

Thai Yoga Therapy Training

Sunday, March 21, 2010

6-hour Introduction



Thai Yoga Therapy is an ancient spiritual healing art based on yoga and acupressure. In this unique system, the practitioner guides the recipient through a series of applied yoga postures while gently stimulating the body's energy lines and pressure points. Together, these actions help to reduce muscular tension, improve blood circulation, increase flexibility and range of movement, and balance the body and mind energetically.

After completing this 6 hour workshop, students will be able to:

- Confidently administer a 30 - 45 minute Thai Yoga Therapy session
- Understand the importance of applied diaphragmatic breathing
- Grasp the fundamentals of effortless and flowing transitions between postures
- Integrate mindfulness and meditation into their work

Teacher: Albert Swiercz (Founder of Anahata Thai Yoga Therapy Centre, Val Morin, QC)

Cost: \$90.00

Schedule: Sunday, 10:00am – 5:00pm

Location: Yoga Sivananda de l'Outaouais
745 Ch. D'Aylmer #204
Gatineau (Aylmer), QC J9H 0B8

To register : Contact Kumari or Arjuna
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