

# 2006 WABA Logbook

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This logbook belongs to \_\_\_\_\_

If found please contact me by email \_\_\_\_\_ or phone \_\_\_\_\_

*Check the [www.waba.edu](http://www.waba.edu) site for updates and the requirements for being registered as a Healing Dance Practitioner or Waterdance Practitioner and the Assistant and Instructor Training Programs.*

The WABA Registry	Committees you would like to join or advise	
<p>Within a few days each class is added to the WABA Registry. Go to <a href="http://waba.edu/cate">waba.edu/cate</a> and enter the email address on your class list. You will be sent your unique eight character ID code. When you enter with it you will be asked to add 1 to 4 additional characters to make a secure combined ID/password to enter with from any browser. On entry you will be asked to agree to the WABA Code of ethics. After you review and add to your personal data you can indicate your desired level of participation as outlined below.</p> <p>Any additional WABA class you take anywhere will be added to your transcript on the Registry and can be applied towards your Practitioner authorization. You can print your transcript and authorizations from the site. The classes listed on your transcript have links for students to access their classmates' most recently entered emails and phone numbers. Until you enter and authorize additional access, only your classmates, your instructors and WABA staff have access to yours. For 3 years after your most recent class you continue to have access to those on the Registry who extend access, and to pools they list (be sure to list your pool if you want to make it available to others) and to messages and memos about the applications of Aquatic Bodywork and the issues faced in sharing it. You can send two photos to appear on your page (following the instructions you find below your transcript).</p> <p>Below is what can be responded to on your data page when you enter (Be sure to respond to the first question of the World Watsu Week section, even a NO helps us complete our survey.) Keep the data on your page updated. Each section has a memo alongside to detail your involvement, etc.</p>	<input type="checkbox"/> Clinics <input type="checkbox"/> Spas <input type="checkbox"/> Ethics <input type="checkbox"/> Media <input type="checkbox"/> Pools <input type="checkbox"/> World Watsu Week <input type="checkbox"/> Practitioners <input type="checkbox"/> ESAC(instructors) <input type="checkbox"/> Board of Directors <input type="checkbox"/> Other	
<p><b>Water Family Networking &amp; Community Involvement</b></p> <p><input type="checkbox"/> Extend access to others on Registry and, when practitioner, to public  <input type="checkbox"/> Extend access to others on Registry  <input type="checkbox"/> Limit access to my instructors, classmates and WABA staff</p> <p><b>Your applications of aquatic bodywork</b></p> <p><input type="checkbox"/> private practice  <input type="checkbox"/> spa  <input type="checkbox"/> clinical</p> <p>Add or select a special population, condition or circumstance you would like to share your experience working with. _____</p> <p>Indicate your interest in exchanging sessions and networking....</p> <p><b>Skills you can share or exchange with others on the Registry</b></p> <p><input type="checkbox"/> pool care  <input type="checkbox"/> media  <input type="checkbox"/> computer  <input type="checkbox"/> organizing  <input type="checkbox"/> construction  <input type="checkbox"/> financing  <input type="checkbox"/> other</p>	<p><b>Indicate your level of involvement with Water Family Newsletters</b></p>	
	<p><input type="radio"/> help produce and gather material.  <input type="radio"/> help edit and network.  <input type="radio"/> receive regularly.  <input type="radio"/> I do not want to receive any emails.</p>	
	<p><b>World Watsu Week April 21-27 2007</b></p>	
	<p><b><i>Do you want to volunteer sessions or classes during the World Watsu Week?</i></b></p> <p><input type="radio"/> No  <input type="radio"/> possibly  <input type="radio"/> to give sessions  <input type="radio"/> to instruct classes  <input type="radio"/> both</p>	
	<p><b><i>Can you provide access to a pool?</i></b></p> <p><input type="radio"/> yes  <input type="radio"/> for single sessions  <input type="radio"/> for multiple sessions  <input type="radio"/> and for classes</p>	
<p><b>Water Family Networking &amp; Community Involvement</b></p> <p><input type="checkbox"/> Extend access to others on Registry and, when practitioner, to public  <input type="checkbox"/> Extend access to others on Registry  <input type="checkbox"/> Limit access to my instructors, classmates and WABA staff</p>	<p><b><i>Can you help organize?</i></b></p>	
	<p><input type="radio"/> yes  <input type="radio"/> locally  <input type="radio"/> regionally  <input type="radio"/> on any level</p>	
<p><b>Your applications of aquatic bodywork</b></p> <p><input type="checkbox"/> private practice  <input type="checkbox"/> spa  <input type="checkbox"/> clinical</p> <p>Add or select a special population, condition or circumstance you would like to share your experience working with. _____</p>	<p><b><i>Contacts you have that might be able to help</i></b></p>	
	<p><input type="checkbox"/> celebrity  <input type="checkbox"/> sponsor  <input type="checkbox"/> donor  <input type="checkbox"/> academic  <input type="checkbox"/> institutional  <input type="checkbox"/> other</p>	
<p>Indicate your interest in exchanging sessions and networking....</p>	<p><b><i>Help you can pledge as a</i></b></p> <p>Donation: \$ _____ Loan: \$ _____</p>	
<p><b>Skills you can share or exchange with others on the Registry</b></p> <p><input type="checkbox"/> pool care  <input type="checkbox"/> media  <input type="checkbox"/> computer  <input type="checkbox"/> organizing  <input type="checkbox"/> construction  <input type="checkbox"/> financing  <input type="checkbox"/> other</p>	<p>What do you need to forward the Watsu experience in your community?</p>	
	<p>What do you need for your personal practice?</p>	
<p><input type="radio"/> = Select one response  <input type="checkbox"/> = Can choose more than one from list</p> <p><i>Whenever you enter waba.edu with your password you can change or add to your responses to the above.</i></p>		

