



Thai Yoga Therapist Training

15 consecutive Wednesdays,
January 20 – April 28, 2010: 11am - 4:00pm



Cost: \$750, registration limited to 8 students.

Learn the ancient art of traditional Thai yoga therapy in a relaxed 75 hour, fifteen week course. This course is equivalent to the two week intensive Basic Training Levels I & II offered at The Institute of Thai Massage in Chiang Mai, Thailand. Students completing course will be fully trained & qualified to provide complete full body Ancient Thai Yoga therapy, Nuad Bo-Rarn, Northern Style, with a client in the four basic traditional positions (front, side-lying, back, and seated.)

Thai Yoga therapy's extraordinary benefits to the receiver are world renowned. But just as importantly, Thai Yoga therapy benefits the giver as well. For the practitioner, Thai Yoga therapy cultivates a meditative state and can begin or deepen one's own spiritual practice. It promotes strength, balance, poise, and energy awareness. It can improve posture and breathing through more conscious use of the body. It can awaken and increase intuition.

The spiritual heritage of Thai Yoga therapy embodies a dedication to compassion, kindness, peace, patience, happiness, joy and serenity - increasingly important qualities in today's world. Its dedicated practitioners can find these qualities both infusing their own lives as well as being imparted to their clients.

In this enjoyable, thorough training you will learn:

- Over 100 movements taught in a progressive rhythmic sequence addressing the client from the four basic positions (Front, Side, Back, and Seated) for a comprehensive 2 hour full body Thai yoga therapy session.
- Versatile acupressure techniques for using hands, feet, knees, elbows, and forearms.
- Proper use of full-body, leveraged weight, and body dynamics that increase your flexibility and poise.
- Awareness practices that promote your own well-being.
- Thai energetic philosophy, benefits, contraindications, and more.

Students successfully completing the course will receive a diploma as completing Basic Training Levels I & II
Contact Mike Burgasser at itsyogamike@earthlink.net. Or call 513-324-4654.

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