



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. Through a gentle sequence of movements and mindful bodywork, the body softens into deep **relaxation**, awareness expands into **meditation**, which harmonises **body-mind integration**. Sharing collective consciousness of **healing togetherness**.

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.

Combo Training - A special edition of both [Levels 1 and 2](#)

- The training program offers participants a rich and diverse therapeutic toolbox, combining practical skills, embodied learning, and professional standards.
- Providing “Float Therapy culture” and offering classes with a 1:2 ratio; one practitioner and two participants (“a small group of two”).
- Designed to optimise time and resources while deepening the participants’ practice.
- Enables non-experienced alongside experienced aquatic bodyworkers.
- The combo holds both levels 1+2 syllabuses (See below). A total of 60 academic hours.

Location and dates: Levels 1+2 Combo: **21-26/04/2026**

Pool address: Au bord de l'eau, Chaussée d'Alseberg 620,
1180 Uccle, Brussels, Belgium.

Number of participants: 8 (4 pairs)

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

* Gathering time: 08:45 at the meeting point (Pool location), starting **at 09:00**

* Lunch break: 13:15 - 14:45

* Land class: 14-45 - 18:00

* Ending, class dismissed: 18:00

Contact for more info: DM: IG /FB, Email:

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Accommodation + Transportation:

Accommodation is additional and will be booked separately by students!

* Please contact **Louisiane** for consulting and support.

Admission fee and logistics:

- Training fee for the two levels is **960 €**
- To save a spot, participants are kindly asked to place a registry fee/ deposit of **200 €**
- "**Early-bird**" registry offers 10% discount to a total of **860 €**.
- To enjoy an early-bird discount, full payment of 860 € must be completed by **February 15th**.
(200 € + 660 € =860 €)
- From Feb. 2nd /2026- opening course day April 21st /2026 Training fee is full price of **960 €**.
- 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 the money transfer will be followed by a payment proof document.

Payment can be made through Bank transfer / Cash during the training days

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

IBAN: LT31 3250 0013 1946 8686

BIC: REVOLT21

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

IBAN: DE25 1001 1001 2526 7413 06

BIC: NTSBDEB1XXX

Food and drinks:

There are a variety of options to choose from for lunch, a 2-minute walk near the pool.

*It is the students' responsibility to provide themselves with food and drink during the training.

“Flothetta” Floats: 10% off discount on “Flothetta’s” float-supportline set and accessories

Cancellation Policy:

- **Full money refund** by March 31st /2026.
- **50% money refund** up to 1 week before course opening and no later than April 21st /2026.
- **Non-money refund** on cancellation, one day before opening or on the day of opening.

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



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 the 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).

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.
- The benefits of floating.
- Meeting different groups with different needs.
- Health contraindications.
- The 7 Principles.
- Code of ethics.
- Offering a Float Therapy class for 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 logbook.

*Progress to the next level by completing supervision tasks that meet the required level of aquatic bodywork performance in water.

Meet Omer Shenar - Course Director (Bio)

Omer Shenar has been an Aquatic Bodywork Practitioner since 2010.

Omer specialised in rehabilitation and built his professional experience working in a rehabilitative medical centre within "Sheba Hospital" in Israel.

Over the years, Omer has seamlessly integrated various 'hands-on' bodywork techniques.

He is the co-founder and director of the Float Therapy – training program, teaching, sharing sessions and mentoring around the world.

- To get to know Omer better, you can visit Omer's homepage:
<https://www.omershenar.com/>
- **IG: Omer Shenar** **FB: Omer Shenar**
- To read more or find FAQ, please visit: <https://floattherapy.is/>