## Worldwide Requirements to be placed on the Registry as a Watsu® Practitioner - 2006

Note: the rate of progress through any of our programs is based on the successful completion of each step. Many students benefit by auditing a course (repeating it at a usually reduced cost), or by attending a supervision, or logging additional practice sessions, before continuing on to the next step. Instructors will note when these are required. Since audits and supervisions can help fulfill the electives required, they do not usually lengthen a student's overall program.

<b>A</b>	<ul style="list-style-type: none"> <li>• Watsu 1 and 2 (100 hours)</li> <li>• Log 20 practice sessions</li> <li>• In either a Supervision , Integration or audit of Watsu 2 , demonstrate competency</li> </ul>
<b>B</b>	<ul style="list-style-type: none"> <li>• Watsu 3 (50 hours)</li> <li>• Have attended, including the above courses and additional audits or electives, at least 200 hours of WABA Aquatic Bodywork courses.</li> <li>• Current CPR certification</li> <li>• Log 10 sessions received from a professional (Before, during or after the above).</li> </ul>
<b>C</b>	<ul style="list-style-type: none"> <li>• 100 hours of Shiatsu and/or Tantsu<sup>3</sup></li> <li>• 100 hours of Anatomy/Physiology<sup>3</sup></li> <li>• Enough additional hours of WABA Aquatic Bodywork courses to bring the total hours of classes and supervisions to 500 (520 In Europe<sup>4</sup>).</li> </ul>
<b>Licensed Professional<sup>2</sup> Practitioner</b>	Those with a current license to touch <sup>2</sup> who have attended at least 50 hours of shiatsu or its equivalent may add Watsu as an additional modality to their current practice on completion of A + B above. Those who have not had a shiatsu course but demonstrate sufficient knowledge of bodywork may take the shiatsu course as their first continuing education.
<b>Licensed Professional<sup>2</sup> Provider</b>	Licensed Professionals <sup>2</sup> currently employed at a spa, clinic or sports club, etc. may, under the contract described below, provide Watsu sessions to the clients at that location upon completion of A above.
<b>Provider Contract</b>	In countries where there is a NABA <sup>4</sup> the existence and requirements for the above programs for licensed professionals may be determined by the NABA. Any contracts would be with the NABA. In other places the Provider's contract is with WABA and lists the requirements that still need to be completed to become listed as a Watsu Practitioner. The provider agrees to complete required courses at the rate of 50 hours a year and to have completed any other requirements, such as logging 10 received sessions by the time all coursework is completed. The Provider contract must include a clause in which the owner of the place where the sessions will be provided signs an acknowledgment that their continued employment is based on their fulfilling this contract.
<b>Registration</b>	On completion of the appropriate program student may apply to WABA to be registered as a Watsu Practitioner or a Watsu Provider. There is a \$50 fee for each registration. Where there is no NABA there is a renewal fee of \$50 (every year in the U.S or every two years in other countries) and, for Practitioners, a continuing education requirement of having at least 50 hours of authorized Aquatic Bodywork courses listed on the WABA transcript attended during the 3 years prior to the renewal year.
<b>Public Listing</b>	Currently registered practitioners may choose to list themselves to the public on the WABA site. Normally a provider can not list themselves to the public as giving Watsu sessions until they become a Watsu Practitioner. In countries where Watsu 3 is not yet available providers may list themselves when, if there is a NABA in the country, that organization deems it appropriate, or when what they have completed towards the requirements of a Watsu Practitioner includes at least 150 hours of Aquatic Bodywork and 50 hours of Shiatsu or its equivalent.

