# HEART WAVE 2019

# WABA CONFERENCE SUMMARY &MEETING MINUTES

**Purpose**

To enable discussion, collaboration and unification among those interested in assisting and teaching WABA-approved classes, as we all move forward together.

**Dates**

Thursday, September 19th – Sunday, September 22nd

**Times**

Check in began at 3pm on Thursday, September 19th. The Opening Session began at 4:45 pm secondary to travel delays for several attendees.

**Conference Facilitators:** Teresa Piddington & Laura Phillips**Organizers:** Mary Seamster & Cameron West

**Location:**Dancing Deer Retreat Center, 2975 Vineyard Drive Templeton, CA 93465

**Conference Participants:**

| | |
|---|---|
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| Pamela Young (AZ) | sunilotus@gmail.com |

## Thursday 19 August - HONORING OUR BEGINNINGS

### Opening Circle

- Facilitators' Welcome/Introductions - Laura & Teresa offered opening remarks and reviewed an overall summary of the upcoming conference

- Organizers' Welcome Words -Mary & Cameron - discussed logistics with off site pool activities and catered lunch and dinner meals.

- Words of Tribute to Harold -Ingrid - Shared a lovely tribute to Harold intertwining history of Watsu beginnings, personal experiences with Harold and his influence in the water community and world in general.

- Opening Activity: Honoring our Beginnings, Currents, and Futures: In this opening activity, each participant was asked to write down 3 brief pieces about themselves: 1) what brought them to the water/Watsu; 2) What sustains each of us to keep us involved in this work; 3) where do you see yourself with waterwork/WABA in the future (next 1-5 years). Each participant then shared these personal insights with the group, attached the droplet papers on which each thought was written onto a balloon and placed the balloon into a pool centered in the room. (See attached pictures)

**Catered Dinner -** Opening circle concluded with everyone joining in a delicious catered dinner.

**Informal Forum -** Following dinner, 3 presenters shared presentations regarding their work: Aleksandra : Case Study with Watsu/Bobath Method for Children with CP; Amir: Presentation of his hypothesis of Watsu and the 5 Elements; Tomasz: Watsu and MFR.

## Friday 20 September - CURRENT: HOW'S IT FLOWIN'?

AM Scribe: Ingrid Keating

**6:30am - 8:45am: Individual Free time-** Participants used this time to go to the off-site pool for sessions as well as breakfast on their own.

**9:00am – 9:20am: Qi Gong** Paul Rich led this outdoor movement session

**9:30am – 12:30pm: Circle**

Loretta opened the Morning circle distributing custom made booklets honoring Harold and Watsu to each Conference participants. The booklet was comprised of individual thoughts, poems, memories from different members of Watsu Italia.

Then, the group recognized members of WABA from around the world not present at the conference and added their 'balloons' to our community pool in the center of the room.

Group was informed that if they would like to add additional notes, comments, or questions to a topic and time had expired, they could write down those comments on a sticky note and it would be addressed later in the conference.

## Friday 20 September - CURRENT: HOW'S IT FLOWIN'? - Cont'd

Pavana invited participants to services being held for Harold July 31st-August 3, 2020. She will have a sign up sheet.

**Registry - Current** (Pavana/Gianni)
Gratitude was extended to Maxwell for taking over the helm for the Watsu Registry.
The discussion came up about passwords not going through. Pavana can go in and help with password.
Need to make sure the password input is correct.
An instructor can change the email for a student if necessary
Make sure data is correct in registry for student. Instructors should help to verify this.
Discussion of how to change photograph in registry- should be under data. Make sure that photo is not too large.
Maxwell to implement a system for renewals. Must go into individual page to pay dues.
There was a discussion re: a possible added cost to return to registry if in 10 years it becomes obsolete Perhaps some kind of grace period?
How to enforce practitioners to renew - need 50 hrs of CEUs every 3 years.
Can also submit cert from other training for outside CE credits: 50 hour class - $14.00 fee; 25 hour class $7.00.

