

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.

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: Levels 1+2 Combo: 20/9 - 25/09/2025

- 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

Maria Jimena Montgomery: +59 99 717 324

Lorena Fernández: +59 99 254 468

Omer Shenar: +972 54 640 7474 - Email: 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 separately)

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 delivery (15USD\$ per day)

Floretta Floats: 10% off discount on "Floretta" 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 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.

Float Therapy Level 2 - Practitioner (Syllabus)

- 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.