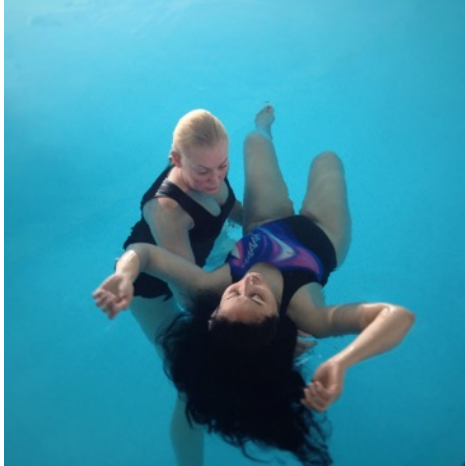


AQUA-YOGA-SOMA

Aquatic Yoga Somatics Practitioner Training

A 100 Hour Deep Dive into the Nature of Water and Fluid Presence
guided by Ateeka & guest teachers



Module 1: 25 Feb - 1 March, 2015 - Cape Cornwall, UK

Module 2: 18 - 22 November, 2015: Tuscany, Italia

Module 3: March 22 - 26, 2016: Budapest, Hungary

Module 4: September 7 - 11, 2016: Sardegna, Italia

Dwelling in the fluid means to dwell in a state of creation, of becomingness, of possibility.

Aquatic Yoga Somatics: Practitioner Training invites the fluid, changeable, responsive nature of water and flow into personal and teaching practice.

Our practices are in warm water (34 - 36 C) pools, hot springs and varied temperature natural water sources around the world. We work individually and in partners to become intimate with the "soul of the waters". As we immerse ourselves into the way of the waters, we also invoke its regenerative movements in our own bodies. We become aware of ourselves as fluid beings.

In each 5 day module, we will enjoy approximately 3 hours exploring movement, meditation and relaxation in/with the water and 3 hours exploring fluid movement and bodywork on land.

This experiential training and mentoring program is both an inner journey of self-development and an opportunity to inspire and enrich your existing teaching and/or therapeutic practice with new aquatic skills. You will learn deep, yet practical somatic practitioner protocols for working with others in an aquatic environment. You will become a true advocate of the water.

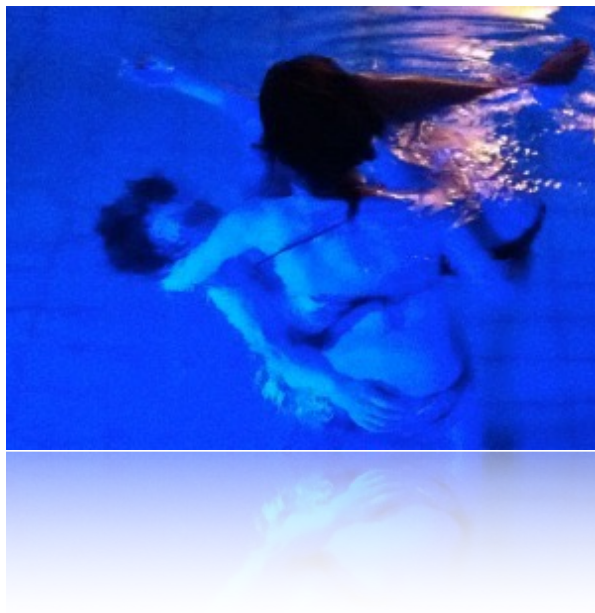
All modules include: Exploration into yoga asana and breath adapted for an aquatic environment, sound work, contact bodywork, embodied and energetic anatomy, archetypes and myths of the water, yogic/tantric/taoist philosophy inspired by the water.

Module 1: Meeting the Fluid Matrix

- Meeting the Waters - Invocation to the Fluid
- All waters are One - Fluid Resonance
- The nature of water - its movement and life energy
- Our relationship with water
- Learning to Support and Be Supported in the water.
- Letting the Water "do the work" . . . buoyancy and surface tension
- Introduction to aquatic archetypes
- Becoming Water on Land - Unwinding and meeting the fluid in our own bodies



Module 2: Diving Deeper



- Breathing an aquatic environment - Recognizing the connection between air and water - life and breath.
- Cellular Breathing
- Introduction to sub-aquatic explorations
- Aquatic communication - Sounding and Relating
- Remembering the womb & embryo consciousness
- Divining: Becoming "Il Rabbdomante" Sensing fluid currents and tides in the fluid body of another
- Meeting the "sweet waters" - The cranio-sacral fluid and its tidal movement.
- The Water as a symbol of the unconscious - myths, tales and dreams that can take us deeper.

