



Healing Dance Logbook for the Netherlands

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Healing Dance Practitioner Certification for The Netherlands



Stage	Pre-requisites	Hours
a. Basic Watsu	None	16
1. Watsu I	Basic Watsu	50
2. 20 Practice Sessions	Watsu I	20
3 Watsu Supervision	20 Practice Sessions	2
4. Healing Dance I	Watsu Supervision	50
5. 13 Sessions of Healing Dance 10 Practice Sessions and 3 received- at least one from a Practitioner, the rest from classmates	Healing Dance I	13
6. Healing Dance II	Healing Dance I and 13 Sessions	50
7. 13 Sessions of Healing Dance 10 Practice Sessions and 3 received- at least one from a Practitioner, the rest from classmates	Healing Dance II	13
8. HD Integration	Healing Dance II and 13 Sessions	12
9. Practitioner Supervision	HD Integration	2
10. An additional 10 Feeling Sessions of Healing Dance, making an overall total of 30 sessions given (20 Practice Sessions and 10 Feeling Sessions) and 6 sessions received (at least 2 from a HD Practitioner)	These sessions may be done any time after com- pleting Healing Dance I.	10
11. Send copy of completed logbook to: Alexander George Weihergarten 5 72147 Nehren, Germany Receive back your signed Practitioner Certificate in the mail!	Successful Practitioner Supervision, 30 Sessions given and 6 received.	Total hours: 182 (sessions = 56 instruction = 182)

Additional requirements:

- 100 hours of Anatomy/Physiology training
- 100 hours of Bodywork training
- 50 hours of self-enquiry work such as Presence of Being, Hakomi, Pre-Natal Journey, Bio-energetics or actual experience in therapy
- Supplemental study in *The Anatomy Coloring Book* or *The Anatomy of Movement* may be used for up to 50 hours of the 100 hour Anatomy/Physiology requirement.
- The combined total of 250 hours land work may be reached with varying proportions of Anatomy, Bodywork and self-enquiry trainings.

Additional explanation....

- The pre-requisites for studying Healing Dance I are Basic Watsu, Watsu I, 20 Practice Sessions and the Watsu Supervision. When circumstances necessitate, the Watsu Supervision may be postponed until after Healing Dance I.
- This is the "surface" certification, in which neither of the two underwater trainings of Healing Dance are involved.
- It is recommended that students complete the 13 sessions between each course, but this must not be strictly followed. It is the final total that must be met: 30 sessions given (20 Practice Sessions and 10 Feeling Sessions) and 6 sessions received (at least 2 from a HD Practitioner). Sessions of Healing Dance received before beginning this training may be included.
- It should be possible to complete steps 1-10 within 2 to 2 1/2 years.
- Before certification students may of course use the techniques in sessions, but not say or advertise that they do sessions of Healing Dance. For instance, it would be quite okay to say, "I am studying Healing Dance." "I am on my way toward becoming a Practitioner of Healing Dance." "I use techniques of Healing Dance in my sessions."
- Practitioner status gives you a certificate, a free listing on the Healing Dance website, the right to use the Healing Dance logo, and to say and advertise that you practice Healing Dance. For instance, "I am a Healing Dance Practitioner." "I give sessions of Healing Dance."
- You may study Healing Dance wherever you wish, but to work as a Practitioner we ask you to follow the guidelines established in the country in which you live. At most, this means logging in a few extra hours of training and sessions should you move to a country with a more rigorous program than the one in which you qualified.
- When you qualify as a Healing Dance Practitioner it is permanent, but we strongly recommend that you audit further Healing Dance trainings to keep your skills fresh.

Healing Dance I

50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

13 Practice Sessions

3 received-at least one from a HD Practitioner, the rest from classmates

N°	Date	Name of Giver	Signature
1			
2			
3			

10 given to classmates, emphasis on sequence, technique and receiving informed feedback

N°	Date	Name of Receiver	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Healing Dance II

50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

13 Practice Sessions

3 received-at least one from a HD Practitioner, the rest from classmates

N°	Date	Name of Giver	Signature
1			
2			
3			

10 given to classmates, emphasis on sequence, technique and receiving informed feedback

N°	Date	Name of Receiver	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Healing Dance Integration

12 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

10 Feeling Sessions of Healing Dance, "real sessions", emphasis on responding to the receiver's needs

N°	Date	Name of Receiver	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Practitioner Supervision with Alexander