In 2-3 months, the new WABA PRO website will launch. watsu.com site will remain for registry.
Registry is an important tool esp. for students who travel all over the world. Following student with their transcript.
Registry allows us to evaluate every situation (for ESAC and the Board) Dates must be accurate
Biggest mistake by instructors is putting 'helpers or models' into registry as 'assistants. We should NOT do this. Consider putting them in as an Intern- that way payment for course could be deferred. Assistants are only those practitioners who have taken the assistant training program.
Know the difference between an elective and Continuing Education.
Elective haave to be approved by WABA.
Verification from other CEU's- Verification on file with Training Institute.
Training institutes have their own supplemental class.
Bring supplemental education questions and approval to ESAC.
WABA website will offer more detailed information.
Registry will stay the same. All classes will stay on registry.

WABA website find all fees.
How well are instructors able to use registry?
Discussion of having Maxwell create a YouTube tutorial for different 'How To' tasks on the registry.
Harold wanted others to also come together and go over a registry.
Also helpful to go over material with other mentoring instructor.
Students should be able to get into registry from Day 1.
In Europe, can only collect first and last name and email on registry and country of residence.
European citizens, can only add email and surname secondary to European privacy laws (GDPR General Data Protection Regulation) for info on WABA website.

## Friday 20 September - CURRENT: HOW'S IT FLOWIN'? - Cont'd

**WABA Board** - (Mary & Cameron )
EGA went out last year.
"Harold was held by so many as he went toward the light"
Board has 2 hour meetings every month.
Many hours to make changes at Board.
Ingrid & Harold writing book WATSU Professional Path and Clinical Applications.

GPDPR- Non compliance with WABA statutes awareness and US shield laws.
Hired outside water ethics professionals.
Board signed contract with lawyer in US.
Chairman Mauricio  last year stepped down.
Adding 2 more Board Members: Antonio and Calias. Calias and
Dull Family working with trademark
ATC/ITC was updated and finalized.
Cameron West will be the next President/Chairman of the Board.
New phase of the Watsu community- we stand on many shoulders

Questions:
WABA pro or WATSU website could not see who is on the Board. We should have on Website- Response is that yes, it will be on the new WABA website with the CV of Board members.
Official language of WABA is English
Elections every 4 years for Board President and other Board members, to submit to general vote.
Committees are advisory committees.
4 year term for Board members- Volunteer only. Present members of the Board offered to stay on for a subsequent term

Ethical Committees are divided by regions.
On committees, you need to be a specialist and a member of WABA or student with special skills. Now we only have instructors and practitioners.

Next Nov. of 2020 apply for committees Board holding the Foundations of Watsu.

No advertising WATSU® if you are not certified.
WATSU  is a registered trademark, Need to identify on each page of a document or web page.

**ATC/ITC Standards (Paul & Cameron)**
Provided handout of the new standards
Clear document on Watsu Instructor Certification 2019.
We are all lineage holders of the work of Watsu. Passed on to the next person.  A mentored pathway.
We can carry on the lineage. Speak with one voice.
This is the official document that is visible on the web sites

ITC instructors may require further requirements for someone to be an instructor.
Instructor in training need to keep their own records.
Classes must have a minimum of 4 students.

New Technical Committee Idea- Create a way that those on the ATC/ITC tracks can directly upload supplemental documents onto the WABA website.

## Friday 20 September - CURRENT: HOW'S IT FLOWIN'? - Cont'd

**Catered Lunch** f/b free time for pool use, beach, touring, rest, etc.
Afternoon Scribe: Pamela Young
3:00pm - 5:30pm: Circle
Gianni began the afternoon with a web presentation to illustrate how to negotiate the Training Institute web page:

1. Password - discussed how to create a new passcode and that each account has a different email and password.

2. Worldwide water family community - reviewed how to add a supplemental class. Requirements for 500 hrs. MT; 520 hrs in Europe. TI must agree with Training Institute Agreement (check box online)
3. Account Records- add transaction. Can transfer from one account to another. Able to transfer $ to practitioners from Training Institutes

It was discussed that it would be easier to track $ if it was left in the student's account.
Will show the list of transactions, open classes for TI, link to upcoming classes, list of closed classes.

4. Training Institutes can enter classes: Provide class description. Once entered, the class cannot be removed nor can hours be deleted. It will also how feedback from students. TIs can search student info.

