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Aquatic Bodywork Therapist and Bath Master

Artistic Libation Rituals.

Founder of [Invisibledrum Art Platform](#)

Introduction:

Passionate and dedicated Aquatic Bodywork Therapist, Baltic Bath Master, and interdisciplinary Artist, specializing in Somatic Aquatic methodology, with a focus on providing tools for movement, pressure and fascia massage sessions in water, and conscious exploration in warm water.

Small group Bath Master specialize in Pirtis Baltic Sauna: Phyto Thermal massage.

Libation rituals and Water ceremony facilitator.

Languages:

- Native Spanish. Fluent spoken and written English. Conversant written and spoken Portuguese. Basic Norwegian spoken and written. Basic Japanese spoken

Relevant Education:

- 2024: Traditional Use of Plants in Steam Bath and Whisking (50 h) International Bath Academy, Vilnius.
- 2024: Shiatsu 2 with Shinzo Fujimaki in Lithuania (50 h) -Vilnius, Lithuania
- 2024: Basic Watsu with Jurga Švedienė. Watsu Lithuania (16 h) - Vilnius, Lithuania.
- 2023: Modules 4-6. Aquatic Somatic Education. Bodywork. Liquid Cosmos (150 h) - Liquidzome, Sintra, Portugal.
- 2023: Group Bath Masters & Traditional Use of Plants in Steam Bath and Whisking (60 h) - International Bath Academy, Vilnius.
- 2023: Exploring the Embodiment of Cellular Consciousness through Movement - School for Body-Mind Centering, USA.
- 2023: The Role of the Brain in Perception and Repatterning the Nervous System - School for Body-Mind Centering, USA.
- 2022: Perception as a Key to Embodying and Repatterning the Nervous System - School for Body-Mind Centering, USA.
- 2022: Modules 1-3. Aquatic Somatic Education. Bodywork. Liquid Cosmos - Liquidzome, Sintra, Portugal.

Other Education:

- 2019: Master LAV in Film Studies - Laboratorio Audiovisual de Creación y Práctica Contemporánea, Madrid, Spain.
- 2017: Master of Fine Art - Kit Academy of Art at Norwegian University of Science and Technology, Norway.
- 2014: B.A. HONORS in Moving Image Arts. First Class Honors - The University of Brighton, UK.
- 2013: Exchange Programme - International Academy of Art of Palestine, Ramallah, West Bank, Palestine.
- 2000: Advanced Vocational Certificate of Education in Photography (AVEC) - F.P Luis Bunuel, Mostoles, Madrid.

Relevant Experience:

- Fagervik Camping: Mid summer ritual sauna, More og Romsdal, Norway 22.06.2024
- Tejn Lagune - vildmarksbad og sauna på Tejn havn: Birca Bornholm: Group Sauna 22.05.2024
- Nidos Kempingas: Aquatic Bodywork Therapy - 03/2024-04/2024
 - Aquatic Bodywork Sessions March-April. 8 Sessions. Nidos Kempingas Pool, Nida, Lithuania
- Nidos Kempingas: Aquatic Bodywork Workshop - 13/03/2024
 - aquatic somatic education workshops, including Celular dance and impro dance in water at Nidos Kempingas Pool, Nida, Lithuania. Facilitate aquatic somatic bodywork & massage.

- Casal Santo Antonio, Sintra: Bath Master - 12/2023-12/2023
 - Conducted Phyto-thermal sessions in December 2023. 5 sessions at Casal Santo Antonio, Sintra.
- Aquasoma Pool, Valencia: Aquatic Bodywork Therapy - 10/2023-11/2023
 - Aquatic Bodywork Sessions October-November. 4 Sessions. Aquasoma Pool, Valencia, Spain.
- Amborneset Community Center, Trondheim: Bath Master - 07/2023-08/2023
 - Conducted Phyto-thermal sessions in July-August 2023. 3 sessions at Amborneset Community Center in Trondheim.
- Karolina Hotel, Vilnius: Aquatic Bodywork Therapy - 04/2023-06/2023
 - Conducted Aquatic Bodywork sessions from April to June. 50 sessions at Karolina Hotel, Vilnius. Affiliated with the Watsu Association Lithuania.
- Pirbadet Pool, Trondheim: Aquatic Bodywork Therapy Assistant - 12/2022-12/2022
 - Assisted in aquatic somatic education workshops, including Cellular dance and impro dance in water facilitated by Marina Sans (founder of Liquid Zone) at Pirbadet pool, Trondheim, Norway. Provided assistance in aquatic somatic bodywork & massage, Aguajara y Watsu.

