

1st. International Symposium of Watsu and Aquatic Bodywork

“Watsu and Bodywork today: training, research, integration”

Paratico (Brescia - Italy) . from Saturday June 5, 10am, to Sunday June 6, 5pm

Short Biography of the Lecturers and titles of presentations:



Harold Dull:

Watsu and Tantsu

Harold Dull, BA ,MA, is the president of the Worldwide Aquatic Bodywork Association, and the creator of Watsu (water Shiatsu), Tantsu (Contact Stretching), Co-centering and Watsu-CQ. Harold has trained with the foremost Zen Shiatsu teacher in Japan, Shizuto Masunaga (author of “Zen Shiatsu”), and the two foremost teachers in America, Reuho Yamada and Wataru Ohashi. The profundity and effectiveness of the Bodywork forms he has created reflect his passionate practice and deep understanding of energy and the body; the creativity of these forms reflects his background as a poet in the San Francisco Renaissance. His current book “Watsu: Freeing the Body in Water” is an eloquent testament to the power of both his writing and his Bodywork. Harold speaks several languages, which allows him to teach his work all over the world. He has been honored with the International Aquatics Award from the United States Water Fitness Association; honored at the National Aquatic Exercise Conference in Japan; and in 1998 received the Tsunami Spirit Award from the Aquatic Therapy and Rehab Institute.



Inika Sati Spence:

HealingDance

Inika is a Watsu and Healing Dance Instructor. She is Aquatic Bodyworker since 1996, working intensely at Harbin Hot Springs as a Watsu, WaterDance and Healing Dance Practitioner and assistant teaching in water classes at Harbin. She is passionate about Aquatic Bodywork and brings that passion to her teaching. Her knowledge of movement comes from yoga, tai chi and dance, and her knowledge of water comes from swimming and playing with dolphins and many hours in the water scuba diving and swimming. Her teaching style is very much like a Watsu session, easy and graceful in a flowing environment.



Arjanda Claudia Brunschwiler: WasserTanzen

Is the director of IAKA Switzerland (Institut für Aquatische Körperarbeit) since 1993. She is the co-creator and an international teacher of WasserTanzen since 1987. Arjana brought Watsu to Switzerland in 1992 and teaches Watsu in Europe since 1993. Together with the father of her child she owns a little water and relaxation center in Belgium. Since 1988 she is a certified Bodyworker (Danja school, Zurich Switzerland). 1996 she graduated at the EMS (Energy Mastery School) of Robert Jaffe, M.D.,USA.

***“Nothing under the Heaven is more soft and yielding than water.
Yet for eroding the hard and strong, nothing can surpass it.”***



Helen Ulrike Schulz:

The precision work from WATSU

Ergotherapist, Founder and principal of the „Institute of Aquatic Bodywork/Germany“. She has many years of experience in leading groups and working with single persons. She has been working with Harold Dull and WATSU since 1988. Authorized trainer for all levels of WATSU and Tantsu. Helen received education in holistic Bodywork, massages, Avatar and Tantra (USA, CH, D). She is trainer for Lomi-Lomi-Nui (hawaiian healing massage), Huna-teacher, coach for women in crises, teacher for women and couples' classes, youth classes and Vision Quest, training for medical professionals.

Fabrizio Dalle Piane e Cecilia Maraviglia:

- Yoga Contact,
- Feldenkrais for aquatic bodyworkers



Fabrizio Dalle Piane: Karate European champion in 1984, obtained the Kinesiology-therapist diploma at the "Osho Multiversity Poone India" in 1992. Certified second Reiki level in 1992 and Shiatsu therapist in 1994. Created the Atlantis Massage in 1996 (a sub-aquatic massage that has now turned into Aquatic Yoga Contact). Later on he became Watsu Practitioner in 2000 and certified Tantsu (Contact Stretching) trainer in 2001, at the *School of Shiatsu and Massage of Harbin Hot Springs, NCTMB Provider- Cat. A "* (California, USA). In 2002, together with Cecilia Maraviglia, he created Yoga Contact, aiming to mix the best of different disciplines to obtain the greatest results.

Cecilia Maraviglia. Choreographer and dancer, obtained the diploma in "Manual Osteopathic Therapy" with Nicette Sergueff. She attended the "Craniosacral Bio-dynamics Therapy" course with Bhadrena Tschumi and Kavi Gemin from the "International Institute for Cranio-sacral Balancing". She also attended the four years training required to become a Feldenkrais method trainer with Ruthy Aalon. Since 1996 she has been working in the pediatric oncology dept. of San Gerardo hospital in Monza, and in the Cancer Institute of Milan.



