



### About Float Therapy - The Art of Shavasana in Water

Float Therapy is a form of aquatic bodywork created and founded in **Iceland** in 2012. It evolved into a defined methodology in 2018 and became a global practice in 2022.

The therapeutic nature of Float Therapy invites people into the unique journey of ***Shavasana in water***—a free, independent floating experience sharing collective consciousness of **healing togetherness**. Through a gentle sequence of movements and mindful bodywork, the body softens into deep **relaxation**, awareness expands into **meditation** which harmonizes **body-mind integration**.

The practice takes place on the surface of a calm, warm-water pool. Participants are gently guided into effortless floating, supported by a custom-designed set of flotation accessories that provide comfort, safety, and a profound sense of trust. The practitioner's full and attentive presence meets each individual's needs.

The Float Therapy approach is founded on **seven principles** that integrate elements of Chinese Medicine with contemporary Western science—together forming a holistic pathway to **wellness**.

The **vision** of Float Therapy is to open the **healing space** of warm water and to cultivate skilled aquatic bodyworkers who can offer safe, high-quality, and deeply enjoyable therapeutic experiences around the world.

### Float Therapy Training level 3

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

**Location and dates:** Level 3: **22-27/05/2026**

- Pool location: : Reykjavik (Upon registration, an exact location will be provided).

**Number of participants:** 10 (5 pairs)

\*optional 12 participants (6 pairs) depending on the training set of locations.

**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

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**Accommodation and Transportation:**

\* Please contact Unnur for consulting and support.

**Food and drinks:**

Previous to the training an informative email will be sent including the lunch break options and cost.

\*Food will be charged separately to the training fees.

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



### Admission fee and logistics:

- Training fee of the two levels is **220,000 ISK = 1,550 €**.
- To save a spot, participants are kindly asked to place a registry fee/ deposit of **200 €**.
- **"Early-bird"** registry offers 15% discount to a total of **1,325 €**.
- To enjoy an early-bird discount, full payment of 1,325 € must be completed by April 15th.  
(200 \$ + 1,125 \$ = 1,325 €)
- From Feb. 2nd /2026 - to opening day March 11th /2026 Training fee is full price of **1,550 €**.
- The deposit payment will be reduced from the total training fee cost (early-bird or full price).
- Payment through bank transfers, contact details are in the flyer.
- Completion of money transfer will be followed by a payment proof document.

### Cancellation Policy:

- **Full money refund** by May 1st 2026.
- **50% money refund** up to 1 week before course opening and no later than May 15/2026.
- **Non money refund** on cancellation, one day before opening or on day opening.

\*Flights Booking -Please wait for our final confirmation of 30 days before training due date (Course facilitators / Course director).

### Payment through Bank transfer

**A.** Bank transfer - Details upon request

**B.** Cash (can be placed during the training days)

\* For any need of support or clarification please contact Unnur

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

- A total of 60 academic hours.
- Movements sequence: completing protocols of access to the full body areas.
- 'Hands on work', expanding the bodywork toolbox by deepening the practice of lymphatic bodywork, fascia mio-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.

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

- 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.

\* Certificate on completion.

\*Upon class assessment of a student's aquatic bodywork performance in water, supervision tasks might be required.

- To read more or find FAQ please visit: <https://floattherapy.is/>