

# WATSU...WATSU...WHAT IS WATSU?

*"Nothing in the world is as soft and yielding as water,  
yet for dissolving the hard and inflexible,  
nothing can surpass it." Lao-Tsu*

Get ready to experience the ultimate massage in water. As you float freely within the warm water, you immediately begin to feel a thermal and gravitational equilibrium in which your external experience is aligned with your body's internal experience.

Your breathing begins to stabilize, a gentle freeing of the body, and a quieting of the mind results. Your body gracefully flows and moves without pain or limitation. You slowly become weightless, feeling the releasing effects of the massage as soreness and fatigue are reduced while spine tension is removed. Flexibility, relaxation and freedom are reinstated as you enter into a state of emotional, psychological and physical inner and outer peace. You can actually sense daily pressures, stress, aches, pains and toxins easing far, far away. As a high vibrational energy rises throughout your entire being, you discover where tension is stored and how to effectively deal with it.



You surface to a new-found world of peace, relaxation, inner order and tranquility. Each and every tired and fatigued muscle unwinds and releases without pain or hesitation. As soreness and fatigue are reduced, your circulation gently removes any metabolites left within your muscles. You are ever so gently transcending to a complete feeling of oneness with all that is peaceful, calm and serene - one perfect balance of body, mind and spirit.

When you get out of the water and renegotiate with gravity, later there is a deep and gentle release, as the energy you've held in your body lets go painlessly - you will sleep like a child that night.

**To schedule a WATSU session or request more information contact:  
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