

# A Guide to core Musical Hydrotherapy practice

*This plan details the stages in Musical Hydrotherapy that you will learn in your training courses and will apply when you work with partners/pupils in the pool*



## GROUNDING



Ground yourself in a stable position in the pool. Feel centred in your core, shoulders down, knees bent, standing low in the water with the ability to balance your torso movement left and right. Regulate your breathing.

## SUPPORT



Support your recipient above the water surface in one of the holds. Ensure they are floating effortlessly using sufficient floatation aids on their thighs. Ensure the water line crosses their face so their ears are submerged but their eyes and mouth are above the surface and that their head position is neutral, in neither flexion nor extension.

## LISTENING



Tune into the person you are supporting. Stay still and neutral listening to what they are transmitting to you with their body. Are they tense, tending to move in a particular direction, fidgety, comfortable? Connect with the recipient to ensure you are establishing their trust.

## FOLLOWING



Follow the recipient movement tendencies in the water. Do not impose a particular movement, rather follow their natural movements such as curling up, extending, tilting to one direction. Extend those movements with your movement in the pool.

## EXPLORATION



Using a range of holds follow and extend their movements in the water. Use massage hand movement along the spine, explore the range of movements in the water gently introducing stretches.

## STILLNESS



Connect with the recipient to allow moments of stillness. Usually sustained with the hold from the back of their head allowing their spine to stretch out and their natural movements to unfurl.