

# ZENTSU

## What is Zentsu™?

Water is the foundation of life in the sense that life on Earth began with one drop of water, that we comprise of some 80% water and we spend the first 9 months of our life in a water womb.

For many people when they go to a supermarket and experience the smell of baking bread and cakes, it takes them back to their childhood when mum was baking bread at home. This arouses a very strong feeling of relaxation, security, love and happiness.



Zentsu™, unique to Zen Resort Bali, is a deep physically relaxing and emotionally healing method practiced being immersed in water, with a support of a yoga and Ayurveda therapist who gently rock you side to side at a frequency similar to the movements in the womb. The objective here is to awaken the inner feelings and memories of the first 9 months of life in the womb. At Zen some 90% of the guests experience the most relaxing 25 minutes of their life during Zentsu™, and the balance of some 10% experience a rebirth in the pool. The latter has been found to be healing and bonding with parents through the creation of life and thus enhancing the purity of love and life between the parents and their offspring.

## How is Zentsu™ practiced?

Zentsu™ begins with deep breathing and a few minutes of meditation. The first step in the process is face up floating in the pool, supported and shepherded by the Ayurveda and yoga therapist. In a matter of some 10 minutes, this arouses the feelings of being in the womb of your mother, followed in some cases by experiencing rebirth.

The second step in the Zentsu™ process over some 15 minutes is face down floating in water with an Easy Breath snorkeling mask that enhances deep and slow breathing together with deep meditative focus.

## What are the benefits?

The benefits of Zentsu™ are that as we become totally blended with the environment, resistance disappears, and we experience a whole new realm of relaxation, liberation and freedom.

A substantive benefit of Zentsu™ is the experiencing your first formative moments of life in a water world in the womb. It is particularly effective towards removing the stresses and strains of modern lifestyles as well as deeply healing.

At Zen Resort Bali, the Zen Harmony Diving program offers Zentsu™ to scuba divers, facilitating rapid and deep relaxation and mind-body-spiritual alignment for divers and snorkelers who may be physically unfit and psychologically challenged as well as tired and anxious following a long trip to the dive site, including perhaps air travel. At Zen Resort the practice of Zentsu™ has highlighted reduced calf muscle and upper back stresses and strains as well enhancing deep and slow breathing and meditative focus, all relevant to experiencing the unique beauty and harmony of the under-water environment.

For further information, please visit [zenresortbali.com](http://zenresortbali.com) and [zenharmonydiving.com](http://zenharmonydiving.com) and contact us at [contact@zenresortbali.com](mailto:contact@zenresortbali.com) !

