

VISITING WELLNESS PRACTITIONER



Toru & Yukako Ogasawara
Watsu Therapists
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Combining the healing effects of water with Zen Shiatsu bodywork, watsu brings myriad therapeutic benefits and a deep sense of relaxation.

Dynamic team Toru and Yukako Ogasawara are watsu instructors par excellence. Both trained under watsu founder Harold Dull in Harbin Hot Springs, California – the cradle of the movement where watsu began in the 1980's.

Watsu is a form of aquatic bodywork conducted in moderate warm temperatures of 33° C to 35° C. This is a specialised temperature zone for deep relaxation and meditation. Characterised by one-on-one sessions in which a therapist gently cradles, moves, stretches, and massages in zero gravity, the healing effects are myriad harmonising sleep patterns, reducing fatigue, relieving aches, pains and muscle tension, boosting circulation, reducing stress and increasing energy levels.

Toru and Yukako, originally from Tokyo, moved to the sunny climes of Okinawa and founded Japan's first watsu centre in 2009. They are certified practitioners and instructors for the Worldwide Aquatic Bodywork Association.

A flowing meditation in water, aquatic therapy fosters feelings of deep connection, liberation and comfort. "The basic principal of watsu is 'being' rather than 'doing'. It's about experiencing simultaneous freedom and security with the support from another fellow being, using the body's own essential element – water. Water doesn't have any shape – it supports and accepts you as you are, which creates the ultimate space for healing", says Toru.