5. TIs can transfer credit (CEUs) in from outside coursework if deemed appropriate. There is a fee schedule which roughly breaks down to $7.00 for 25 hours CEUs. TI would enter name of course, choose transfer, details of the class (which will appear on the transcript) and add verification for classes which are required (e.g. Anatomy/Physiology, Shiatsu) - there is no charge to transfer these in.

Kim asked: "what does an Institute offer over a Practitioner" :
Gianni's Answer: TI must teach a Watsu 1, 2, and 3. TI can also add supplemental or electives classes and it helps very much Pavana.

Peggy asked: "why don't Institutes' classes appear on Instructors personal accounts
Loretta Answered: You can determine where it is shown at the beginning of setting up a course when you choose who is the organizer (who is paying for the course) and who is the instructor.

**Ethics (Ahara)**

Group Discussion: Student, Practitioner, Instructor Ethics Agreement
Group Discussion: Training Institute Agreement

Ahara reviewed that there are regional Ethics Committees. The one she represents today is the Ethics committee for the English speaking countries, Isreal and S. Africa.

1. This committee is an advisory committee to the Board
2. They have had 13, 2 hour meetings
3. Anat, Ahara, Cameron are Ethics committee members.
4. Reviewed the Complaint Form developed in the US and now accessible on the website.
5. Done this year: Guidelines and Agreements; Participation Level; End of year agreements. - Will be signed off by practitioner with responsibilities, duties, and consequences.
6. Cameron clarified- that at each level- Student, Provider, Practitioner, Instructor- will have to sign participation agreement. As we participate more, they will sign more- clarifies the standard.

Ann asked: If there is something like a family circumstance which causes a break in teaching - what do they need to do
Cameron's answer: Looked at case by case determined by ESAC
Theri asked- is this located on the registry
Answer- Yes, it will be at some point once the technology on the website allows for it.

Friday 20 September - CURRENT: HOW'S IT FLOWIN'? - Cont'd

Peggy- Send out packets before class begins.
Ahara- referenced Healing Dance and the teacher's resource page- Give feedback before end of class on the resturce page.

7. Compliance form- pdf - electronic on website. Students, client, clarity, problem solving, Complaint field (which is private- not available for all to see).

Theri asked the question- once a complaint situation is resolved in favor of the instructor, should the complaint be removed. Concerned about cyber bullying.
Mary answered that it was not removed. Mary also identified that outside paid consultants are used in these cases.

Ahara clarified that the Ethics Committee does not determine the outcome. 2 ethics consultants (paid) who have hands on experience make recommendations which are considered and the information is passed along to the Board.
Ahara- questionnaire's are sent to involved parties then sent to the consultants. Board receives the initial formal complaint and then sends it to one of the 3 Ethics Committees. Information is gathered and then sent back to the Board.
Theri asked- Does all this occur/get resolved within a set amount of time; is there a time frame?
Ahara answered that yes, there is an attempt to stay within a time frame. Sometimes external factors can cause delays and in those cases the parties are made aware of these delays.

8. Anonymous complaints- will notify the person regarding the issues. Guidelines for consequences-thresholds

9. Spa Provider Program needs to be cleaned up. It undermines practitioners, compromises trademark, difficult to monitor- How to best do this?
Eula - appreciate consistency
Ahara- Need standardized teaching manuals
Paul asked why in ethics and not educational?
Ahara answered it falls into an ethics situation but most definitely needs input from ESAC. People knew what they were walking into
Ingrid- know full disclosure
Theri asked- when do you report a complaint
Ahara answered - Right away
Loretta clarified- Prepare application form- this is only enabling to practice; cannot provide treatments; cannot teach. Student takes responsibility.
Pavana added- Spas like short cuts- give responsibilities to the spas for maintaining compliance.
Ingrid asked - PT with only Watsu 1 using techniques as part of a treatment session. Can they incorporate Watsu in their sessions and bill for it?
Theri clarified- has the body been moved in a specific direction in the water. The moves are not Trademarked- the name is.
Pavana added: not enough time to cover all of those not qualified to teach or perform Watsu moves.
Harold wanted all to receive.
Theri- Much more Trademark compliance in US- Some teachers learn from DVD in Europe. Education is needed for the right path to continue in the trademark.
Pavana clearly stated that you should not use the term Water Shiatsu with Watsu
Eula identified a spa that had used the term Watzu with a 'z'. Group agreed this was a TM infringement.
Pavana- When you do not use the service mark notation, it weakens the trademark.
Ingrid- Is WATSU all capitalized with service mark first notation on the page and then with capital W and service mark for remainder of page.

