



UpDog Yoga and Still Light Schools Present: Thai Yoga Massage: Yoga Therapist Program Level I March 13-17, 2012

Course Overview (see back for details)

Dates: Tuesday, March 13th through Saturday, March 17th, 2012 (8:30am-4:00pm)

Location: UpDog Yoga Studio B, 210 W. University, Rochester, MI 48307

Instructor: Daniela Goode, Still Light Centre Senior Instructor

Cost: \$1,200* **Contact:** www.updogyoga.com (248-608-6668)

Includes: Tuition, unlimited one-month yoga at UpDog, required reading, use of practice mats, daily tea service, graduation dinner, provisional Level I Certification.

*Pre-payment and group discounts available.

Credits: CEUs are available with the NCBTMB, YA® and other leading yoga and massage bodies in North America. To become a certified practitioner, students will have to perform 40 documented Thai Yoga massages after completing Levels I and II.



Course Details

Thai Yoga Massage (TYM) is an ancient yoga therapy which combines yoga postures with touch technique to promote deep relaxation and healing, improve circulation, boost the immune system, and balance the body energetically, thus facilitating mind-body integration. As a therapeutic practice, TYM is a dynamic form of yoga for the practitioner as well as the recipient, enhancing one's sense of alignment, posture and health. This course is suitable for yoga practitioners and teachers and anyone interested in learning a dynamic form of bodywork. The course provides a strong foundation in the key elements of TYM and prepares students to perform a full 90-minute customized session.

Curriculum

- ☯ Utilize key stances (practitioner postures).
- ☯ Incorporate effortless, flowing transitions between postures.
- ☯ Use safety precautions for preventing injury.
- ☯ Apply energy balance through acupressure and the Thai Sen (energy line) system.
- ☯ Evaluate the needs of the recipient and customize the massage accordingly.
- ☯ Integrate metta (loving kindness) and meditation into your practice.

Daneila Goode, Instructor

www.stilllightcentre.com



Since her first experience with Thai Massage in 2009, Daniela has sought to combine her education in Holistic Wellness with the practice of Thai Massage. A graduate of the University of Western Ontario, Daniela completed her BA in Kinesiology with a focus in Athletic Injuries Management, while at the same time beginning her career in Group Exercise and Personal Training. After graduating, Daniela took her skills and experience to the next level by continuing her education at the Canadian College of Naturopathic Medicine, Thai Massage Toronto School, and Still Light Centre. Daniela's exploration of the connections between Eastern and Western philosophies has led her to joyfully share the gift of compassionate touch with people all around the World!

