

JANZU

WATER THERAPY TRAINING

Level 1: January 21-25, 2024

Level 2: January 27-31, 2024

Monteverde, Costa Rica

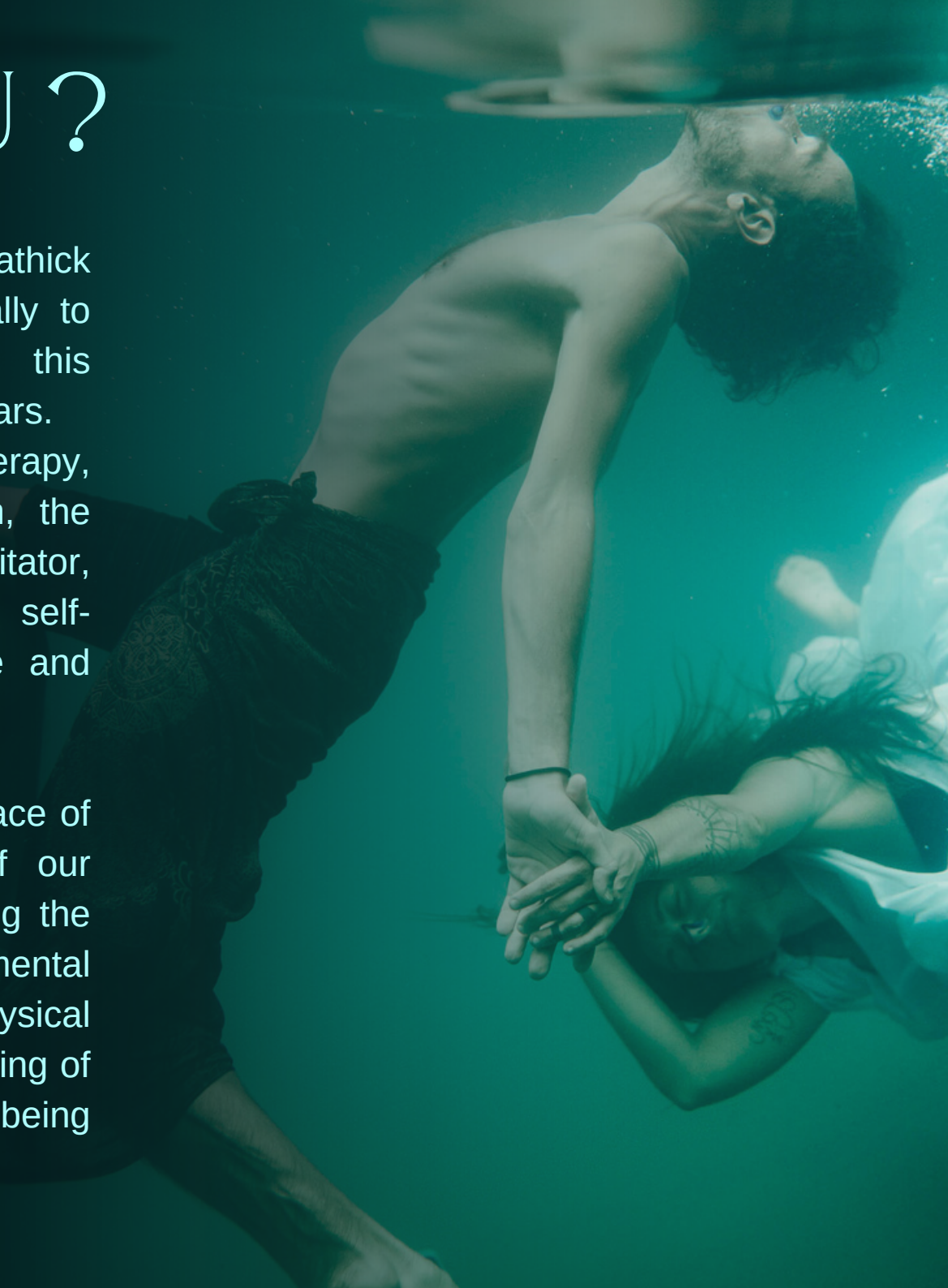


WHAT IS JANZU ?

Janzu was born in Puna (India) through Pathick Villatoro. It was later transmitted internationally to various teachers who have been sharing this teachings around the world for more than 20 years.

Understood as a body oriented psychotherapy, Janzu is a flowing art. In a Janzu session, the receiver floats, accompanied by a trained facilitator, on an aquatic journey of exploration and self-discovery, in which inner spaces of silence and meditation open up.

Janzu can be experienced as a dance in a space of weightlessness, as a playful exploration of our authentic being and as a therapy which, using the physical body as a gateway to the emotional, mental and energetic bodies, induces the release of physical blockages and repressed emotions, plus the rising of forgotten memories, reminding us of trust, well-being and the fluidity of life.