Irmí Durot:

Relaxation in the water
with "water-dream" pillows

Watsu therapist and Wassertanzen Practitioner since 1997. Teacher and Instructor for "Living from Vision"-Seminars. She practices Aquatic Bodywork in Switzerland. Combines aquatic bodywork with Kinesiology and Mental-training. Has developed the water-dream pillow. A pillow that gives many new possibilities to bring different Bodywork like acupressure, cranio-sacral, massage, Kinesiology, Reiki etc into the water session.



Lama Paljin Tulku Rinpoce:

Meditation

The Ven. Paljin Tulku Rinpoce (Arnaldo Graglia) is a Buddhist monk of the Mahayana Vajrayana tradition. Born in 1941, Italian, practices Buddhism from over 20 years. In 1995 he was recognized as the reincarnation of Je Paljin, a Lama who lived in Ladakh about 500 years ago, famous for his important contribution in spreading Buddhism and his being an exceptionally talented yogi which lead him to be know as "Drubwang" (the meditating). The Ven. Paljin Tulku Rinpoce is founder and spiritual director of the Mandala center for Tibetan Studies of Milan, is among the leading Masters of the monastery of Lamayuru and is the director of the monastery of Atitse. He also founded in 1998 the Lamayuru Institute of Buddhist Studies, he leads classes and workshops in Italy and abroad and is the promoter of many humanitarian initiatives in Ladakh, India and Nepal. He is the director of the Mandala Samten Ling Center of Graglia Sanctuary (Biella). And also the spiritual director of many other centers and Buddhist Centers in Italy and abroad.

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Douglas Gattini:

Shiatsu

Born in Chile in 1950, son of a naturopath, since 1970 is involved in the holistic disciplines field. Shiatsu Practitioner since 1985 and Instructor since 1987. He studied Shiatsu with Japanese masters and European instructors too. In 1990 founded the Shambala Shiatsu School of Milan. In the same year is one of the founders of the Italian Shiatsu Federation of which has been vice-president in 1993/94. He has been president of the European Shiatsu Federation from 1994 to 96. Since 1995 member of the AISTUGIA (Italian Association of Japanese Studies), since 1998 is member of the Cultural Board of FIS. In 2000 has been elected President of the same Federazione Italiana Shiatsu, of which is still in charge. Since 2003 is member of the Technical-Scientific Board of the Holistic Clinic (the first holistic clinic in Italy). In 2003 founder, on behalf of the FIS, of the ISN International Shiatsu Network



Mara Fusero:

Feldenkrais Method

Psychologist, PT and Instructor of the Feldenkrais Method. Continuing Assistant Trainer of the Professional Training Course for Feldenkrais Instructors, recognized by the International Feldenkrais Foundation. Founder of the Feldenkrais Center of Milan, recognized by the Ministry of Health, as Continuing Medicine Education Provider. She presented the Feldenkrais method in many medical and rehab conferences, she organizes and teaches as Continuing Assistant Trainer in European professional training courses together with Trainers like Ruthy Alon, Carl Ginsburg, Larry Goldfarb, Yvan Jolie, Jerry Karzen, Myriam Pfeffer, Mark Reese, Steven Rosenholtz, Frank Wildman.



Flavio Toniolo:

Taiji Quan

Flavio Toniolo is a specialist of the Yang style of Taiji Quan. He began studying Taiji Quan (or Tai Chi Chuan) in 1983. He studied through individual lessons in Italy and abroad with the masters of Taiji Quan with which he still keeps working. Organizes workshops with important Chinese masters of Taiji Quan and of Qi Gong. Master Caposcuola of P.W.K.A. (Professional Wushu Kungfu Association) he is deepening his knowledge especially in the Qi Gong and Traditional Chinese Medicine field. Technical director of "La Via del T'ai Chi" (the T'ai Chi way). Practices daily and teaches since 1989.