2 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher



Healing Dance Underwater Practitioner Certification for The Netherlands



Stage	Pre-requisites	Hours
1. HDUB or WATA I	Watsu I	25 or 50
2. 13 Sessions of HDUB or WATA 10 Practice Sessions and 3 received-- at least one from a Practitioner, the rest from classmates	HDUB or WATA I	13
3. Shape and Space	13 Sessions	50
4. 13 Sessions of Shape and Space 10 Practice Sessions and 3 received-- at least one from a Practitioner, the rest from classmates	Shape and Space	13
5. Above and Below	Healing Dance I and 13 Sessions	50
6. 13 Sessions of Above and Below 10 Practice Sessions and 3 received-- at least one from a Practitioner, the rest from classmates	Shape and Space	13
7. Underwater Integration	13 Sessions	16
8. Underwater Practitioner Supervision	Underwater Integration	2
9. An additional 10 Feeling Sessions of Healing Dance, making an overall total of 49 sessions given (30 Practice Sessions and 10 Feeling Sessions) and 9 sessions received (at least 3 from a HD Practitioner)	These sessions may be done any time after completing Shape and Space	10
9. Send copy of completed logbook to: Alexander George Weihergarten 5 72147 Nehren, Germany Receive back your signed Practitioner Certificate in the mail!	Successful Practitioner Supervision, 40 Sessions given and 9 received.	Total hours: 192 (sessions = 49 instruction = 143)

Additional requirements:

- 100 hours of Anatomy/Physiology training
- 100 hours of Bodywork training
- 50 hours of self-enquiry work such as Presence of Being, Hakomi, Pre-Natal Journey, Bio-energetics or actual experience in therapy
- Supplemental study in *The Anatomy Coloring Book* or *The Anatomy of Movement* may be used for up to 50 hours of the 100 hour Anatomy/Physiology requirement.
- The combined total of 250 hours land work may be reached with varying proportions of Anatomy, Bodywork and self-enquiry trainings.

Additional explanation....

- It is not necessary to first become a Healing Dance Practitioner before becoming a Healing Dance Underwater Practitioner.
- The pre-requisite for studying Introduction to Healing Dance Underwater (HDUB) or WATA I is Watsu I. When circumstances necessitate, the Watsu Supervision required in Netherlands may be postponed until after HDUB.
- Above and Below and Shape and Space may be taken in either order.
- It is recommended that students complete the 13 sessions between each course, but this must not be strictly followed. It is the final total that must be met: 40 sessions given (30 Practice Sessions and 10 Feeling Sessions) and 9 sessions received (at least 3 from a HD Practitioner). Sessions of Healing Dance received before beginning this training may be included.
- It should be possible to complete steps 1-10 within 2 to 2 1/2 years.
- Before certification students may of course use the techniques in sessions, but not say or advertise that they do sessions of Healing Dance. For instance, it would be quite okay to say, "I am studying Healing Dance." "I am on my way toward becoming a Practitioner of Healing Dance." "I use techniques of Healing Dance in my sessions."
- Practitioner status gives you a certificate, a free listing on the Healing Dance website, the right to use the Healing Dance logo, and to say and advertise that you practice Healing Dance. For instance, "I am a Healing Dance Underwater Practitioner." "I give sessions of Healing Dance."
- You may study Healing Dance wherever you wish, but to work as a Practitioner we ask you to follow the guidelines established in the country in which you live. At most, this means logging in a few extra hours of training and sessions should you move to a country with a more rigorous program than the one in which you qualified.

- When you qualify as a Healing Dance Underwater Practitioner it is permanent, but we strongly recommend that you audit further Healing Dance trainings to keep your skills fresh.

Healing Dance Underwater Basics or WATA I 38 or 50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

13 Practice Sessions

3 received-at least one from a HD Underwater Practitioner, the rest from classmates

N°	Date	Name of Giver	Signature
1			
2			
3			

10 given to classmates, emphasis on sequence, technique and receiving informed feedback

N°	Date	Name of Receiver	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Shape and Space

50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

13 Practice Sessions

3 received-at least one from a HD Practitioner, the rest from classmates

N°	Date	Name of Giver	Signature
1			
2			
3			

10 given to classmates, emphasis on sequence, technique and receiving informed feedback

N°	Date	Name of Receiver	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Above and Below

50 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

13 Practice Sessions

3 received-at least one from a HD Practitioner, the rest from classmates

N°	Date	Name of Giver	Signature
1			
2			
3			

10 given to classmates, emphasis on sequence, technique and receiving informed feedback

N°	Date	Name of Receiver	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Healing Dance Underwater Integration

16 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher

10 Feeling Sessions of Healing Dance, "real sessions", emphasis on responding to the receiver's needs

N°	Date	Name of Receiver	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Practitioner Supervision with Alexander

2 hours

Course Description	Place/Date	Name of Teacher	Signature of Teacher