Module 3: Walking on Water

- Aquatic Tai Chi and Qi Gong (taught by Emmanuel Pastor)
- The Dance of Fire and Water
- Spiral and Vortices - Life's movements of purification
- Healing work in the water
- Heart Resonance and the expanding field
- Tantric & Taoist Views of the Water
- The masculine and feminine aspects of the water.





Module 4: Meeting Water on Earth

- All work in this module is with natural water sources in its own environment, in nature.
- Seawater - Saltwater explorations - Being with the wave
- Natural hot springs
- Tide pool explorations
- Cleansing and Recharging - How water purifies itself in nature
- Aquatic animal totems and water in indigenous traditions
-
- Connection of the elements - Water, Earth, Air, Fire and Ether
- Meditating with the water in nature
- Becoming a true advocate of the water.

Monthly mentoring:

As part of this training, each month you will receive via audio, video or written instruction, a contemplative practice to keep your connection with the water and the flow of these teachings. You will be invited to submit a short report or sharing after each monthly instruction. These are personal and inner journey contemplations and not of an academic nature. Many practices will call upon your creative or meditative essence. Ateeka will offer written feedback about your sharing, as a mentoring in your aquatic journey and as a way to help you cultivate your own unique relationship with this work. This instruction and mentoring is a part of the full program.

LOCATIONS & ACCOMODATION FEES:



BOSWEDDEN HOUSE is situated on the Land's End Peninsula in an Area of Outstanding Natural Beauty (AONB), in the Far West of **Cornwall, U.K.**, Boswedden House provides a beautiful, tranquil and comfortable environment. Located in St Just, West Penwith, very close to Land's End and St Ives. Boswedden House is a quaint bed and breakfast house with a meditative environment and dedicated heated pool, sauna and bodywork room for our exclusive use. It is minutes from the seaside and also has a beautiful labyrinth on the grounds.

www.boswedden.org.uk

BOSWEDDEN HOUSE CONT.

Closest Airport: Land's End, then Newquay or fly into London and take 6 hour train to the south.

Accommodation Costs for Boswedden House: 83 GBP per person/per night - double occupancy - full pension: breakfast - lunch - dinner daily.

Free use of pool and sauna in the evening included. A few single rooms are available for supplemental fee.



SASSES ALTA is a holiday farm is located in the hills of southern Maremma in **Tuscany, Italia** and a few steps away from the village of Scansano. Not far away is the sea. The idyllic hotel is surrounded by olive trees and forests. A high quality agriturismo built for wellness activities, Sassetta Alta has a beautiful modern heated pool for our exclusive use.

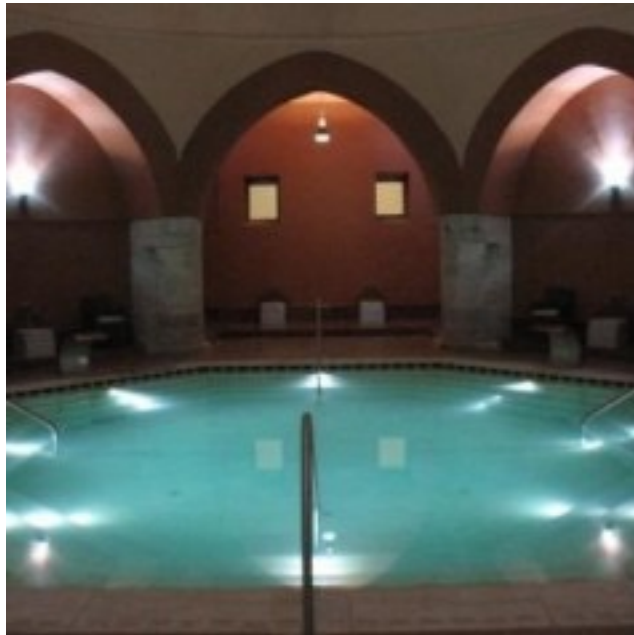
www.sassettaalta.it

Closest Airport: Pisa is closest. Roma is next closest. Train from both Pisa and Roma.

Accommodation Costs for Sassetta Alta: 80 euro per person/per night - double occupancy - full pension: breakfast - lunch - dinner daily.