BENEFITS

On a Physical Level

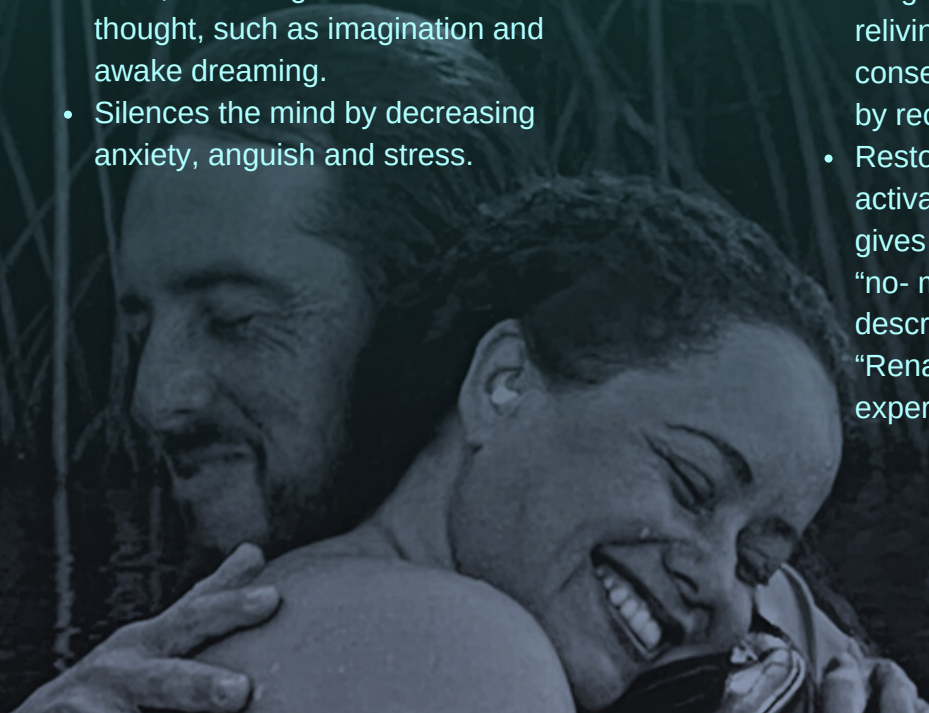
- Relieves stress, nervous tension and fatigue, reducing chronic pain.
- Progressively releases the rigidity of the musculoskeletal system, increasing the range of flexibility and mobility throughout the body.
- Generates greater respiratory awareness, with the consequent increase in the body's energy level.
- Release energy blocks, activating the immune system.
- Opens space between the vertebrae of the spine; It helps in cases of scoliosis and nervous or postural tension.
- Trains the body to relax the nervous system, improves sleep quality and helps in cases of insomnia.
- Produces endorphins, generating the feeling of well-being within our own body.
- Helps in cases of arthritis and fibromyalgia.
- During pregnancy, it releases the stress on the lower back, relieving back pain.

On a Mental Level

- Modifies the pattern of brain waves from Beta to Alpha, which favors a state of deep relaxation, the appearance of unconscious memories and the release of repressed emotions.
- Helps us to release control, which liberates certain rigid ways of being.
- Replaces fear patterns, restoring basic trust.
- Helps heal and integrate birth trauma.
- Temporarily deactivates the rational mind, activating other forms of creative thought, such as imagination and awake dreaming.
- Silences the mind by decreasing anxiety, anguish and stress.

On a Transcendental Level

- Expands our sensory perception, leading to states of deep presence.
- Removes physical-energetic and emotional blocks, leading us to reconnect with our essence.
- Relaxes the barriers of the unconscious mind, allowing a dialogical state with our own being that enables the “download” of material that guides our lives.
- The warm water, the containment of the therapist, the silence and the weightlessness lead to remembering and reliving the intrauterine state, with the consequent comfort and nutrition provided by reconnecting with our origin.
- Restores the energy flow of our being, activating transcendental perceptions. It gives us access to experience states of “no- mind” that lead to feel what many describe as a “death with consciousness”, “Renaissance” or other transcendental experiences.



TAILORED FOR

- Anyone with curiosity and interest in developing a practice of therapeutic movement in water.
- No previous experience, skills or related studies are required.
- Professionals of any physical discipline such as massage therapists, chiropractors, osteopaths, somatic therapists, rehabilitation professionals, physiotherapists, dancers.
- Facilitators of psycho-emotional processes such as psychotherapists, psychologists, midwives, doulas. Professionals of any sport or personal growth discipline, such as swimming, yoga, meditation, art teachers, etc.

TRAINING INCLUDES

- Certificate by Water Collective and the Aquatic Arts Centre.
- 30 hours of theory/practical instruction and practice per level.
- Lodging in a double room for 5 days, 4 nights. (Extra \$ in a single room)
- Complete food: Breakfast, lunch and dinner.
- Video and digital manual.

REQUIREMENTS

Janzu 1 has no prerequisite. It is not necessary to know how to swim or be a therapist. The maximum capacity for this training is 10 students.