Referring back to Provider program-
Their-Classes need to be part of the total training. Making it clear at the onset to the facility and all that work there.
Kim- We need manuals that are consistent; ITC/ATC consistent. Watsu providers have 2 years to complete the full training and become practitioners.
Gianni- Did mention that a TI can allow that 2 year time frame to be lengthened on a case by case basis. He also clarified that the TI controls the spa's compliance with the signed Provider agreement.
Theri- agreed that it is the TI role to contact the spa if you are the instructor you brought them into Watsu.
Gianni- Inside WABA these issues go to the Ethics committee. Outside WABA we need to try to sensitize the spa and public.

Pavana also clarified that it helps reinforce the Trademark if there is a history that people have 'stood up for it' and filed infringement complaints. Even if you don't win the individual case.
Theri- we need to document in our community.

**Catered Dinner**

**Informal Forum -** Theri shared the philosophy on her Aquatherics core curriculum.

## Saturday 21 September - SURFING THE HEART WAVE

AM Scribe: Eula Hagen

**6:30am - 8:45am: Individual Free time-** Participants used this time to go to the off-site pool for sessions as well as breakfast on their own.

**9:00am – 9:20am: Qi Gong** Paul Rich led this outdoor movement session

**9:00am - 12:15pm:**
**WABA.Pro Website (Gianni/Loretta)**
Loretta & Gianni presented the new **WABA pro website**- showed the different pages of the website and how to negotiate through the site. WABA site highlights 4 different types of aquatic bodywork with links to the websites for those forms. There is a newsletter section. There is a section for Board members showing pictures and CVs.

Each committee needs to be organized by itself and find a way to work together by themselves.

Ingrid will be representing the US on Research Committee.
Will keep website updated with pictures and emails for committee and Board members.
PDF for WABA rules
There is a section for WABA fees and clear outline of where the money goes. Member fee and chart showing breakdown of fee and management of money.

There is a tab of different aquatic bodywork. Can add new aquatic bodywork to list.
Under each of these tabs, there is a description of each technique, history and benefits of application.

## Saturday 21 September - SURFING THE HEART WAVE- cont'd

There was a discussion of feedback to improve web page and to refine.
There was a discussion of Trademark on bodyworks in drop down of aquatic bodywork.
Philosophy of teaching PDF
Legal Section:
Code of Ethics
Trademark description/registration
Complaint form and agreement
Publish Trademark complaints
Boycott list
IT agreement
Contact page
Discussion re: account number being on website/possibility of hacking. Response was that this is not an issue with Swiss banks.

WABA EGA report/Annual financial report by the year
Treasurer Accounting
Audit Report

Following the presentation on the new WABA PRO website- Loretta and Gianni received a standing ovation from the conference participants.

Questions re: the new website:
Is new website open to the public— YES
Is there a list of instructors and practitioners- Link to the Watsu website will get you to this information.
Can we consider renaming the name 'link' to 'homepage' on the aquatic bodywork sites.
There was a discussion of making sure all photos on the site are professional.
Needing support for website newsletter which will go out 2x/yr.
Noted that there is currently no US representation on marketing committee- Need for a helping hand; can have a new member between election approved by Board.
Discussion of committees: Outreach committee, IT committee - maybe blend marketing with outreach committee.
Discussion of URL/domain names. PRO is not a URL with which many people are familiar. Consider buying up domain names if available.
Gratitude given for all those who worked on WABA Pro site.

**Registry – Moving Into The Future (Maxwell Klein)**
Zoom call with Maxwell.
Pavana went over a 'wishlist' of watsu.com needs:

- Reminder of expired practitioners & providers
- Link of Watsu round for assistants and practitioners
- EGA (Electronic General Assembly)
- Link to vote
- Tutorials for help on 'how to' for the registry (YouTube video)
- GETR compliance

Talk of data not being on the site for European privacy issues (only email and country) - for new students only. Going to clarify this with lawyer.

