

A photograph of a man carrying a woman on his shoulders in a pool of water. The man is in the foreground, wearing a dark swimsuit, and the woman is on his shoulders, also in a dark swimsuit. They are both smiling and looking towards the camera. The background shows a pool with a wooden railing and lush green foliage.

Janzu Training

Therapeutic art of moving
meditation in warm water

ACCREDITED BY THE SCHOOL OF AQUATIC ARTS, MEXICO

Monteverde, Costa Rica
August 1st to 11th, 2024

Info: (+52) 55 44 88 4824



Ivangoa

Janzu_ColectivoAgua

An underwater photograph showing a person's face and hands. The person's head is tilted back, and their hands are supporting their neck and head from below. The water is clear and blue, and the lighting is soft, creating a serene and contemplative atmosphere. The person's eyes are closed, and their expression is peaceful. The hands are positioned to support the head, with fingers gently resting against the neck and forehead. The overall scene conveys a sense of trust, support, and connection with the water.

An aquatic initiation

Our trainings are, above all, an aquatic initiation.

We understand Janzu as meditation in movement, as a form of **aquatic dance**; it is a **therapeutic art**.

We develop this **art of floating someone in the water**; we train ourselves as professional inspirers of trust; we learn to be channels of water, to embody its properties, practicing transparency, clarity and fluidity, in a balance between presence and invisibility.



Finca Camino Nuevo

Finca Camino Nuevo is an absolute gem of a find. It is a beautiful retreat center nestled in the lush mountains of **Monteverde, Costa Rica.**

Located in the "**Valley of the Rainbows**" with a majestic mountain view all the way to the Gulf of Nicoya, a place to tune your heart to the forest and feel at home.

Whether you wish to enjoy the view from the living room while enjoying a cup of local organic coffee, cool off in the pool while watching a majestic sunset, meditate or do your practice in the shala or maloka, truly the Finca is a perfect mystical place for those looking to be in direct contact with nature in a peaceful environment.

For more information about our center visit:
www.fincacaminonuevo.com

What is Janzu?

Janzu technique was born in Puna, India, through Pathick Villatoro. It was later transmitted internationally to several masters who have been sharing their teachings around the world for more than 20 years.

Understood as a **body-oriented therapy**, Janzu is an **art of flow**.

In a Janzu session, the receiver floats, accompanied by a trained facilitator, on an **aquatic journey of exploration and self-discovery**, opening up inner spaces of silence and meditation.

It can be experienced as a dance in a weightless space, as a playful exploration of our authentic self and as a therapy that, **using the physical body as a gateway to the emotional, mental and energetic body**, induces the release of blockages, memories and ailments, reminding us of trust, well-being and the fluidity of life.

Benefits

On a Physical Level

- Relieves stress, nervous tension and fatigue, reducing chronic pain.
- Releases stiffness of the musculoskeletal system, increasing our flexibility and mobility.
- Generates greater respiratory awareness, increasing our energy level.
- Releases energetic blockages, activates the immune system.
- Opens space between the vertebrae of the spine; helps in cases of scoliosis.
- Helps to relax the nervous system, reducing insomnia.
- It produces endorphins generating wellness in the body.
- Helps in cases of arthritis and fibromyalgia.
- In pregnancy, it releases the lumbar load.



Benefits

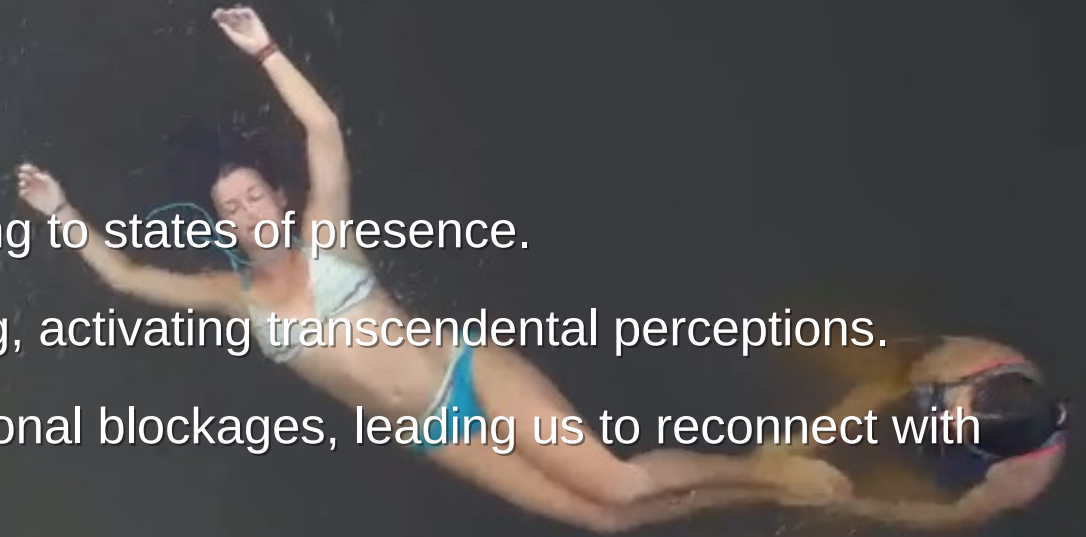
On an Emotional Level

- It modifies the brain wave pattern from Beta to Theta, which favors a state of deep relaxation, the emergence of unconscious memories and the release of repressed emotions.
- Helps to release conditioning to control, which frees certain rigid ways of being.
- Replaces fear patterns, restoring basic trust.
- Helps heal birth trauma.
- Temporarily disables the rational mind, activating other forms of creative thinking, such as imagination and daydreaming.