*Note: Those who began their studies under an earlier program may, if they complete its requirements within 24 months of their first class, be registered under that program, or, if they prefer (or it has been more than 24 months), they may apply previous classes to the above program.*

## Notes to the Practitioner Requirements

### Starting and Maintaining an Aquatic Bodywork Practice

WABA oversees and authorizes Aquatic Bodywork courses, programs, providers, practitioners and instructors and maintains their authorizations and transcripts on its Worldwide Registry. The overseeing of these is shared with its affiliated democratic <sup>4</sup>National Aquatic Bodywork Associations (NABAs) in a growing number of countries. WABA also authorizes <sup>5</sup>schools to offer variants of its generic programs.

Anyone wishing to enter this field must understand the difference between, certification, registration and licensure. Certificates are issued by state approved schools. WABA registers all the Aquatic Bodywork courses taught by its authorized instructors, whether they were taught in a school or outside, and based on them, registers students as having met its requirements to be authorized to practice. Some licensing agencies will only accept courses and certificates obtained at a state approved school. Those who wish may have their WABA authorizations listed to the public as long as continuing education requirements and renewal fees are met. In countries where there is a NABA their member dues includes WABA provider and practitioner renewal fees and the NABA oversees their listing to the public and what qualifies as continuing education, as well as the requirements to be a provider or practitioner in their country (These vary to meet local laws and obtain group insurance).

A provider is someone who is authorized to have a limited practice under a contract to complete the full requirements to be a practitioner within a specified period of time. Where there is a NABA the contract is with the NABA. A Practitioner coming from a region with lesser requirements could be accepted as a Provider.

**1 Demonstrate Competency.** After Watsu 2 and 20 logged sessions, before attending Watsu 3, give a session to an authorized assistant or instructor during a Supervision, Integration or audit of Watsu 2. Mastery of the form and principles of Watsu is required for placement as provider or practitioner.

**2 Licensed Professionals** eligible for this program includes Nationally Certified Massage Therapist (NCBTMB), Licensed Physical Therapist or Physical Therapy Assistant, Licensed Occupational Therapist or Occupational Therapist Assistant, Registered Nurse (BSN/MSN), License to practice Medicine or Dentistry (MD/DO/DC/DDS/DMD), State Licensed/Certified Massage Therapist (500+ Hours), ATRI Certified Aquatic Therapist (2003 Standards) with over 500 hours of certified training. Those with an extensive bodywork practice in an area where the minimum requirements were less than 500 hours may reduce the 500 hundred hour minimum by 50 hours for each year of full time bodywork practice. Those with similar qualifications will be considered on a case by case basis.

**3 Transfer Credits** Requirements may be fulfilled by transferring credits from an equivalent course taken elsewhere. Any number of courses up to the required total hours may be transferred into your transcript on the Registry at one time for a fee of \$50.

