

thai yoga bodywork training

Intro Weekend with Tanya B. Sowards



SANGHA YOGA

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



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>

DATES: Sat. March 20th & Sun. March 21st
1:30pm – 5:30pm each day

COST: \$120 before 3/1/10
\$140 after 3/1, (registration closes 3/19)

INTRO TO THAI YOGA BODYWORK

Based on the northern style of traditional Thai Massage (Nuad Boran), Thai Yoga Bodywork is a sacred and ancient healing treatment that integrates Yoga, Ayurveda, and Buddhist spiritual practice. Unique from other types of bodywork and massage, Thai Yoga Bodywork is also a form of Yoga Therapy that combines rhythmic massage, assisted Yoga poses, acupressure along energy meridians, healing energy work, and meditation. Students will pair up with a partner to give and receive (yay!) as you learn the techniques. - Health in eastern philosophies is regarded as a state of balance between these energies, where all the systems of the body, including mind and spirit, function in harmony with each other. Disease is seen as imbalance or disharmony in this flow of energies. Thai Yoga Bodywork aims at stimulating the flow of healing energies within the body, opening the areas which are blocked and bringing the body, mind and spirit back into balance and harmony.

This workshop is great for yoga teachers, massage therapists and is highly recommended for those planning on registering for Tanya's 36 hour Thai Yoga Basics Level I Intensive.

SEE BACK: for more details & registration

THAI YOGA BODYWORK INTRO TRAINING

Participants will Explore:

- Thai Yoga Bodywork history, benefits, and contraindications
- Therapeutic techniques from the supine, prone, side-lying and seated positions to help with flexibility, movement restrictions, aches/pains and overall well being
- Basic relaxation techniques to perform at the end of a sequence
- How to establish energetic boundaries as a healer
- Tools to help understand and sense the energy body (*pranamaya kosha*)

Benefits for the Receiver

- releases stress and tension
- increases flexibility, suppleness & vital energy
- deeply relaxing
- relieves pain and soreness
- brings the systems of the body into balance
- increases blood and lymph flow
- releases emotional blocks
- supports one's yoga practice
- excellent therapy for common injuries and ailments
- deepens the connection between mind, body and spirit

Benefits for the Practitioner

- enhances meditation and concentration
- awakens compassion and loving kindness
- deepens the connection of mind, body and spirit



Whether you are an experienced massage therapist, yoga teacher/student or someone who desires to help your friends and family ease their aches and pains, come see how Thai Yoga Bodywork is a fun, fulfilling method of healing that anyone can learn. All levels welcome. No experience necessary. *Certificate of completion given at end of workshop for all attendants.*

Please bring: a notebook, pen and a pillow

** This training is approved for 8 CE hours for the Yoga Alliance, NCBTMB, and THAI Alliance*

PRE-REGISTRATION REQUIRED. *Pre-registrations must be received by 3/19.*

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

Name(s) _____

Contact # _____ Email _____

Please write class dates, the number of attendees, and total payment enclosed:

TAI YOGA BODYWORK: # of participants _____ (X) price = TOTAL ENCLOSED \$ _____



Mall Plaza 157 S. Kalamazoo Mall, Suite 140 :: Kalamazoo MI 49007 :: (269) 232-0983 :: www.sanghayoga.com