



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.

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 optimize 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.

dates and location: Levels 1+2 Combo: 13-18/01/2027

- 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

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

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Uruguay: 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 **Levels 1 and 2** 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 12th**.
(150 \$ + 500 \$ =650 USD\$)
- From Dec. 13/2026 to opening day January 13/2027, the fee is the 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 12th, 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 or sending a "PayPal" payment request.

Float Therapy Level 1 - Foundations (Syllabus)

- Learning about the foundations of therapeutic work in water.
- The role of the Giver and the Receiver.
- Meeting the Float Therapy concept.
- Learning the basic sequence of movements and bodywork.
- Introduction to 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 bodywork 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 and 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' of 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.

* Students' class assessment.

* Filling a log book.

*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 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.omershenar.com/>
- **IG: Omer Shenar FB: Omer Shenar**