Artistic Implementation on Ritual work:

- 2024: Broken Shell. Libation Ritual -Birca Bornholm, Baltic sea art residency, Bornholm, Denmark.
- 2023: "Heliacal Rising." Libation Ritual Performance - Pragiedruliai Creative Center, Panevezys, Lithuania.
- 2023: "Aguadeiras." Libation Ritual Performance - Water World Day, Movimento pelas Aguas e Serras, Rossio Square, Lisboa, Portugal.
- 2022: "Luna de Agua." Water Plant Medicine & Mycology in the Arts - Kirsten Kjaers Museum, North Denmark, Thy.
- 2021: "Breath of Fire." Libation Ritual Performance - Curated by Margarida Mendes at The Plot AADK, Setubal, Portugal.

Skills & Topics: Aquatic Body Work

Foundations:

- Connecting & Breathing. Grounding, Rooting, Centering, Aligning
- Movement Patterns: Ondulations, Rotations, Spirals, Folding/Unfolding
- Presence, Self-Care, and Healthy Posture
- Accompanying Processes, Holding Space, Genuine Movement
- Material Usage: Floats, Pillows, Nose-Clips

Experiential Anatomy:

- Breathing Techniques: Lung and Cellular Breath
- Cellular Touch: Silence, Osmosis, Repatterning
- Anatomy of Body Systems: Joints, Synovial Fluid, Skeleton, Bones, Fascia
- Organizing Sessions Based on Body System Needs
- Deepening into Skeleton, Bones, Joints, Synovial Fluid, and Fascia
- Cerebro-Spinal Fluid and Cranio-Sacral Work on Earth and in Water
- Head Supports, Flotation/Manipulation Hand, Eye Mask Usage
- Working with Organs and glands, Endocrine System, and Complementary Materials
- Utilizing Water in Fascia Work, Organs, and glands.

Skills & Techniques:

- Nervous System Understanding: Peripheral, Somatic, Autonomic, Central
- Personal Ecology and Self-Care: Diet, Hydration, Complements, Energetic Care
- Working with Couples and Trios
- Rebozo Underwater: Center Spread for Massage
- Conducting Sessions with Participants Blindfolded

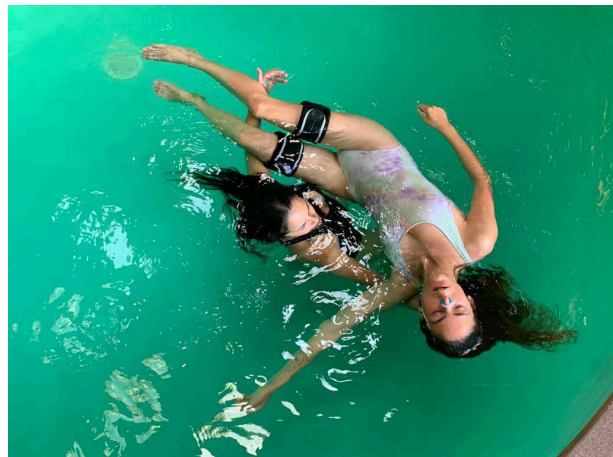
Skills: Small Group Bath Masters Qualification

- Proficient in bodywork massage, ensuring therapeutic and relaxing experiences for clients.
- In-depth knowledge and application of a healthy steam bath procedure, considering optimal conditions for the well-being of bathers.
- Proficiency in employing light whisking techniques, creating a gentle and soothing effect for bathers during the bathing ritual. Mastery in the art of classical whisking techniques, offering a traditional and rejuvenating approach to phyo-thermal bathing rituals.
- Skillful sessions to whisking, providing a welcoming and informative experience for individuals new to the practice.
- Expertise in skin peeling techniques, promoting exfoliation and skin rejuvenation within the context of bath rituals.

Holistic Wellness Focus:

I ensure a healthy, supportive experience for both giver and receiver in aquatic bodywork sessions and steam bath master . My commitment extends to reconnecting individuals with their essence as water beings, acknowledging the healing intelligence of this element and the healthy benefits of libation water rituals, practice of incubations in warm water and steam bathing with plants.

My approach is rooted in a deep understanding of the body's layers within the liquid medium—skeleton, muscles, fluids, fascia, organs, glands. I explore movement and development patterns through undulations, spirals, rotations, and open/close dynamics, unlocking different states of consciousness and fostering diverse movement qualities and emotional expression. My expertise extends to therapeutic applications, self-knowledge, and the artistic implementation of water-inspired performances. Body mind Centering studies in human anatomy, physiology, and psycho-physical development patterns through a listenful, subtle, investigative, creative, and playful pedagogy. I facilitate sessions organically, devoid of pre-conceived forms, allowing genuine movement and impro contact to emerge. Guided by scores and attuned to the body's intelligence, I create a space for authentic healing and exploration of liquid intelligence within the body.





Nazaré Soares

*Reference upon Request