

thai yoga **bodywork**

36 Hour, Level 1 Training w/ Tanya Sowards



Tanya Boigenzahn Sowards, RTT, E-RYT, CHTP



Tanya is an internationally recognized bodywork teacher. She offers one of the only multi-level Thai Yoga Bodywork certification programs in the USA. As a Registered Thai Therapist and Instructor (RTT) with Thai Healing Alliance International (THAI), she is committed to passing on the direct teachings of her teacher, Master Pichest Boonethame of Chiang Mai, Thailand. Tanya's

goal is to support the fundamental principles of clear energy flow, sensitivity, mindfulness, good body mechanics, and economy of movement. For over half her life, Tanya has traveled and worked in a variety of foreign places. She leads annual retreats to India and Thailand. Tanya has studied yoga with many respected yoga and bodywork teachers. In 2005 she met Yogarupa Rod Stryker and has been a dedicated student of ParaYoga since then. For more on Tanya visit her website: <http://www.thaiyogabodywork.com>



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

DATES: August 12-15
8am -5pm each of the four days

COST: \$625 if paid in full by 7/15
\$650 if paid in two installments
(\$325 by 7/15 & \$300 on 8/12)

LOCATION:
Stadium Drive Community Garden Center
8689 Stadium Drive
Kalamazoo, MI 49008

THAI YOGA BODYWORK

Also known as nuad boran, is an ancient healing art that can be learned and practiced by anyone with an open heart and a desire to help others. Come take a weekend Intro Workshop to get the basics, or earn your RTT (Registered Thai Therapist) status with this comprehensive training program that you can use on your clients, friends or family. There is no pre-requisite, just an eagerness to be of service for the benefit of others. This program is specifically designed for: bodyworkers, massage therapists, yoga teachers, or anyone wanting to learn Thai Yoga Bodywork.

SEE BACK: for more details & registration

THAI YOGA BODYWORK TRAINING LEVEL 1

Thai Yoga Bodywork, also known as Thai Massage or Thai Yoga, is an ancient and sacred healing treatment from Thailand that integrates Yoga, Ayurveda, and Buddhist spiritual practice. Unique from other types of bodywork and massage, Thai Yoga is also a form of Yoga Therapy that combines assisted Yoga poses, rhythmic massage, acupressure, energy work, and Buddhist meditation. It helps receivers release blocked areas and stimulates the flow of healing energies within the mind, body, and spirit. Thai Yoga Bodywork is quickly gaining popularity in the US as a style of bodywork that gives the benefits of a variety of modalities all in one session.

WHAT YOU WILL LEARN IN THAI YOGA BODYWORK TRAINING LEVEL 1:

This 36 hour training is the first course in the 180 Hour Thai Yoga Bodywork Practitioner Training & Certificate Program with Tanya Sowards. You will learn a complete sequence that will allow you to give a 1 to 1.5 hour Thai Yoga Bodywork session to another person. Students will receive a manual outlining the Thai Yoga Bodywork techniques that is also filled with an appendix full of Energy Work techniques, chakra info, meditations, and more.

STUDENTS WILL ALSO LEARN:

- History and roots of Traditional Thai Massage
- Benefits and contraindications of receiving as well as giving
- Sequences including: Supine, Arms, Prone, Seated, and Relaxation
- Techniques from a variety of positions as you partner up with another and practice in class
- Ergonomics and proper body mechanics as a giver
- The basics of our subtle anatomy (chakras, meridians, biofield)
- How to assess the biofield and chakras before a session begins
- Basic energy work techniques you can use in a session
- Tools for growing your self care, intuition and healing skills

WHAT MAKES THIS THAI MASSAGE TRAINING DIFFERENT FROM OTHERS:

This intensive differs from other Thai Yoga Massage trainings in that you will also learn to assess the chakras, aura, and meridians of the body in order to facilitate your growth in both giving bodywork sessions, and also your own development as a healer.

LOCATION:

Stadium Drive Community Garden Center
8689 Stadium Drive Kalamazoo, MI 49008 (between 6th and 4th and right next to Camp Fido Dog Daycare)

BRING: Water, Lunch (or buy there), 1 pillow and 1 blanket

Veggi Lunch options of \$7.50/day (optional)

Contact Tanya if interested in purchasing a Thai Mat: \$225 will be shipped to SDCGC.

PARTICIPANTS RECEIVE:

Certificate of Completion, NCBTMB and Thai Approved for 36 CE's

PRE-REGISTRATION REQUIRED. Pre-registrations must be received by 7/15.

Deliver payment with this form to Sangha Yoga. Cash or check only. Check's payable to: "Sangha Yoga"

Names(s) _____

Contact # _____ Email _____

Please include the number of lunches(if applicable) and the total payment for THAI YOGA BODYWORK:

of lunches _____ # of days(please circle) 8/12, 8/13, 8,14, 8/15 _____ (X)price = TOTAL ENCLOSED \$ _____