#### 4 NABAs

A list of National Aquatic Bodywork Associations will be added to the waba.edu site.

#### 5 Schools with WABA approved variant programs (contact for details)

The School of Shiatsu and Massage  
Watsu Italia  
Watsu Center Brazil  
German IAKA  
Swiss IAKA  
(Unique versions of Watsu 1 and 2 are taught in IAKA programs. Students wishing to attend a IAKA Watsu 2 after taking Watsu 1 elsewhere must first attend a Supervision and demonstrate readiness, likewise those wishing to attend the Worldwide version of Watsu 2 after IAKA Watsu 1.)

#### Additional Placements:

Links will be placed on the waba site to descriptions of Assistant and Instructor programs and Waterdance and Healing Dance requirements still being updated.



**STATEMENT TO BE READ AND AGREED TO BEFORE RECEIVING A PRACTICE SESSION FROM A STUDENT**

I understand that a session of any form of Aquatic Bodywork can be powerful and have profound effects, that when the body arrives at the level of relaxation possible in warm water and its normal tension holding patterns are released, there can, occasionally, be reactions that can cause momentary discomfort. I also understand that being held as close as is required while being floated, can bring up issues that people have about intimacy. I understand that receiving a session in any kind of bodywork from a student always involves a slight risk. I willingly accept that risk and hold no one else responsible for anything that happens to me in my session. Ideally, the kind of heart space the session will help me into, and its continuity, will help me let go whatever comes up into its flow. I understand there have been no medical claims made for this session. I will give feedback the moment anything is uncomfortable. I will let the student know anytime my head, neck, back, etc., do not feel adequately supported. I understand that when I am brought to the end of a session, I am not required to immediately give feedback. I understand that constructive feedback can be very valuable for a student. If I choose not to talk about the session I just received, I will send a note giving feedback afterwards.

For more information about the forms being practiced visit [www.watsu.com](http://www.watsu.com)

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I have read and agreed to the above statement and am listing below any conditions that might be affected by a session:

Conditions that might be affected by being in warm water:

Conditions that might be affected by stretching and movement:

Psychological conditions or trauma that might be affected by being held:

Susceptibility to Motion Sickness:

Previous experiences of Aquatic Bodywork:

Expectations or concerns:

Name \_\_\_\_\_ Address \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
phone \_\_\_\_\_ email \_\_\_\_\_

*Add any post-session comments or evaluation below and on the reverse.*

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**APPLICATION TO APPLY TRANSFERS TO FULLFILL REQUIREMENTS TO BE REGISTERED AS A PRACTITIONER**

(not required of those intending to take all the courses listed in the full program from WABA instructors nor those whose prior training that qualified them for a licensed professional program included shiatsu or its equivalent.)

Hours	Max	Land Classes	
	100	Anatomy/ Physiology	
	100	Shiatsu and/or Tantsu	
<b>Other Replacements</b> (by those already licensed to touch)			
	50	Replacing Shiatsu	
	100	Replacing Aquatic Bodywork electives	

No more than the maximum number of hours listed before each category can be applied. Enter the number of hours and briefly describe what you seek to have transferred in the appropriate box. Attach documentation for each transfer.

To WABA, To process this application (check one)

I am enclosing a payment of \$50.

please deduct \$50 from my account on the Registry (you can add to your account with a credit card anytime you enter with your password).

I have already transferred these hours into my Record at the Watsu Center\*.

Please transfer in to my record and apply the listed, documented, coursework to fulfill requirements to be registered as a Practitioner.

I am applying to transfer in Other Replacements and am attaching documentation of my being licensed to touch. I understand that any replacements listed under Other Replacements are only allowed to those who are already licensed to touch and are subject to approval by the Educational Standards Advisory Committee. I also understand that if anything is determined not to be an appropriate replacement, there will be no refund of the fees accompanying this application, and that each subsequent application must be accompanied by a \$50 fee to process.

Signed \_\_\_\_\_ date \_\_\_\_\_ name \_\_\_\_\_ -

\*Classes transferred into the school to fulfill requirements to be a Watsu Therapist can also at no extra charge be applied to fulfill requirements to be listed on the Registry (whether or not the Therapist program at the school has been completed). See school catalogue for details about transferring in courses.

