

An Interview with Avital Baduach

Avital Baduach is a hydrotherapist, swimming instructor, and lifeguard. She lives in Moshav Ora outside of Jerusalem. She works at Beit Halochem. She has been working over four years in the water, previously doing hydro-therapy with children in Netanya and the elderly in Jerusalem. She has completed over 200 hours of aquatic bodywork, studying Jahara Technique, Watsu and WaterDance.

"Normally in hydrotherapy, when I give a treatment, time is devoted to rehab for the body by working out, actively working on the muscle or the problem. The last ten or fifteen minutes is for relaxation. This is where I do the WaterDance. Sometimes I give longer sessions purely of WaterDance, taking 20 minutes when I feel it's necessary.

"WaterDance allows stiff muscles the space to open up and release tension. The receiver can fly underwater, have no limits, something he cannot get anywhere else. He can feel really free and open, flying. This also happens on the emotional level, from the release it gives, the quiet place it takes one within, and the sensation of renewal afterwards.

"I use WaterDance with a young man with a disc breach in the lumbar. He is tall and big, so I wear weights. We do a few minutes of warm-up and then go under. We do all the underwater moves. He says underwater he can bend his knee, but out of the water not. I employ WaterDance so he can put on his socks. He says it feels great with all the bendings and arches. I work conservatively with him (and everyone). I pay close attention that all is alright. I am especially alert with him because it is his back.

"I treat two men without sensation. I can work more intensely, with more speed, and use a very firm touch. They enjoy it very much; it is good for them.

"Once a woman came to me after a massage, receiving a WaterDance session. She reported, "Now I feel that my shoulder got released," as if it served as a completion for the massage. Her entire body was released.

"I work with a girl who is hyperactive, unable to concentrate. We do ten or fifteen minutes of exercise. I bribe her that if she is good we do WaterDance. She really opens up; normally she is contracted together. It is amazing how open she gets in the water.

"There is a young man with emotional problems. His body is broken, having two hip replacements. He cannot breath normally and coughs a lot. He is a WaterDance enthusiast. He wants to go right into the Embryo. I do the Dolphin with him; it means a lot to him. He receives three times a week; so frequently is unusual. It helps him with his physical and emotional condition.

"I also treat an eleven years old girl with cerebral palsy, who loves to go under. I have also worked with amputees."