



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 the Western approach - 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, providing comprehensive knowledge about inviting individuals or groups to the water
- Deepening 'hands-on'. Movement sequences and bodywork techniques completing access to the full body areas protocols.
- A handful of practical tools about leading a group as a Float Therapy provider and as a team leader.

Dates and location: Level 3: 20-25/01/2027

- Pool location: Argentina, Buenos Aires, **Casa del Agua**, Barrio de Versalles. 🇦🇷

Directions: will be given via direct contact

Number of participants: Max: 8 (4 pairs). Min to open a class: 6 (3 pairs).

General timetable: 6 intensive days, each day holds both land and water practice.

* Gathering time: 08:45 (at meeting point) - **Starting at: 09:00** - Class dismissed: 18:00

* Lunch break: 13:00 - 14:30

Contact for more info: DM: IG /FB/Whatsapp

Casa del Agua: IG - Email: frischmannalejandro@gmail.com

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Maria Jimena Montgomery: +59 99 717 324 - Email: float.therapyuy@gmail.com

Lorena Fernández: +59 99 254 468 - Email: float.therapyuy@gmail.com

Accommodation and Transportation:

Accommodation in Buenos Aires is additional and will be booked separately by students

* Please contact us for consulting and support.

Food and drinks: Vegetarian meals made with high-quality ingredients. The menu is thoughtfully designed to support sustained vitality and mental clarity, combining simplicity, nourishment, and quiet pleasure.

*Hot lunch each day / Snacks and fruits / Coffee & Tea

*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 for **Level 3** is **720 USD\$**.
- Nutrition: 6 hot meals + daily snacks: **90 USD\$** (can be paid during the course days)
- *Participants may choose to bring their own food for the training days. Please provide us advance notice.
- To save a spot, participants are kindly asked to place a registry fee/ deposit of **150 USD\$**.
- "**Early-bird**" registration offers a 10% discount for a total of **650 €**.
- To enjoy an early-bird discount, full payment of 650 € must be completed by **December 20th**.
(150 \$ + 500 \$ =650 USD\$)
- From Dec. 21/2026 to opening day January 20/2027, the fee is full price of **720 USD\$**.
- The deposit payment will be reduced from the total training fee cost.
- Payment through bank transfers; contact details are in the flyer below.
- A payment proof document will follow completion of the money transfer.

Cancellation Policy:

- **Full money refund** by December 20th, 2026.
- **50% money refund** up to 1 week before course opening and no later than January 1st/2027.
- **No money refund** on cancellation, one day before opening, or on the day of opening.

* **Flight booking**- Please wait for our final confirmation 30 days before the training due date (Course facilitators / Course director) to make sure the training opens.

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

* For any need for support or clarification, please contact facilitators: Lorena or Jimena

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

IBAN: DE25 1001 1001 2526 7413 06

BIC: NTSBDEB1XXX

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

IBAN: LT31 3250 0013 1946 8686

BIC: REVOLT21

C. "PayPal": by receiving a "PayPal" payment request.

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.
- 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.

Meet Omer Shenar - Course Director (Bio)

Omer Shenar has been an Aquatic Bodywork Practitioner since 2010.

Omer specialized in rehabilitation and built his professional work experience in a rehabilitative medical center - "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 read more or find FAQ please visit: <https://floattherapy.is/>
- To get to know Omer better, you can visit Omer's homepage: <https://www.omershonar.com/>
- IG: Omer Shenar FB: Omer Shenar