## Saturday 21 September - SURFING THE HEART WAVE-Cont'd

Discussion of how to track ethics agreement, electronic signature and upload to file. Screenshot of photo to upload.
Inexpensive way to capture signature.
Email corrections
Reminder emails to those who are expired/expiring (blanket email)
Ethic Committee needs an email to update requirements, resign the ethic agreement on level of participation.
Mandatory update for information.
Have status on personal page of what is coming up for renewal, fees, etc.
Gratefulness and Gratitude for Maxwell.

Feedback from Maxwell
He is the site host
The site is unique to Harold
Working to modernize some things
System is no longer able to update in certain areas.
5-10 years down the road, there will be some more areas which will be unable to be updated.
Outside limit of how long you can keep a system running.
Long term goals- what does that look like
What does the funding look like to make future changes.

May have a system already developed that would help to keep costs down.
Recommend budgeting $20,000. in the next 5-8 years
Talk of reviewing similar sites which Maxwell has developed (stanfordjazz.org)
Would need to launch new website not just keep making corrections
Update would make sense because you would need to make fewer corrections with more user friendly site.
Long term budget for new updated site
Looking into purchasing other domain names: watsu.com, .org, .net, etc. depending if current owner is willing to sell.

**Group Discussion : Creating A Watsu 1 Manual Core Curriculum Library**

- Discussion regarding creating a core manual for Watsu 1, 2, and 3
- Trademark streamline for manuals
- Look at all manuals being used and identify the key components common to each
- Suggestion to put manual on Kindle or iTunes platform and when purchased, funds would go to the website.
- ? Cost of manual?
- ? Online technology to download manual as well as hard copy
- Discussion of how much work is necessary to format manual to put on Kindle or iTune platforms.
- Ahara referenced Alexander's manual for Healing Dance and said that the pdf on line works well.
- Paul- discussed standardized curriculum; PDF then send to online platform; cost option- make the manual a part of the course fee as one package price. Then funds could be apportioned to the appropriate place.
- Theri- suggested having it available for purchase on WABA site, then download the manual from there. The funds would go directly to the website.

## Saturday 21 September - SURFING THE HEART WAVE-Cont'd

- Theri- Also mentioned the Culture difference- One person buys the manual then copies for the rest of the students.
- Manual for US may not apply for the rest of the world.
- Harold says every instructor is free to change/supplement the manual- to customize.
- Unity with Diversity
- Have to adapt to culture differences- one manual world wide is not practical.
- On **watsu.com** website, there is an established from already done.
- New idea creating a power point; Have a main standard.
- Concept with Unity with Diversity: Have a 'library' where instructors can submit their manual information to share (with acknowledgement of authorship) with other instructors. In this way, instructors can draw content from what others have already put together.
- Pavana mentioned that the book Freeing the Body in Water is currently out of print (Ann had mentioned this was a good reference).
- Have a link that is a core manual and then add your own personal material.
- This idea is already applied by Training Institutes.
- Topics that the group discussed for a core curriculum manual:
    - Core standards on care
    - Learning Objectives
    - Ethics committee would like an ethics piece consistently taught and receive CE for ethics that is standardized.
- Preserve the core for diversity
- Supplemental books and handouts
- Common ground then build from there
- Library bringing more clarity.

- "Technique is a work in progress - " Is an excuse to bring people in a different state of consciousness to amplify the relation we establish".
- Bringing too much focus on the technique; it is a tool we use for another purpose.
- Peggy~ basic consensus on foundation pieces, critical pieces for unity.
- core topics writing looks different as verbiage may differ
- Principle and Sequence is on Watsu website
- Add core to website and leave current information available.
- WABA resource library with a link to manual
- Organization should be providing guidelines for teaching manual.
- Have a guideline in ITC.
- Work in a team to help grow and find a solution
- Develop a committee, a team to work on core…with being able to keep creativity.
- Form a committee.
- Library for instructors to share materials.