*After signing this document send it, and any accompanying documentation by fax to 17073170052*

## Application for Placement on the WABA Registry as a Watsu Provider or Practitioner

### To the Worldwide Aquatic Bodywork Association:

From (print name) \_\_\_\_\_

I wish to be registered on the Worldwide Registry as a \_\_\_\_\_ Provider\* \_\_\_\_\_ Practitioner. (check one)

\_\_\_\_\_ I am enclosing a payment of \$50 for processing this application.

\_\_\_\_\_ Please deduct \$50 from my account on the Registry\*\*.

I have successfully completed (check one)

\_\_\_\_\_ a program at the School of Shiatsu and Massage

\_\_\_\_\_ all the required classes through WABA registered instructors. These are now recorded on the Registry as well as any transferred in requirements (except for any I am applying now to transfer in on a separate accompanying application). I understand that being placed on the registry as a provider or practitioner is not to be misconstrued as being identical to receiving a certificate from a school, that WABA is not a school, but maintains the worldwide registry as part of its non-profit goal of making the benefits of Aquatic Bodywork available to everybody. I am attaching scanned copies of my CPR certificate, my practice session log and my received session log or documentation of their having been checked by an instructor.

\_\_\_\_\_ I have completed the program for those who are already licensed professionals and am attaching documentation of my qualifications under that program.

I understand that I can choose to be listed to the public as a practitioner until the end of this year at no additional cost, and that continuing to be so listed is dependent on having attendance in at least 50 hours of WABA classes during the previous three years recorded, and paying WABA \$50 for each year's listing in the U.S.(two year's listing elsewhere).

I understand that the privilege of being listed is also dependent upon my maintaining the ethical standards outlined in my logbook. I will treat my instructors, fellow students, those I practice on, and clients with respect and will not abuse the level of intimacy and trust inherent in Aquatic Bodywork classes and sessions, nor use it for any ulterior motive. I will not have sex with clients. I understand Watsu® is a registered service mark and that, as long as I am currently on the Registry as a Watsu Practitioner, I can use it publicly (with an ®) to describe Watsu sessions, but I must obtain permission to use it in the title of a business. I will not offer to the public Aquatic Bodywork services (such as that of an instructor) for which I am not currently authorized by the Worldwide. I will not 'repackage', and offer or instruct under a different name forms I learn in my Worldwide classes. As a member of the Water Family I share its goal of making the benefits of giving and receiving Aquatic Bodywork available to everybody. I understand that accompanying any choice to be listed to the public or others of the Water Family, is a commitment to maintain up to date the data (city, state, email, phone) they can access through my listing.

Please send me a certificate acknowledging my placement on the Registry..

\_\_\_\_\_ I want to be added to the list of practitioners made available to the public.

\_\_\_\_\_ I do not want to be added to the list of practitioners made available to the public

I understand that as a member of the Water Family, for three years from a last recorded class, my name, city, email and phone number will be made available to other students on the Registry unless I indicate otherwise:

\_\_\_\_\_ I want to be accessible to other students.

\_\_\_\_\_ I do not want to be accessible to other students.

First \_\_\_\_\_ Middle \_\_\_\_\_ Last Name \_\_\_\_\_ Title \_\_\_\_\_

*Enter middle name and title only if you want them to appear on certificates and lists.*

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Country \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ E Mail \_\_\_\_\_

Birthdate (month) \_\_\_\_\_ (day) \_\_\_\_ 19 \_\_\_\_ Profession \_\_\_\_\_

Second Phones, addresses, etc: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Those applying to be registered as a provider \*must accompany this application with their Provider Fulfillment Agreement.

\*\* You can add money to your account on the Registry with a credit card.

*After signing this document send it, and any accompanying documentation by fax to 17073170052*

## Watsu Provider Fulfillment Agreement

I have completed all the requirements to be registered as a Watsu Provider operating out of the following facility (and any others my employer operates): \_\_\_\_\_

I understand that the Provider status is temporary and is dependent on my completing in the manner agreed to below the remaining requirements to be listed as a Watsu Practitioner on the WABA Registry. Until I am so listed I will not solicit clients for paid Watsu sessions outside the above listed place of employment.