Janzu 2: It is a prerequisite to have completed Janzu 1 in the last 2 years OR longer if the practitioner has kept a constant practice. The maximum capacity for this training is 10 students.

FIRST LEVEL

January 21-25, 2024

“REBIRTHING”

- This level is the entrance to the aquatic path where we explore and harmonize our relationship with water in our life.
- We explore the basics of this work: presence, containment, getting rooted and basic posture.
- Level 1 provides tools to train your ability to generate a safe space of presence in which the receiver feels in absolute trust to relax and surrender.
- We work with the first flotation, learning to take a body to the horizontal and back, the first movements on the surface with and without head support, sequences and transitions, theory, professional ethics, and practice.
- You come out of this level with a practitioner certificate which doesn't entitle you to give professional sessions but only to carry out practices.

Study Programme

- Grounding Techniques and self-care of our posture, working from our center through different dynamics on land and water.
- Opening of the therapeutic space: key points for the treatment, opening speech and conscious entry into the water.
- Transition to horizontal/flotation and back to vertical. Technical language and aquatic principles of movement.
- Movements on the surface in sequential order: with head support and releasing the head on the surface. Transitions between movements, types of grips. Specific manipulations to release stiffness, blockages and tension in different body areas.
- Necessary tools for the session: the use of noseclip and floats.
- Development of qualities in physical contact, presence, contention and trust.

SECOND LEVEL

January 27-31, 2024

“SYNCHRONICITY”

- Designed for those who have completed the basic training and want to keep developing their therapeutic and/or artistic path in water.
- We delve into 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 the art of rhythm, pauses and silences into our session.
- Throughout the training, hours of theory and practice on land and water are combined with solo, duo, trio and group activities, exploring one's own aquatic movement through group dynamics.
- You come out of this second level with the task to give at least 50 sessions without charging any money for them, as a way to develop and strengthen your practice before having the authorization to offer professional sessions.

Study Programme

- Theory and practice of immersions, exploring what happens on the floaters mind. Brainwaves and healing potential of expanded states of consciousness.
- Gradualism and progression of underwater movements.
- Breath synchronization as the essence of the fluidity of the experience. Janzu as a shared meditation.
- Developing of listening and intuitive abilities to offer a harmonic balance between contention and invisibility, learning to give the session that the floater needs to receive instead of the session we want to give.
- Sequences: linking movements in an organic way.
- Composition of the aquatic session: the dance between feminine-yin and masculine-yang energies in water therapy.
- The use of rhythms, pauses and silences. How our bodies integrate the movement.
- The facilitator's responsibility: catharsis, healing crises and active listening.

INSTRUCTOR

Ivan has been exploring water therapy and water dance for 20 years. He became Janzu instructor in 2013 and has been teaching and facilitating workshops since then, Ivan has explored the psychotherapeutic potential of aquatic movement based on his studies in Human Communication, Psychology and Body-Oriented Psychotherapy.

Co-founder of the Aquatic Arts School and the Water Collective (ColectivoAgua.org), he has worked for 5 years in addiction treatment clinics, researching about the therapeutic potential of aquatic work as a valuable tool in the treatment of substance dependence.

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

Certified Hatha Yoga Practitioner by Yasodhara Ashram in the lineage of Swami Sivananda of Rishikesh. For 20 years he has actively participated in Native American ceremonies (temazcal, vision quest and sun dance), which have given him the permission and blessing to lead sweat lodge ceremonies.



VENUE

FINCA CAMINO NUEVO

It is with much joy and gratitude we welcome Ivan here to our beautiful home and small retreat center nestled in the beautiful mountains of Monteverde.

Come and share the majestic view down the mountain to the Gulf of Nicoya , attune your heart to the forest and feel as though you have arrived home.

For more information about our center please visit

www.fincacaminonuevo.com



PRICING

For US & UE:

Single level: \$1100 USD

Both levels: \$1900 USD

For LATAM:

Single level: \$900 USD

Both levels: \$1520 USD

Includes Tuition, Certification, Lodging and 3 Meals a Day.

Early Bird registering before November 21st: \$150 USD discount. (add full stop)

Your place is reserved with a deposit of \$200 USD per course:

Wells Fargo Account

Ivan Hazael González Apodaca

Account number: 6613623625

Direct deposits, electronic payments: 121042882

Wire transfers - domestic: 121000248

or

PayPal (for those with US accounts): watucson@msn.com

Wise (for Europe, Central and South America): laurenwrtla@gmail.com

Please send proof of payment to WhatsApp number: +52 55 44 88 4824 or email elbambu@gmail.com.

LANGUAGE

The course is conducted in English and Spanish depending on the participants.

CANCELLATIONS

- Please notify us as soon as possible.
- If the cancellation occurs a maximum of 15 days before the start of the event, the refund will be 50%, since we already incur expenses.
- If the cancellation occurs 7 days before the event or during the event itself there will be no refund.



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