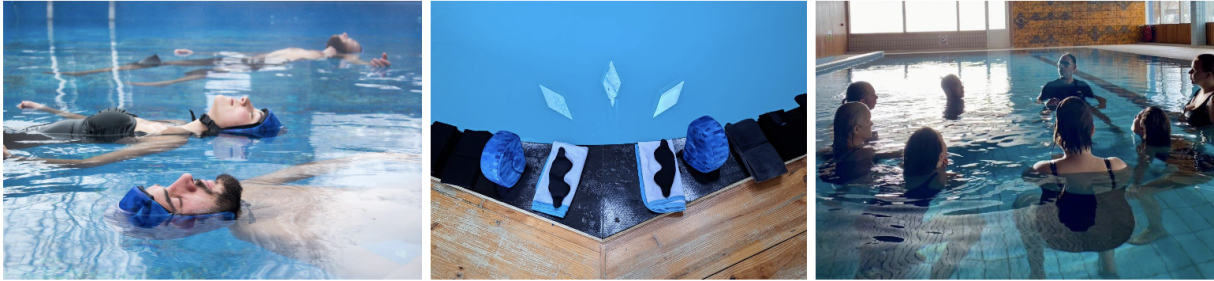


FLOAT THERAPY



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.

The Combo Training - A special edition of both Levels 1 and 2 in succession.

- 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-experience 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: 20-25/02/2026

- 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

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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 January 20th

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.

Flotheta Floats: 10% off discount on “Flotheta” 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 January 30, 2026)

*Last minute cancellation, one week before class opens (no longer than February 13 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 directors).



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 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' 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. 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.

- To get to know us better read more or find FAQ please visit: <https://floattherapy.is/>