I will annually renew my place on the Registry as a Provider with a payment of \$50 by January 1 every year. I will fulfill the following requirements to be registered as a Watsu Practitioner:

I will have at least 50 hours of the above completed by December 31 at the end of the year that follows the year this Agreement is submitted, and an additional 50 hours completed by the end of each subsequent year. On completing all the above I will submit an application to become listed as a Watsu Practitioner with an additional \$50 fee.

Signed \_\_\_\_\_ date \_\_\_\_\_

*The following is to be signed by your employer.*

\_\_\_\_\_

I am employing \_\_\_\_\_

as a Watsu Provider at \_\_\_\_\_

I understand his continuing employment as a Watsu Provider is dependent on the fulfillment of the above agreement in a timely manner.

Name \_\_\_\_\_ Signed \_\_\_\_\_ date \_\_\_\_\_

*After signing this document send it, and any accompanying documentation by fax to **17073170052***

# Mission and Ethics of the Water Family

## Our mission as a Water Family is to help

- make the benefits of both giving and receiving Aquatic Bodywork available to everybody
- realize its potential to heal both specific conditions and wounds of separation
- build a community that cuts across all borders, a true Worldwide Water Family.

As Water Family members we measure our behavior on how it helps further our common goal and how it is based on universal principles and the respect due each individual.

We welcome the opportunity Aquatic Bodywork provides us to manifest that respect in 'being' with instead of 'doing' to another. We realize our 'intentionless' state is necessary for Aquatic Bodywork to fully realize its healing potential. We recognize that our own growth is intimately tied to our realizing that state and truly being with others. For the benefit of those in our arms, for our own growth and for our whole Water Family, we will seek to be aware of, and curb, any tendencies we might have to intrude intention into what we share with others.

We realize that intention can come in many forms. One of its most inappropriate forms in our work would be any kind of sexual intention. We recognize and respect the boundaries of each person in our arms and never touch anyone inappropriately nor use Aquatic Bodywork as a mating dance or tool of seduction. We acknowledge that our role is that of a facilitator and that 'not doing' includes not presenting ourselves as a 'healer', or as a 'mother' or any other role that could create dependency. We will avoid attachment and help our clients realize that whatever 'love' or 'oneness' they feel during or after a session is universal and not personal. We will not force anyone into or under the water. We will not impose opinions, prejudices, quasi-medical, new age or past life diagnosis, or personal preferences of any kind, nor take advantage in any way of the bonding achieved. We will maintain a level of integrity that is true to ourselves, our clients and the mission of Aquatic Bodywork.

We end each session allowing our partner to enjoy and be in their own space in silence. We will not impose upon them any need we might have for feedback or recognition, etc., but we will still be nearby, without touching, until it is clear they have nothing further they need to share with us. We realize wide ranges of emotions are often released and experienced in the course of Aquatic Bodywork. We provide a safe environment for a client to experience these emotions. We are willing to discuss these feelings when the client and we agree it is appropriate, and when the feelings are not of a depth or intensity that might require professional counseling. We understand and protect the confidentiality of such communications. We assist our clients in obtaining professional help for all important aspects of their physical or emotional and mental well-being insofar as they are made known to us, directing the client to other well-qualified professionals when the problem falls outside of the boundaries of our own competence.

In addition to the above principles guiding our behaviour with those who come into our arms to receive Aquatic Bodywork, we realize that achieving our Water Family goals is also dependant on the quality of our relationships with other members of our family. We will seek unity, fairness and community in those relationships. We also understand that achieving those goals is dependent on our behaving in a way that does not prejudice the public against our work.

