



BODYWORK TANTRA

**ON
LAND
AND
IN
WATER**

**HAROLD
DULL**



Bodywork Tantra On Land And In Water

Albert A Gayle



Bodywork Tantra On Land And In Water:

Bodywork Tantra Harold Dull,1987 *Watsu* Harold Dull,2004 This is a book about water about our bodies in water and how floating and stretching one another to our shared breathing pattern we achieve new levels of peace and oneness Many consider Watsu the most significant advance in bodywork in our times While other forms are based on touch Watsu creates a more profound connection through the holding and the deep connection with the breath that being in water facilitates The trust established combines with the relaxing effects of warm water and Watsu s moves and stretches to create a modality of extraordinary depth that has both specific therapeutic results and healing on many levels Besides having countless applications in therapy it brings new depths of connection into the lives of the many sharing its simpler moves with family and friends This third edition completes the first 25 year evolution of what came into being when Harold Dull started floating people at Harbin Hot Springs in Northern California applying the stretches of the Zen Shiatsu he had studied in Japan It illustrates step by step the major positions and forms of Watsu It introduces Watsuchanics the body mechanics of Watsu and other developments that help students learn Watsu More than sixteen therapists and practitioners have added contributions detailing the use of Watsu with all ages and the growing number of conditions that Watsu is proving to alleviate in clinics and spas around the world New chapters feature Watsu with children and a form of Watsu that can be used in home spa hot tubs Also illustrated step by step is a complete form of Tantsu which brings Watsu s nurturing power back onto land More than a thousand images have gone into this book to give as clear an illustration as possible of the movements and forms of Watsu and Tantsu **Discovering the Body's Wisdom** Mirka Knaster,1996 An informative guide to the principles theories and practices of Eastern and Western body therapies explains how to get the most out of some seventy five different treatment approaches from massage and yoga to Rolfing and reflexology Original Alternative Healthcare Jack Raso,2013-12-05 Raso examines the philosophical underpinnings of alternative medicine as well as hands on healing Qigong and faith healing He shows that whatever the specific philosophy the common denominator is a rejection of the scientific approach of modern medicine in favor of a belief in paranormal forces that influence the well being of mind and body The final section is a firsthand account of Raso s many revealing visits to various alternative healthcare practitioners The book concludes with an encyclopedic glossary of alternative healthcare terminology *East West Journal* ,1990 **Beyond Words** Paula B. Slater,Barbara Sinor,1990 New Age Journal ,1990 **Books in Print** ,1994 *The Heart of WATSU®* Ingrid Keating,Harold Dull,2023-04-21 The first practitioner guide to clinical applications of WATSU this book combines research therapeutic assessments and practice models to show how to integrate a range of techniques for working with clients with PTSD chronic pain and neuromuscular disorders **Forthcoming Books** Rose Arny,1988-09

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