**Group Discussion: New Instructor Conundrums**

Discussion started with asking senior instructors the advise new instructors: Thinking back, how would/could you have done things differently…

- Chad Revert (not at conference) had asked a question during teacher training on how to use the WABA website to register students- Perhaps this could be one of Maxwell's 'How To YouTube' videos.
- Explore transitions
- Body Heart Connection

## Saturday 21 September - SURFING THE HEART WAVE-Cont'd

- Wording is important to not confuse students. The idea was offered to use unique sounds to delineate a move; helpful in communication and memory.
- Use action words to keep people in their bodies.
- Write your own manual to help with verbiage and to visualize what to bring into classes. What words make it personal. What things do the students need.
- Have students create their own word for the moves that make sense to them.
- Third Day Rule- if by the 3rd day, you see a student is struggling, pull them aside and ask them what their needs are, how is it going, and do they feel they are struggling. What do they need from you to support them. May need to give them extra time.
- Meet students where they are.
- Pass on learning styles information to be used by future instructors.
- Utilize website for information on previous student's evaluations.
- Change website for ethics feedback- who can see it.
- Don't put anything on the registry website re: a student that the student has not already heard from you.
- There was a suggestion to use a symbol on the registry site indicating that future instructors should call a previous instructor regarding a student instead of writing in 'call me'.
- There was a discussion of passing students with disabilities - Amir had a particular student case he referenced.
    - Ask the student what their future intentions are with the work
    - Safety is essential for the student and those in their arms.
    - Case by case to help pass students depending on the issues with which a student may be struggling.
    - Peggy talked about a student who had an ethical issue. She gave the student an incomplete pending participation in an outside ethics class. Once the student had completed that class, then she felt that were satisfactory and lifting the incomplete.
    - Communication about extra classes and the requirement for participation in those classes.

- Discussion re: closed Facebook page for Instructor discussions.
- Closed WABA Instruction group for WABA certified instructors.

**Catered Lunch** f/b free time for pool use, beach, touring, rest, etc.

**3:00pm – 5:15pm:**

**Afternoon Scribe: Mary Seamster**

Afternoon session began with group activity using Extra large fabric circle activity facilitated by Ann

**Group Discussion: Provider Program**

- Suggestion- what if they put a deposit for classes 3-4 @ the end of Watsu II
- Follow thru by the TI or instructor who taught them to make sure they complete training as practitioner.
- 2 years after attaining Watsu Provider they should have completed Practitioner training. If TI needs to make an exception, the TI can extend it to 3 years.
- Provider program was originally created by spa so Providers could get paid for giving sessions after completing 2 classes.
- Theri- identified that when she does trainings, not everyone gets passed to be a Provider. She schedules all 4 classes with the facility at the same time.
- Original requirements for Watsu Provider: Watsu 1 and Watsu 2, demonstration of mastery (DOM), 20 sessions given, 10 sessions received.

## Saturday 21 September - SURFING THE HEART WAVE-Cont'd

- In Europe, requirements are Watsu 1 and Watsu 2, audit of another class, DOM, 20 given, 10 received.
- Ahara- read requirements from log book.
- Local program signs agreement; Not local training institute.
- The Instructor, program and the Training Institute are responsible and that all sign the agreement.
- Signed by all: the student, the spa and the Instructor.
- Provider agrees to comply with fulfilling the Practitioner requirements.
- In Italy, 170-180 hours is required.
- In US, minimum is 100+ hours
- Providers can offer paid sessions after Watsu 1 and Watsu 2 it is way too much to expect them to go on for continuing education.
- Tomasz would like not to change the minimum all over the world
- Paul inquired how many people does this involve- Answer is more than 100.
- Ahara asked if we are all on board and has everyone signed the agreements.
- Often Spas pay for the first two classes then the Provider is on their own to pay for the rest.
- Eula asked- Is it under the Instructor Agreement to allow Providers?
- Theri- Not all will be proficient to be Providers. Some can give sessions and some can only give to each other. Then in 6 months, they need to complete the class. The quality of treatment needs to match the other treatments they offer at the Spa.
- Tomasz focused on taking with Spa. In Poland, 80% of Practitioners start as Providers.
- Amir stated 2/3 did not go thru. The ones that do not follow through are the ones who had not invested in the work (either by money or time).
- They need to be informed from the beginning and they need to commit to the whole Practitioner path.
- Eula asked if we can have the website remind them. They need to be reminded there is an expiration to their Provider agreement. Maxwell will inform them when it is time to renew.
- Verbal and follow up with a letter to remind Spa and Provider.
- Spa directors and managers leave and then there is no follow up
- It is an infringement if they use Watsu on their menu and do not have the accreditation to allow sessions.
- Providers are not listed tot he public.
- Peggy asked 'are you using Watsu Providers for PTs and Sports Directors and not just in Spas'- Tomasz responded Yes, in Poland.

