

The Yoga Barn  
presents

# THAI SHIATSU BODYWORK

WITH KEN NELSON, PHD

ENJOY GIVING AND RECEIVING TRANSFORMATIONAL  
BODYWORK BASED ON ASSISTED YOGA POSTURES



## Thai Shiatsu Bodywork Level I - a lower body intensive

Thu. 9/16 11 AM - 7:30 PM, Fri. 9/17 - Sun. 9/19 8:30 AM - 5 PM

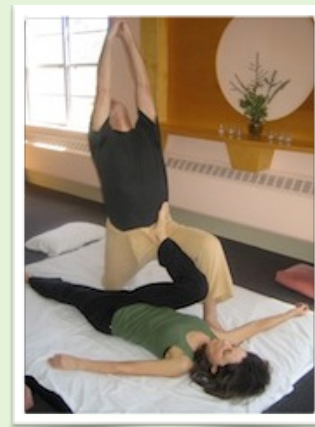
\$390 early registration (\$440 after 8/15)

*TSB IV training offered immediately after TSB I, 9/20 - 9/23. The trainings may be taken separately or together and count as hours for those working toward certification.*

Rooted in yoga therapy, energy medicine, and meridian theory, these Thai and shiatsu techniques rehabilitate connective tissue and reverse the effects of aging, injuries, and lifestyle. Learn powerful methods to relieve pain and chronic tension. Discover easeful ways to offer renewable energy to clients and loved ones.

Gain the confidence and know-how to:

- Give a 1.5 hour Thai-Shiatsu bodywork session
- Apply acupressure points to uplift health in targeted ways
- Offer skillful touch with a caring presence.



This sequence focuses on treating the legs, hips, spine and lower back, while integrating the whole body. Learn to apply passive stretching, acupressure, twisting, range-of-motion joint mobilization, energy balancing, breath awareness, gentle rocking and loving-kindness meditation. Care for yourself while giving, by adapting and modifying to suit your needs.

The basic certification courses may be taken in any order. Each course is a complete routine, or stand-alone sequence of postures and techniques. The courses are integrated into a curriculum of certification in the healing traditions of Thai massage and shiatsu. They offer a foundation for a competent practice of Asian bodywork.

**Prerequisites:** None

**Course Text:** *Sacred Bodywork* by Ananda Apfelbaum

*Travel logistics and lodging options can be found at the bottom of the workshops page at [mvyogabarn.com](http://mvyogabarn.com)*

Order a Thai massage mat through Ken and receive a 15% discount off of retail price by emailing [ken@healingarts.com](mailto:ken@healingarts.com). To view options and colors of mats visit <http://www.sunandmoonoriginals.com/store/p/30-Thai-Massage-Mat-Cotton-Deluxe.html>.

The Yoga Barn  
1 Red Barn Rd.  
West Tisbury, MA 02575  
[www.mvyogabarn.com](http://www.mvyogabarn.com)  
508.645.YOGA



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## REGISTRATION FORM

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NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

WE WILL EMAIL YOU REGISTRATION CONFIRMATION ONLY.

WOULD YOU LIKE TO RECEIVE OCCASIONAL EMAIL UPDATES FROM THE YOGA BARN? YES/NO

DAYTIME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

Please make check payable to the Yoga Barn and mail to:  
The Yoga Barn, PO Box 1101, West Tisbury, MA 02575.

You may also or pay online through PayPal at [www.mvyogabarn.com](http://www.mvyogabarn.com)

\*Cancellation policy - full refund if cancelled by 8/15  
50% before 9/1, 25% before 9/8  
No refunds issued for cancellations after 9/8 or for no-shows.

For more information on Ken Nelson, please visit his website at [www.sacredhealingarts.net](http://www.sacredhealingarts.net).

For information, directions, travel logistics and lodging options, please visit the workshops page of [www.mvyogabarn.com](http://www.mvyogabarn.com).