

“On The Table” Intro Adapted Thai Yoga Massage

12-hour Training
May 1 - 2, 2010



Thai Yoga Massage is an ancient spiritual healing art based on Yoga and acupressure, and is traditionally practiced on the floor. In this workshop which will be of interest to massage therapists, this dynamic style of massage will be adapted and taken onto the table. Practitioners will learn to guide recipients through a series of applied yoga postures while gently stimulating the body's energy lines and pressure points.

There are **no prerequisites** and students taking this 12 hour course will acquire the skills to give a 60 minute adapted Thai Yoga Massage which includes:

- Applied diaphragmatic breathing and how it relates to the flow of the massage.
- Touch application techniques that emphasize the use of the practitioners' body movement and weight to administer pressure.
- An introduction to the art of mindfulness in motion that brings a constant awareness of both bodies throughout the massage.

Learning specific massage techniques for a client's feet, legs, hips, back, shoulders, neck, arms, and face.



Albert Sciercz (Krishna) is the founder of Anahata Centre of Thai Yoga Therapy in Val Morin, QC. A talented practitioner,

also offers training courses in Canada, the United States, Mexico and South America. Krishna is a AMPQ Certified Massage Therapist and a certified Sivananda yoga teacher with 30 years experience.

Schedule: Saturday and Sunday 9:00am – 4:30pm

Cost \$180.

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

To register Catherine or Arjuna
info@yoga-aylmer.com
819-684-2084