

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 IV - assessment and treatment in TSB

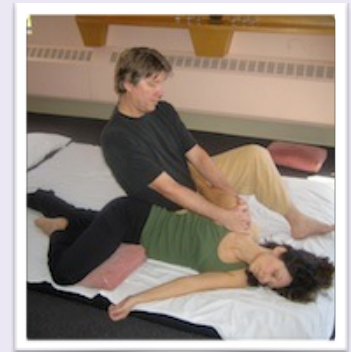
Mon. 9/20 - Thu. 9/23 8:30 AM - 5 PM

\$440 early registration (\$490 after 8/15)

TSB I training offered immediately before TSB IV, 9/16 - 9/19. The trainings may be taken separately or together and count as hours for those working toward certification.

This intermediate-level course is designed for professionals and individuals interested in practicing Thai and Shiatsu bodywork based on Traditional Chinese Medicine (TCM), with reference to yoga therapy and Ayurveda. You will deepen your practice by assessing conditions and applying theory to the treatment of common ailments and psycho-emotional issues. Intermediate techniques nurture the client, with smooth transitions using arms, elbows, feet, and knees to make two or more points of contact.

This inter-disciplinary approach offers a synthesis of Asian bodywork together with Taoist and Hatha yoga therapy. You will receive a basic understanding of the Taoist concepts of yin and yang, five-element theory and the 12 meridians of TCM together with yoga energy systems. It is grounded in Western anatomy and physiology, and includes insights into the importance of connective tissue in dealing with injuries and chronic health issues.



This course gives you the practice and skills to:

- Use care and presence in interviewing clients, assessing symptoms, and basic *Hara* assessment
- Practice 20 to 30 minute treatment protocols in prone, supine, side, and seated positions
- Care for the client's safety, comfort, and psycho-emotional issues
- State benefits, contraindications, and ethical practices
- Use body mechanics and adaptations to give without depleting yourself
- Use Qigong to cultivate sensitivity to vital life force

Prerequisites: at least one Thai-Shiatsu Bodywork Intensive or a good foundation in Asian bodywork.

Course Texts: Thai Massage: Sacred Bodywork by Ananda Apfelbaum and The Book of Shiatsu by Paul Lundberg

Limited housing on island for the Level IV course is available by calling Patricia at 774-521-7087 or emailing her at pattyjew@yahoo.com

Order a Thai massage mat through Ken and receive a 15% discount off of retail price by emailing 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.myogabarn.com
508.645.YOGA

The Yoga Barn

1 Red Barn Rd.
West Tisbury, MA 02575
www.mvyogabarn.com
508.645.YOGA

REGISTRATION FORM

Thai Shiatsu Bodywork Level IV - assessment and treatment in TSB

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.

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

*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.

For information, directions, travel logistics and lodging options, please visit the workshops page of www.mvyogabarn.com.