



Natalia Zagórska

WABA certified
Watsu® 2 Instructor

+974-7210-8163 WhatsApp

nataliawatsu@gmail.com

European Watsu Center named
after Harold Dull Foundation

3900+ WABA hours

Data as of: March 2026r.

About me

I am a physiotherapist, massage therapist, Watsu Practitioner, and international Watsu instructor. I first encountered Watsu while writing my master's thesis on aquatic therapy in 2010. I have worked in several public and private healthcare facilities, working with orthopedic, neurological, and geriatric patients. I have also worked with athletes, including international ones (Christophe Lemaitre, Pierre Alexis Pessonneaux, Sebastian Mobre). What fascinates me about Watsu is the possibility of multi-faceted work with another person who comes for help as a patient, and the nonverbal communication that prevails in the water. The practical application of the Watsu philosophy, which involves being present here and now with and for another person, has also transformed my work on land. I was fortunate and privileged to learn a great deal from the creator of Watsu, Harold Dull, who invited me to teach this extraordinary concept. Since his passing, I feel obligated to share this knowledge with others through Watsu courses.



3rd International Watsu Conference, Krakow 2015.

Mission and vision

Mission

My mission is to share the source knowledge from Harold, professionally teach Watsu, focusing on precision of work, safety of the recipient and the quality of touch and movement (ergonomics).

Vision

My goal is to elevate the quality of aquatic therapy by integrating EBM and respecting EBP data, and to spread awareness of the benefits of Watsu to bring us closer to Harold's vision of enabling everyone to benefit from the values of Watsu worldwide.

Basic values

In teaching, I prioritize the integrity of the content and values taught, including professional practice and everyday life. This is especially true for Harold, who holds the values of unity, presence, and collaboration at the core of his Watsu philosophy.



Unity and cooperation

For Harold, presence during the session and unity through, among other things, the connection of the breath were fundamental. Being here and now for the other person is the foundation of unity, both in the session and in the social context.



Precision and ergonomics

Absolute precision provides absolute freedom in the water - the ultimate in therapeutic results. Ergonomics ensure effortless work for the therapist for years to come.



Safety

This is the highest priority. Physically - support for the head and spine, and mentally - a safe space for learning and confidentiality.



Joy

This is the state when learning is most effective. Even when learning material as difficult as complex Watsu techniques, you can (and should) still have fun.

What I expect from students?

Every course is a commitment. On both sides. And for the course to be successful and productive, it's important to understand expectations.

Commitment	This is our common task, we all give a lot of ourselves to achieve a common goal - mastering the material and learning the skills.
Openness	For a different, sometimes contrary, perspective.
Readiness	To get out of your comfort zone.
Respect	To fellow course participants, to your own limitations.
Punctuality	Because it helps.

What do I give in return?

Most advanced techniques	Professional transformation	Extensive teaching materials	WABA accreditation
● Safety in supporting the head and body (for the patient) ● Ergonomics of movement in water (safety for the therapist) ● Optimal transitions between techniques - the highest quality in the feel of the session	● A unique professional tool ● Often profound personal changes, in approach to the patient, to life...	● Script ● Manual with techniques ● Poolnotes	● 16h - Basic Watsu ● 34h - Transition Flow ● 50h - Watsu 1 i 2

Summary

I invite you on a journey into your inner self, which will take place in shallow, warm water. You'll learn not only new techniques, ways of supporting your body and moving in the water, but also a wealth of theoretical knowledge and practical tricks that help you work in the water and conduct therapy. Above all, you will discover a unique approach to working with others. You will understand the vast possibilities offered by water and Watsu therapy. You will discover your limitations and how to overcome them. And you will remember this Watsu course as unlike any other.

Information and sources

- kursywatsu.pl
- watsu.com
- FB Watsu w Polsce, FB WABA Community
- WABA CCF - since 2021 annual free online educational and networking event (early May)