



Waterbalancing – new ways of getting rid of stress

Waterbalancing is a kind of deep relaxation in water, giving release from emotional stress while building up new energy reserves. One floats in a condition of weightlessness and feels as though you are back in the mother's womb. And for this you need neither swimming or diving experience.

Movement and relaxation techniques

The method consists of various movement and relaxation techniques that are applied in warm water heated to body temperature, thus giving physical and mental recuperation and balance. You are swung back and forth, moved and massaged by a so-called waterbalancer. You keep your eyes closed, so that you can sense yourself while listening to various sounds, such as the songs of humpback whales and dolphins. You can let yourself go completely and be completely alone with yourself. After just a short time all tension is released because you are completely weightless.

Waterbalancing consists of 3 phases.

Phase 1

Phase 1 is water float balancing, which lasts about 1 hour. The waterbalancer places you on swimming aids and you close your eyes. While you float safely and weightlessly on the surface of the water, you are moved gently back and forth in the water, massaged and rocked. Various different far-eastern and alternative healing methods can also be applied, such as rolfing, tragering, reflex zone massage or reiki. During this phase you get used to the feeling of floating and still don't sink.

Using a special sound system you can hear sounds under water, scents are sprayed with an atomizer and you can watch videos of whales and dolphins on the roof. This activates all your senses and gives you a deep feeling of relaxation.

Phase 2

Now it is time for Phase 2, the water swing balancing (for about half an hour). You are now used to water as an element and the waterbalancer removes the swimming aids. This means that you of course slide deeper into the water and have more room for free movements. Your spine and toes are massaged and you are turned around the pool in circles and lines. You relinquish the control over your body, reality becomes hazy and you develop new thoughts. The waterbalancer supports, rotates, stretches and rocks your body.

Phase 3

Phase 3 (about half an hour) is the most intensive phase of waterbalancing. You are now completely relaxed

and fully submerged in the water. Your consciousness is expanded, you experience absolute weightlessness, just like an astronaut. The water appears to have magical properties. You come into a state of floating and are enveloped in a light-heartedness as never before. The feel for above, below, left, right, inside and outside blurs completely. New dimensions open up from which you can acquire power and new life energy.

After waterbalancing you feel newborn in the truest sense of the word. You take the feelings of happiness and satisfaction you have felt in the water with you into your everyday life and they continue to work for a long time after.

You can find out more about waterbalancing at www.waterbalancing.de