- Run down of exact Provider requirements.
- Tomasz noted that if Providers are not listed, they are not competing with Practitioners. How do we give them value better than those who learn from a video?

Next Steps:
- Change verbiage on website
- Clarification for Provider Program
- Exact Provider Program
- Renaming to Facility Provider or Provider Apprentice?

**Review, Answer, Discuss Sticky Note Questions and Comments**

Stickie notes from the Post Its coalesced into:

1) Question re: Watsu with children with Tracheostomies- Peggy and Aleksandra to discuss further outside the conference format

2) How to notate the Watsu Trademark- Watsu® vs. WATSU®
- clarification of when to use these terms. It is not clear as to whether it need all caps. Kim, Paul and Theri will gather info.
- Pavana stated every web page WATSU® at every top of page and after that Watsu®.

## Saturday 21 September - SURFING THE HEART WAVE-Cont'd

- The trademark is owned by the Dull Family
- Pavana will clarify on TM on Sunday

3) Task Force Concept
- Short term, New volunteers, Foster Engagement, One Special Objective, Advisor
- Feeds, supports - up through to Committees and Board
- Ex- Core Curriculum maybe a special group - work on that for 3 months.
- Another ex- Philanthropist/Outreach- e.g. Watsu week
- It is a great way to scope out various people who have a real skill level and level of commitment.
- Students and Practitioners that may want to be involved.
- Does not necessarily have to be a water person
- It is voluntary
- The board can come up with ideas for task force activities
- Questions were raised- Who would be in charge of the task force? Would there be an Ambassador or Task force lead? Who decides if a person is qualified for a task force?
- We need to identify from above who is qualified to join task force.
- Task Force communicates with an advisor (Advisor is someone already serving on a committee or the Board)
- Bring in new blood for a short term, goal oriented task
- It create movement and completion of jobs
- Question posed: are there any areas the Board needs for Task Force- Answer- Enforce TM; find out how many Contracts with Providers exist; Marketing and Promotion might want a task for for Philanthropic outreach.
- Marketing- How many classes & Students in the last year. Maxwell can get that information
- Tomasz suggested a task force summary end of the year enrollment.
- Ann- re: website- how do we capture former Practitioners that are no longer part of WABA. Since Harold has passed, it now give us ownership. What does WABA have to offer these Practitioners- there needs to be repair and reconnect.
- Gianni we are a democratic association. There needs to be a message on how it is transformed.
- We need a task force for organizing 2 instructors to get election process of US Board members.
- Paul and Donelson discussed endowment and fundrraising. They referenced monies raised to provide for student displaced from Harbin after the fire.
- Task force for upgrading the Website fund and the whole platform.
- Task force to help Maxwell write letters and get it up to date now.

- If you are nota Board, what would you like to do?
- Someone should be the organizer to the Liaison to the committee
- WABA is a Swiss association and  is non-profit
- US WABA has removed the not for profit status.
- Suggestion to the Board to create a technical support committee.
- If you are going to update the IT portion, it could support Maxwell and reduce financial outlay.
- Tutorials could be accessible thru the website by these task force volunteers.
- IT committee needs to keep current with look, platforms, and social media

Metaphor to conclude session:
The Board and committee members have been working hard mending the sails of the boat.  We need the sails to go up- what does each one of you want to do individually to help pull of the rigging to let the wind catch our mended sails.

## Saturday 21 September - SURFING THE HEART WAVE-Cont'd

**5:30pm: Wine Tasting and Group Photo**

**6:00pm – 7:30pm:  Catered Dinner**

## Sunday 22 September – CHART THE COURSE

**6:30am - 8:45am:** *Participants used this time to go to the off-site pool for sessions as well as breakfast on their own and to pack up personal belongings.*
AM Scribe: Eula Hagen

**Election Request-**
Gianni explained to the group the need for two US representatives to be involved to assist with receiving information for the 2020 Board of Directors elections and to serve as witnesses to the vote in the Fall of 2020.
- There will be a 10 day time period in the Fall of 2020 when practitioners can cast vote.
- Candidates will be sent to email to both the Election Committee and the Board in Sept. 15, 2020 for those interested in being a delegate.
- Needs two people in US to volunteer to receive CVs and be a witness to election.