Benefits

On a Transcendental Level

- Expands our sensory perception, leading to states of presence.
- Restores the energetic flow of our being, activating transcendental perceptions.
- Removes physical-energetic and emotional blockages, leading us to reconnect with our essence.
- Relaxes the barriers of the unconscious, allowing a dialogue with our own Being that enables the "download" of valuable material that guides our life.
- It brings us to remember and relive the intrauterine state, with the consequent comfort and nourishment of reconnecting with our origin.
- It facilitates the experience of states of no-mind that lead to the experience of what many describe as a "death with consciousness".



1st Level: Rebirth

August 1st to 5th

This level is the entrance to the aquatic path where we explore and harmonize our relationship with water in our life. We explore the fundamentals of this work: presence, containment, grounding and basic posture.

Level 1 provides tools to **train your ability to generate a safe space of presence**, where the receiver feels in absolute confidence to relax and surrender.

We work with the first flotation, learning to bring the body to the horizontal and back, the first movements on the surface with head support, sequences and transitions, theory, professional ethics and practice.

We graduate from this level with a practitioner certificate that does not give the permission to give professional sessions but only to practice.

2nd Level: Synchronicity

August 7th to 11th

We go deeper in new forms of aquatic movement to achieve fluidity and synchronicity between the facilitator and the floater.

We study the **theory of immersions** and first movements underwater. We learn and practice immersion movements, exploring the balance between containment and invisibility, the variations of some basic movements, incorporating into our session the **art of rhythm**, pauses and silences.

Throughout the training we combine hours of theory and practice on land and water with solo, duo, trio and group activities, exploring the aquatic movement itself through group dynamics.

You graduate from this second level with the mission to offer at least 50 sessions without charging money for them, as a way to develop and strengthen your practice before being authorized to offer professional sessions.



Instructor

Iván Hazael González A.

Aquatic therapist with 21 years of experience, Janzu instructor since 2013. He has studied with teachers of different aquatic techniques such as Maria Ornelas (Janzu - Mexico, 2003), Alexander Siebenstern (Aguahara - Germany, 2019), Marcelo Roque (Aquadinamic, Brazil, 2013 and 2023) and Manuela Blanchard (Aquatic Bodywaves, Switzerland, 2022).

With a degree in Human Communication from the National Autonomous University of Mexico, with studies in Psychology and Body Psychotherapy, he has integrated the knowledge of movement and aquatic dance in his psychotherapeutic potential.

As a Yoga practitioner, for 13 months he lived in Yasodhara Ashram, a community of study and practice of Yoga in the lineage of Swami Sivananda of Rishikesh, obtaining a certification as a Hatha Instructor.

For the past 20 years he has actively participated in Native American ceremonies which have given him the permission and blessing to lead Temazcal ceremonies.

Co-founder of the Aquatic Arts School and the Water Collective, he has worked for 5 years in alternative addiction treatment clinics, researching the therapeutic potential of Janzu as a valuable tool in the treatment of substance dependence.



Investment

USA & Europe

- One level: 1,450 USD
- Both levels: 2,850 USD

Latin America

- One level: 1,250 USD
- Both levels: 2,450 USD

Early Bird Discount - \$150 USD

- Book and pay your deposit before June 1.

Includes:

- All nights of accommodation (4 for single level and 10 for both levels)
- 3 meals per day.
- Certificate of participation endorsed by Colectivo Agua.
- 30 hours of theoretical/practical instruction per level.
- Video and digital manual.
- Temazcal Ceremony at the end of Level 1.

Investment

Add Ons

We strongly recommend booking additional nights before and after the training ends, in order to have a gentle arrival and time for transition and integration.

We normally have a practice day in between trainings.

The following additional nights are available including meals.

* Inbetween nights are subject to availability and already included for students of both levels.

July 31 (Meals D,B)

August 5 & 6 (Meals D,B) *

August 11 (Meals D,B)

Private \$120, Shared \$70

Registration

Please fill in your details and options:

<https://forms.gle/mUvHtYVDkvZHqtmK9>

Payment

Your place is reserved with a deposit of \$500 USD per level in one of the following accounts.

The outstanding balance is due on arrival in cash USD.

International Transfer to Wise Account

(with very low commission: www.wise.com)

- Name: Ivan Gonzalez Apodaca
- Routing number ACH and wire: 026073150
- Account number: 8313435856
- Account type: Checking
- Address: 30 W. 26th Street, New York, New York, 10010
- United States

U.S. Account

- Ivan Hazael Gonzalez Apodaca
- Account Number: 6613623625
- Routing numbers:
- Direct deposits, electronic payments: 121042882
- Domestic wire transfers: 121000248
- Eureka, CA, USA, 95501

PayPal

(for those with U.S. accounts):

- watucson@msn.com

Please send Proof of Payment to:

- WhatsApp: +52 55 55 44 88 4824
- Email: elbambu@gmail.com

Refunds and Cancellations:

- Please notify us as soon as possible.
- If the cancellation occurs at most 15 days before the start of the event, the refund will be 50%, since we have already incurred expenses.
- If the cancellation occurs less than 15 days before the event or during the event itself, there will be no refund, but the payment can be applied to the next training.



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