Giovanni Baccarani:

Meridian Stretching

Shiatsu and Meridian Stretching Instructor for the Worldwide Aquatic Bodywork Association, Watsu Instructor certified at the *School of Shiatsu and Massage of Harbin Hot Springs (NCTMB Provider- Cat. A)* (California, USA), he deals with energetic disciplines since 1993. Trained also in Avatar with the Wenger Institut in Switzerland. He has been Shiatsu therapist and trainer in Zen Stretching for a famous Contemporary Dance Company based in Milan. Lecturer in various conferences in Italy and abroad, presenting the oriental disciplines approach for prevention and healthcare. Co-founder and actually President of the Italian Association of Watsu and Aquatic Bodywork, AIWaBA. He is also co-founder of the Watsu-Europe project, for helping Watsu and aquatic Bodywork diffusion across Europe. Inventor and Chairman of the 1.st International Symposium of Watsu and Aquatic Bodywork 2004

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Shigeyo Goto:

Shiatsu

Shigeyo learned Shiatsu from a Master Shiatsu teacher in Japan and has been in practice for over 35 years. She currently works with an acupuncturist on San Francisco peninsula and is the Prized Shiatsu Practitioner at the Lodge at Skylonda in Woodside, CS. She has been assistant Shiatsu Instructor at , at the *School of Shiatsu and Massage of Harbin Hot Springs, NCTMB Provider- Cat. A* " (California, USA). in 2000 and 2003.



Rosa Maria Chicco:

Buteyko breathing method

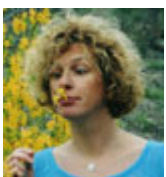
Graduated Lawyer, thanks to the 5 foreign languages she is able to speak, and the diplomatic career she began in 1968, she had the opportunity to increase the knowledge of many "complementary therapies" in many different countries. Particularly interested in breathing (she is a pianist and a singer graduated at the Conservatory), she first knew the Buteyko method in 1998, in Ireland. She deepened the study of this method (with R. Courtney and Leonid Motin, of the Australian Association "Eucapnic Buteyko Breathing"). She was then the first introducing the Buteyko method in Italy, writing books, establishing the Associazione Buteyko Italia (of which is now consultant), with various interviews and magazines articles, and organizing and leading introductory courses attended by hundreds of participants in the last 4 years. She actually lives in Germany and focuses mainly in teaching classes for Instructors in Italy.

Keli Procopio e Massimo Gusmano: Waves of Breath in the water



Keli Procopio. She began her path as spiritual researcher in 1988, when she became disciple of the mystic Osho. In the same period she attended the professional training courses of Shiatsu at the TCM center of Milan. She trained in Rebirthing at the Milena Screm Institute. Afterwards she dedicated herself to teaching the two disciplines. Her meeting Harold Dull lead her to divert her interest to aquatic Bodywork until she became Watsu Instructor. Co-founder of the Osho Circle School in Italy, where she actually lives in and practices her work. She is focused in experimenting breathing, meditation, integrated with Watsu and the regenerating power of water.

Massimo Gusmano: psychologist, Breathwork instructor and manager of the Insight Institute.



Isabella Ferlini:

Water Coach

Psychologist, business consultant, Bodyworker and comical therapist. Her work is based on experiential training's for business firms, specializing in leadership issues. She enhances physicality and body expression of emotions, games, theater, dance, massages in warm water (water coach), psycho-physical wellbeing, comical therapy and humor. Her specialty is integrating two different languages, the body expression and life in a business environment.

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Gianni Mazzezi e Fulvio Zanella: Lived experiences in the water



Gianni Mazzezi. Shiatsu and Watsu Instructor. Co-founder and president of the "Watsu Italia" Association. Since 2000 is co-leading a research workgroup called "Vissuti d'Acqua: Esplorazione, Libertà, Comunione" (lived experiences in the water: exploration, freedom, sharing), mixing Aquatic Bodywork with psychotherapy and bio-systemic counseling. He is the initiator of a breath-work technique called "Pneuma Touch". Theater- and ClusterAnalytical-therapist and member of C.I.S.CA (Italian Center for ClusterAnalytical Studies) for the natural medicine system created by Prof. Ulrich Jürgen Heinz. Member of the French and of the International Association of Somatotherapy and of Somato Psychotherapy.



Fulvio Zanella. Psychologist and Psychotherapist with trained at the Italian Society of Biosystemic, founded by J. Liss. Trained also in Imagery Therapy with Dr. B. Caldironi, former student with S.I.P.T. (Italian Society of Therapeutic Psycho-synthesis). He also trained in Organismical Psychotherapy a course lead by M. Brown and P. Ortolani. With G. Mazzezi is the co-leader of various classes where Aquatic Bodywork and a psychotherapeutic approach are put together.