We understand that some of the above principals require fine-tuning and interpretations to fit them to specific situations and the mores of different countries, etc, and that this interpretation is a continuing process. We will participate to the best of our ability in that process and help committees, etc. fine-tune the above principals. We will keep informed of any such fine-tuning. If a committee of our peers determines we have behaved unethically we will modify our behaviour and accept whatever consequences that committee determines. We realize that having a place on the Worldwide Registry is dependant on our behaving ethically

# Water Class Assessment

This certifies that \_\_\_\_\_ completed my \_\_\_\_\_ course on \_\_\_\_\_ in \_\_\_\_\_

Signed \_\_\_\_\_ (\_\_\_\_\_, an authorized instructor) date \_\_\_\_\_

- Before going on to the next level student should...** U. audit this course...S. attend a Supervision  
**L.** log an additional \_\_\_\_ practice sessions...**O.** other (see \* additional comments)  
**R.** none of the above. Student is ready to go to next level.

*The assessment below is arrived at through receiving and observations throughout the course. The purpose is to pinpoint areas that your focusing on would improve your work in water, and help you get the most out of what you are learning. The numbers on the far right are the sum of the numbers following the three parameters in each section. Those parameters are marked from 0-3, The number 2 indicates you are at the expected level of proficiency. 3 is exceptional. Under 2 indicates a need to focus on that area. The five sums to the far right and any text below appear to instructors looking at your transcript to help them help you.*

SUPPORT		
Head and Spine		
Lets water support		
Applies pressure gradually		
BODY MECHANICS		
Good stances, alignment and balance		
Low in water, moving from center		
Relaxation of effort		
PRESENCE		
Maintains focus throughout		
Coordinates moves with breath		
Sensitive to boundaries		
APPLICATION		
Realizes each move's intent		
Adapts moves as needed		
Appropriate range of yin and yang		
FORM		
Correct hand placement and movements		
Knows sequence		
Flows with seamless transitions		

\*additional comments:

*Any text below appears to instructors looking at your transcript*

In a Supervision you give a full critiqued session to a registered assistant or instructor. A successful audit of the course (or an integration weekend) may replace the Supervision. Additional supervisions may be prescribed. A requirement for logged sessions, unless stated otherwise, are sessions in addition to the number normally required.

## COMITTMENT

As a student of Watsu, I want to learn to give the best Watsu I can.  
I understand that because of its closeness and the many levels Watsu accesses,  
the quality of presence is as important as the mastery of technique.

Technique can be learned,  
but developing an ever greater presence,  
unlearning whatever keeps us from being present,  
is a life long process.

I treasure Watsu as a tool that can help us develop presence.  
I will be present in breath and emptiness in the Water Breath Dance.  
I will be present in the water I surrender to.  
I will be present in the flow of movement.  
I will be present in following whatever tendency to move arises in my partner.  
I will be present in the way I hold, or press, or stretch to that place where the greatest release is possible.  
And when there is release, whether it is tears or ecstasy,  
I will stay present.  
When we are no longer touching  
I will stay present.

I will work to overcome whatever might get in the way of my being present,  
whether it is a desire to control  
or judge  
or mother  
or be recognized as a healer  
or desire itself  
or any other need or fear.

I understand that the more I master technique  
and learn to support and move someone in ways that avoid discomfort or injury,  
the more present I can be.  
The more I know in my body the sequences, and how to adapt them to each person,  
the more I can access that creative presence that is Free Flow.

I will supplement my training in ways that help me become present.  
If I have no experience working with the body on land, I recognize the need to study Shiatsu or Tantsu  
and to increase my knowledge of anatomy before becoming a practitioner.  
If I have never had any practice with a meditative movement such as Tai Chi,  
I recognize the importance in developing such a practice.

I understand that Watsu is more than a skill that can be learned in a fixed number of hours.  
Each of us differs in how we develop presence.  
At the beginning of a training, no one can tell me how many hours, how many practice sessions,  
it will take me to be ready to be a practitioner.  
I welcome the assistance and counseling of my trainers.  
Before attending each subsequent level, I will do what they determine necessary to prepare for that level.

I am committed to developing my presence in Watsu and to helping others develop theirs.  
I will teach others simple Watsu moves and help as many as I can develop their own presence.  
I accept this Mission of the Water Family as my own and will work with others to help make it worldwide.

Signed \_\_\_\_\_ Date \_\_\_\_\_