



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

Unnur Valdis: +354 6 953 588 - Email: unnur@flothetta.is

Omer Shenar: +972 54 640 7474 - Email: shenaromer@gmail.com

Accommodation and Transportation:

* Please contact Unnur for consulting and support.

Admission fee and logistics:

Course fee: 220,000 ISK = 1,550 €

TO SAVE YOUR SPOT: Registration fee of 200 € (out of total 1,550 €)

Early-Bird offer 15% off: 1,325 €

* Early-bird registration must be completed until **April 15th**

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

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

Cancellation Policy:

*For full refund of registration fee and other payments by giving cancellation notice please notice us no longer than 21 days before opening date. (Last notice May 1st 2026)

*Upon last minute cancellation, one week before class opens (no longer than May 15/2026) participants will refund 50% of the fee.

*Upon cancellation on the first day of training participants will not be refunded.

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



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.

Float Therapy Training level 3 - Facilitator (Syllabus)

- 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/>