

Thai Yoga Bodywork 180 Hour RTT Practitioner Training & Certificate Program

with Certified THAI Instructor Tanya Boigenzahn Sowards, RTT, RYT-500, CHTP

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.

Program Requirements

Contact Hour Requirements - All trainings provide THAI, NCBTMB & YA CEs
Foundations Trainings

- Level 1: Fundamentals Training - 36 hours
- Level 2: Fundamentals Training - 36 hours

Advanced Trainings (may be taken in any order but must have completed Level 2)

- Level 3: Thai Ayurveda & Sen Lines - 36 hours
- Level 4: Chakras, Koshas & Sequencing for the Energy Body - 36 hours
- Level 5: Special Populations - 36 hours

= 180 Contact Hours

Practice Sessions Requirements - 50 needed for Practitioner Status w/THAI

- 10 Practice Session Forms required per training (10 sessions x 5 trainings = 50)
- 1 Client Review Form from a client or other TYB practitioner who agrees to submit a Client Review Form
- 1 two-hour session with Tanya or other RTT needed to graduate and to earn RTT

= 50+ Sessions

Practitioner Development Requirements

- **6 hours of Karma Thai Yoga** - suggestions include offering Thai Yoga to communities in need, assisting in workshops, etc. More info provided during your first training.
- **8 hours of Continuing Education Workshops** - seek topics related to Thai Massage (i.e. Ayurveda, anatomy, yoga, energy medicine, TCM, etc.) OR a trip to Thailand to study Thai massage. Must provide transcript, copy of certificate of completion or receipt showing you attended and dates.
- **One 5-7 Page Paper** - write on a topic of your choice from one of the following categories: Energetics of Thai Massage, Thai Herbal Therapy, Spiritual Practices of Traditional Thai Medicine, or write a case study from 4 or more sessions with a client.

www.thaiyogabodywork.com | 612.816.YOGA



Certificate Program Completion Details

After your initial 36 hour Level 1 training, you will be eligible to apply for **Basic Membership** with THAI which will allow you to be listed in the members' area of the THAI web site, and have complete access to the THAI archives for networking and research.

Once you complete ALL the above trainings and requirements, you will automatically earn your **Certificate of Completion** in the Thai Yoga Bodywork 180 Hour Practitioner Training & Certificate Program with Tanya Sowards.

Program Completion Benefits Include:

- Receiving your Certificate of Completion of the entire program for your credentials
- Being listed on thaiyogabodywork.com Graduates Page
- Discounts (when applicable) on further Thai Yoga Bodywork trainings with Tanya
- Elite status and advanced notice on trips to study abroad in Thailand
- CEs for each course through NCBTMB for Licensed Massage Therapists & Bodyworkers
- CEs for each course through Yoga Alliance for Registered Yoga Therapists (RYTs)
- Eligibility for Practitioner Level Insurance Coverage & Membership through ABMP
- Eligibility to apply for Practitioner Level Membership with THAI to earn your RTT*

*After completing all requirements above, you can apply for **Practitioner Level Membership** status with THAI. Your study must be completed within a maximum period of three years, and a minimum of one year must transpire from the date of your first study of nuad boran. You must submit with your application written documentation of 50 practice sessions. When you become a Practitioner level member, you may use the title of **Registered Thai Therapist (RTT)** after your name.



Course Accreditations, and CEs:



Member of



NCBTMB: Tanya Boigenzahn Sowards is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

THAI: All trainings in this program are recognized by THAI (Thai Healing Alliance International) towards RTT (Registered Thai Therapist) requirements.



Yoga Alliance: These hours count towards Yoga Alliance CEs.



For more info & training dates:

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