

Watsu Basic[®] , Weekend Flow

Basic WATSU[®] 2 days

| SECTION I | | | |
|--|------------|-------------|--------------------|
| Move | Position | Stance | Action |
| Water Breath Dance | First | Center | Sink on outbreath |
| Sink to foot foot | | | |
| Slow Offering | | HF ↔ FF | Pull and Offer |
| Free Spine | | Center | Arms push and pull |
| Water Breath Dance | | | Sink on outbreath |
| One Leg Offer | | HF ↔ FF | Pull and Offer |
| Two Leg Offering | | | |
| Accordion | | Center | Open and close |
| Rotating Accordion | | | |
| Near Leg Rotation | | Center ↔ HF | Rotate and Press |
| Far Leg Rotation | | | |
| Overgrip Arm in Front to Free Float | | | |
| SECTION II | | | |
| Stillness | Free Float | Center | |
| Follow Movement | | | |
| Seaweed | | | Under Head |
| Overgrip Arm Behind Back to 1.st position, other side | | | |
| <i>Repeat above Section I + II from second side and return to first side</i> | | | |
| SECTION III | | | |
| Explore Movement | First | Center | Follow tendency |
| Heart Rock | | Face HF | Press on outbreath |
| Finish at wall | | | |