

## 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 Training level 3

- The final module to become a certified and authorised Float Therapy Facilitator with providing a comprehensive knowledge about hosting and inviting people as individuals or group to the water
- Completing and deepening hands-on on movements sequences and bodywork techniques, completing access to the full body areas.
- Handful of practical tools about Leading a group as a Float Therapy provider and as a team leader.



**Location and dates:** Level 3 - 27/9 - 2/10/2025

- Pool location: Encuentros.Mana, Chaná 2169, Esq. Salterain, Montevideo, Uruguay

**Number of participants:** 8 (4 pairs)

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

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

**Contact for more info:** DM: IG /FB. Email: [float.therapyuy@gmail.com](mailto:float.therapyuy@gmail.com)

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Lorena Fernández: +59 99 254 468

Omer Shenar: +972 54 640 7474 - Email: [shenaromer@gmail.com](mailto:shenaromer@gmail.com)

**Accommodation:** Accommodation is additional and will be booked separately by students

- \* Please contact Lorena or Jimena for consulting and support.

**Transportation:** In Montevideo

- \* Please contact Lorena or Jimena for consulting and support.

**Admission fee and logistics:**

Total **Course fee:** 650 USD\$, **Registration fee:** 150 USD\$ (out of total 650 USD\$)

- **Early-Bird 10% off** course fee: 580 USD\$ - Registry and full pay by **July 1st - August 1st**

- \* Pre-registry and Course Payment via money transfer.
- \* Pre-registry and Course Payment can be transfer directly to facilitators, please contact Lorena or Jimena
- \* **Cash** transfer through contacts or during the training days: (food will be charged seperatly)

**A.** Bank transfer: **N26** - OMER SHENAR

IBAN: DE25 1001 1001 2526 7413 06,

BIC: NTSBDEB1XXX

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

**Food and drinks:** On the opening day /or by previous email it will be discussed with the group about the options:

- \*Bring your own food / Sharing food / Homemade cooking / Food deleivery (15USD\$ per day)

**Flothetta Floats:** 10% off discount on "Flothetta" floats set and accessories

### Cancelation Policy:

\*For cancelling participation please notice no longer than 14 days before the training opening date - for full refund: reg.fee/payments

\*Flights Booking -please wait for a final confirmation on training opening from the course facilitators or course director before booking your flights.



### Float Therapy Training level 3 - Facilitator (Syllabus)

- A total of 60 academic hours.
- Movements sequence: completing access to the full body.
- “Hands on work”, expanding the bodywork toolbox by deepening the practice of lymphatic bodywork, fascia release, pressure and trigger points.
- Pregnancy workshop.
- Leading a group as a Float Therapy provider and as a team leader.
- Meeting different groups with different needs.
- Health contraindications.
- “Breaking the sequence”, attending to the receiver’s needs with attentiveness.
- Responding to various situations.
- Administrative and logistical requirements for preparing and conducting Float Therapy classes.
- Familiarity with more Float Therapy activities
- Facilitating Float Therapy ‘classes’ of 60 min: 1:3 ratio of one facilitator to three receivers.
- Conducting “Samflot” (“Floating together”): 1:3 ratio of one facilitator to three receivers.
- Building a team of certified Float Therapy bodyworkers to conduct larger Float Therapy classes.