration fee of 10% of the course fee) up to four weeks prior to the course start date-; deposit funds are Non-refundable if a cancelation is being made later than four weeks prior to the course start date, with the exception that another student takes your place and the course is fully subscribed, Course deposits are refundable in full if the course has to be cancelled for any reason by Magic Water Pvt Ltd.