

## The Combo Training levels 1+2

- A special edition of both Levels 1 and 2 in succession, designed to optimize time and resources, integration and deepening of the method within practice.
- Providing “here and now” therapeutic tools to establish a “Float Therapy culture” and offer Float Therapy classes with a 1:2 ratio; one practitioner and two participants (“a small group of two”).
- The combo holds both levels 1+2 syllabuses (See below). Total of 60 academic hours.
- Enables non-experience alongside experienced aquatic bodyworkers.
  - \* Certificate upon completion, alongside class assessment.

Location and dates: 20-25/01/2025

“Liquid Zome”: [Estr. Boialvo 155, 2710-543 Sintra](#), Portugal (35-40 minutes from Lisbon)

Admission fee and logistics: Course fee: 950 €, Pre Registration fee: 200 €

\* Pre-registry through “Liquidzome” on webpage:

<https://liquidzome.com/en/events-workshops-courses/> (Click on courses)

Course Payment: can be place either by cash during the training or via money transfer :

A. Bank N26 :

OMER SHENAR

IBAN: DE25 1001 1001 2526 7413 06

BIC: NTSBDEB1XXX

B. “Paypal” : Email: shenaromer@gmail.com (or by receiving payment request)

- Cancellation policy: 1 week earlier, 13/01/2025, full refund of reg.fee.

### Accommodation:

Casa Aya: Shared house/Hostel (for contact: Karina, on demand I will share mobile number)

located next to Liquid zome, offering shared room, shared kitchen, shared showers and toilets for 33 € per night (photos of the room and the space can be sent in dm)

[https://www.instagram.com/casa\\_ayasintra/](https://www.instagram.com/casa_ayasintra/)

Casa Azul: Hostel

<https://casazulhostel.wixsite.com/sintra/contact>

Accommodation review:

[https://www.tripadvisor.pt/Hotel\\_Review-g189164-d10318752-Reviews-Casa\\_Azul\\_Hostel-Sintra\\_Sintra\\_Municipality\\_Lisbon\\_District\\_Central\\_Portugal.html](https://www.tripadvisor.pt/Hotel_Review-g189164-d10318752-Reviews-Casa_Azul_Hostel-Sintra_Sintra_Municipality_Lisbon_District_Central_Portugal.html)

**Transportation:** (from Lisbon) \*Rent a car / \*Uber / \*Train

**Food and drinks:** On opening day will be discussed with the group

- Bring your own \*optional
- Sharing food during lunch time \*optional
- Food delivery during lunch time \*optional

**General time table:** 6 days, each day holds both land and water practice.

- \* Gathering time: 08:45 - 09:00
- \* Starting at: 09:00
- \* Lunch break: 13:00 - 14:30
- \* Ending: 18:00

**Floretta Floats:** 10% off discount on “Floretta” floats set and accessories

### **About Float Therapy**

Float Therapy is a form of aquatic bodywork focused on relaxation, meditation, and integration to inspire an elevated sense of calm. The therapeutic nature of Float Therapy builds on a sequence of movements, bodywork, and free independent floating, “Shavasana” in water, with utmost attention to the participant's needs.

Float Therapy is performed on the surface of a calm warm pool, where participants are guided gently into a floating position by an aquatic bodyworker. Using a custom-designed set of floatation accessories, participants experience a sense of deep comfort as they relax into a peaceful floating position in the warm water.

The approach is based on **7 principles** that meet the practice in water, combining elements from Chinese medicine and western scientific approach both transformed into wellness. The training enables the participants or the service providers to have a diverse range of therapeutic classes.

**The Float Therapy's vision** is to bring as many people to the healing space of warm water and to qualify skilled aquatic bodyworkers to conduct a responsible, high quality standard service and enjoyable experience.

**Float Therapy Homepage:** please visit our homepage for more info and FAQ  
<https://floattherapy.is/>

### **Float Therapy Level 1 - Foundations** (Syllabus)

- Learning about the foundations of therapeutic work in water.
- The role of the giver and the role of the receiver.
- Meeting the Float Therapy concept.
- Learning basic sequence of movements and bodywork.
- Introduction on quality of touch - "listening hands".
- Learning about physiological processes within the body while floating in warm water.
- Meeting different groups with different needs.
- Health contraindications.
- Obtaining basic aquatic body work skills as a giver, offering one on one 'class' (1:1).

\* Certificate on completion. class assessment. Filling a log book on moving to the next level.

### **Float Therapy Level 2 - Practitioner** (Syllabus)

- Meeting the water element properties and its healing space.
- "Hands on work", refining the aquatic bodywork toolbox acquired in level 1 by deepening the practice.
- Flothetta workshop: learning to understand and use the accessories line as support.
- Body alignment in water.
- Float Therapy Class: setup and structure.
- The benefits of floating.
- Meeting different groups with different needs.
- Health contraindications.
- The 7 Principles.
- Code of ethics.
- Offering a Float Therapy 'class' of a small group of two, one practitioner and two participants (1:2).
- Offering "Samflot", "Floating Together", one practitioner and two participants (1:2).

\* Certificate on completion. class assessment. Filling a log book. \*Progress to the next level by completing supervision tasks that meet the required level of aquatic bodywork performance in water.