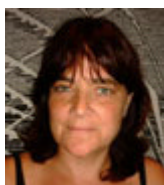
João Manuel da Cruz Martins: pilot study on Watsu

Watsu Practitioner, PT for the Physical Therapy Dept. of the Setubal University, Portugal. Post graduated in Osteopathy. Specialized in many other aquatic techniques (Halliwick, Bad Ragaz, ..). With more than 15 years in pediatric hydrotherapy and a 4 years long experience in China at the Hospital of Macau. For some years coached the Hockey teams of Benfica and Paço de Arcos. Author of the first scientific study about the use of a non-conventional technique (Watsu) in Rehabilitation. Instructor for the Anatomy and Bio-mechanics classes for WABA Aquatic Bodyworker.



Basia Szpak: Watsu and Fluid Beginnings®

DEC, Licensed Massage Therapist, Certified Watsu Instructor, specializes in aquatic training programs, therapy and Chinese Internal Arts. She completed Advanced and Pediatric Craniosacral Therapy. Szpak introduced Watsu to Japan and water trained her baby with Igor Tcharkovsky's guidance. She researched early aquatic education for infants in her book 'Fluid Beginnings'. She enhances energy work with the Chinese Internal Arts. Certified Assistant Shin Yi and PaKua instructor with NATSTA and registered Watsu instructor with WABA. She participated with the Aqanatal Certification at the International Water Birth Conference in Portland, Oregon in 2000.



Tiina Palen Kyllikki: Watsu and rehabilitation

PT and Hydrochinesologist specialized in the neuro-rehab field, Instructor of Infant Massage and Watsu Practitioner. She works with AIAS (Italian Association for Spastic patients Assistance) where she also co-ordinates the San Donato (Milan) Facility and where she is Tutor of therapists. Lecturer at various Medical Meetings, Instructor of Hydro-kinesology for Medical personnel (provider of Continuing Education in Medicine). Co-founder of the no-profit organization "Il Paguro", working in the rehabilitation field in Lodi (Milan).

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**Karla Caspers:**

Survey on patients with cronical pain

Nurse, Medical Doctor, WATSU Instructor and WATA Practitioner. Began studying Aquatic Bodywork in 1994 in Harbin Hot Springs, completed her training in Germany at the IAKA Institute; Since September 2003 medical director of a clinical observation study at the Institute of Medicine Theory and Complementary Medicine of Witten/Herdecke University, West Germany on the effects of Aquatic Bodywork on patients suffering from chronic pain; She is working as an assistant surgeon in the Emergency unit and in the Rescue Team of Herdecke Community Hospital in West Germany

Tomasz Zagorski

Possibilities and limitations of scientific research on Watsu

Physical Education Master, Athletic Coach (former distance runner). Completing Doctoral Study at the Academy of Physical Education in Cracow , Poland (research of Watsu application in sports recovery enhancement). Sports Recovery and Massage Specialist. Polish National Ski Team of Nordic Events masseur, working with Robert Korzeniowski, 3 times Olympic Winner in 50km walking and others athletes. Actually Watsu student in the Netherlands.

**Italo Bertolasi:**

Soul of Water

Writer, traveler and Watsu Instructor. He studied for over 20 years the sciaman cultures in Himalaya, China and Japan. Photographer for several European Magazines. Promoter of "Nuove Terre" (new lands), an association of artists and travelers who unites the passion for travels with the study of far cultures and artistic and healthy projects, with the aim of stimulating the growth potential of the "human nature". Initiator of "Bagno di Foresta" (forest' bath), a practice of experiential ecology to re-educate to a profound contact with wilderness. Italo improved his Watsu at Harbin Hot Spring and in Hawaii where he explored the meditative and spiritual aspect of Watsu. He is actually promoting the "horizontal Watsu" to ease exploration of the boundaries in relaxation, fluidity, transpersonal communication, and pre-natal memories that may come out in warm water.

**Marco Tanda e Fabrizio Dalle Piane:** Music, movement and dance

Marco Tanda. Graduated in Public Relations, specialized in Marketing. Some years ago he started teaching meditation at the Free University of Alcatraz (Perugia, Italy). With Paolo Novi founded "IO È" ("I is") a company dealing with meditation and Management, offering training courses that are based on truly different approach to business life: easier and more self-responsible. Understanding our inner self, Breathwork and music are his working tools.

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