**Health Challenges and Self Care for Aquatic Bodyworkers** -
Peggy presented a 30 min. presentation outlining her research investigation of Health issues and Self care recommendations for water workers.
- Health Challenges and incredible benefits for our bodies in water- Choline and Salt H2O systems
- Research on Sanitation systems
- Issues of concerns of long hours in the water
- Seeking guidance from healthcare professionals. Trial and error and talking with community for advice and help.
- High bather loads- more people, more products, sweat, etc. plays a role in effects of water.
- Poor air quality.
- air being taken of the water cross ventilation/mushroom effect.
- Extended time in the water and sanitation system, air quality.
- Not any one pool system was better but time spent in the water.
- Problems and Strategies-
    - Skin Problem minor/severe
    - Discussed strategies to improve skin care
    - Ongoing self care

- Improved Water maintenance
- Improved air ventilation
- Bladder Infections
- Vaginal and nipple issues
- Fatigue
- Bone Density

Peggy will send written presentation materials to all attendees.
**Conference evaluations** were given to participants and asked to be completed before end of session this AM

**Next Steps** CreatedAction Plans To Take Agreed Upon Proposals Forward.

## Sunday 22 September – CHART THE COURSE-Cont'd

Teresa posed the question- what was the one thing that each participant felt critical for moving forward:

- Website Technology
- Core Manual
- Library Resource
- Clarity around Provider Program
- Funding rate increase on new website; increase registration fees
- Legal trademark protection/infringement
- Annual reminder emails
- Newsletter for WABA Pro website 2x/year
- Document for upgrade each level
- Digital upgrade to forms

Prioritize Needs - Create task force; Passion/skill set

Seven Elements of Trust

Task force- a pilot trying it out to better organize, to get momentum.

Task force priorities were listed on white sheets on the wall- Ann suggested each person go up and mark their top 4 Task Force priorities. At the completion of this exercise- the following task forces were identified as the most important to act on at present:

1. WABA. com Website
2. Core Curriculum
3. Getting former practitioners Back to the Registry
4. Create a Resource Library.

Task Forces Created:

1) US representatives to support Fall Election Committee: Laura & Eula
2) Task Force for Website: Pricing/Features/Fundraising

- Ingrid consulting to the Task Force
- Description from Maxwell
- Research different kinds of platforms
- 6 month time frame
- Participants: Pavana, Jorge Yant, Sara Furman (Mary will reach out to see if she would like to participate), Grace Lee (Taiwan), Tomasz, Teresa and her husband, Chris.

3) Core Curriculum Basic Watsu/Watsu 1
- Task to develop Watsu 1 Manual
- 3 month time frame
- Pamela, Donaldson, Eula, Pam, Kim (mentor), Minakshi (Donaldson to reach out to see if she would like to participate)
- This would be a core curriculum for US and Canada
- Mentor of group in touch with Gianni
- Send copies of manual from all over the world

4) Back to the Fold
- 6 month time frame

## Sunday 22 September – CHART THE COURSE- Cont'd

- Peggy, Ann, Adele Pudney (Peggy to reach out to see if she would like to participate), Jurgita (mentor- referred by Tomasz)

5) Resource Library for Instructors
- Toro (Japan) as mentor (referred by Paul), Donaldson…Additional candidates Rhoda (Ahara will reach out) and Kathryn from Canada (Mary will reach out).

Worldwide and Global Trust
Unity think Global

Additionally the topic of communication response time from the website
- Need to respond in a timely manner
- An electronic standard
- Maximum of 1 week
- Need to get faster responsiveness- losing participants to other aquatic bodywork groups

Public and WABA

Clarification of Service Mark
- Kim's Dad ( Edwin Elharts) to me on the Trademark Task Force

### Closing Circle-
- Gratitude hearts added to the pool
- Gratitude gifts to the facilitators and organizers from Theri
- Tomasz invited all to next year's international conference in Poland
- Amir led the group in a Sufi based song/ dance

### Catered Lunch and presentation of participation certificates

### 3:00pm: Off Property