A few single rooms are available for supplemental fee.





BUDAPEST, HUNGARY is renowned for its abundant underground hot springs that feed many thermal pools and Turkish baths throughout the city. The waters are rich in calcium, magnesium, hydrogen-carbonate, sulfate and sodium, with a significant content of fluoride ions. The waters are recommended to cure degenerative illnesses of joints, chronic and semi-acute arthritis, and spinal problems. During our course work in Budapest, we will work in various public pools and Turkish baths in the quiet early morning hours. We will be working in the Gellert Spa, Veli Bei Turkish baths and perhaps others.

Your accommodation in Budapest is on your own arrangement and your own budget. We can help with suggestions of Air BnB apartments we

have used before. The lovely and central group apartments we have used before have costed around 25 euros per person/per night with full kitchen and multiple bathroom. The prices in Budapest are very affordable and the city is a warm and easy environment to discover. Our land work will be in a centrally located studio location.

You are responsible for your daily entrance fee into the hot baths. This ranges from 1000 - 5000 HUF per day (3 - 15 euros) depending on the bath. You can use the bath for the entire day on a daily pass, even when we are not in course work. Closest airport: Budapest Airport - just 20 minutes outside of city center.



IL GIARDINO INCANTATION is a rustic yet very comfortable olive garden just 4 km from the sea in **Sardegna, Italia**. Guests will stay in comfortable shared luxury bell tents in the garden or can opt for finding their own bed & breakfast accommodation in the nearby town. We will be working in outdoor settings, in the sea, near the seam in natural hot springs, salt water tide pools and even visiting springs where water is said to have curative properties. Some traveling will be required by car or bike each day. (most days only 20 minutes - some days up to 2 hours of driving time)

Accommodation Costs for Il Giardino Incantato: 60 euro per person/per night - double occupancy - half pension: breakfast - dinner daily. A contribution for shared car expenses for transport to each water site is included in your accommodation.

If you choose to stay in a bed and breakfast accommodation of your own arrangement in BOSA, you will be asked to contribute 50 euros for shared transportation costs during the seminar.

Closest Airport: Alghero (1 hour) or Olbia (2 hours)

Payment for accommodation & meals will be due to each location independently - 1 month prior to our group meeting date. You will be given payment information for Boswedden House, Sassetta Alta and Il Giardino Incantato prior to the module.

MORE ABOUT THE COURSE

FOR WHO:

First and foremost, this course is for WHO LOVES THE WATER!

This course is open to mature, open-minded yoga practitioners, yoga teachers, bodyworkers, massage therapists, movement specialists, dance/somatic practitioners, healthcare professionals, physiotherapists, personal coaches, psychologists and counselors, artists, writers, healers, teachers, and lovers of life who are interested to take their own personal practice to new depths of inquiry and IF THEY ARE CALLED TO, share what they have integrated with others.

This course is suitable for who already has a general comfort level and ease with being in the water. All participants need to know how to swim and orient themselves safely in the water, both with head above water and underwater. This is a self-development and discovery course. We kindly advise, it is not a suitable for those who have heart conditions, high blood pressure or psychological instability. If you are looking for a course to help you overcome a trauma related to water, please contact Ateeka and she can refer you to others who specialize in that area.

Language: This course will be taught in English

TRAINING COST: 1825 EUROS for the 4 - five day meetings.

Price includes: 100 + hours of personal instruction, monthly mentoring, online reference manual for personal study and teaching reference, a set of Watage aquatic leg floats.

This cost is exclusive of accommodation costs (please see below for complete outline) and travel expense. You are responsible for paying your own accommodation, food & travel fees.

Payment Schedule:

The training cost can be paid in full upon registration or divided into 3 equal payments:

Payment # 1: 625 euro: Deposit upon registration - by 1 February 2015

Payment # 2: 600 euro: 1 July 2015

Payment # 3: 600 euro: 1 February 2016

CANCELLATION POLICY:

If in any case, a participant elects at any point to withdraw from the training or is unable to participate in given module during the duration of the training, no refunds will be made and participant will be held responsible for the full training cost amount of 1800 euros.

In most cases, student is given options for fulfilling the module in another location at a later date at their own travel expense. No cash refunds will be given.

To register for this training, please submit application form (download online) to Ateeka at:
ateeka111@mac.com

For further information about this somatic approach to water & yoga and Ateeka, please visit
www.ateeka-yoga.com