



Thai Yoga Bodywork: Level 1 Foundational Training with Tanya Boigenzahn Sowards

RTT/ Instructor, E-RYT 500, CHTP & Reiki Master

February 3 - 6, 2011; 8:30 - 5:30 pm each day

\$650 (\$600 if paid in full by Jan 3, 2011);

\$325 for course repeaters (\$300 if paid in full by Jan 3, 2011)

NCBTMB, THAI Alliance & YA approved for 36 CE hours

Prerequisite: None. Knowledge of anatomy, yoga, bodywork is helpful, not required.

Workshop Description:

Thai Yoga Bodywork, also known as Thai Massage or Thai Yoga, is an ancient and sacred healing treatment from Thailand that integrates Yoga, Ayurveda, and Buddhist spiritual practice. Unique from other

types of bodywork and massage, Thai Yoga is also a form of Yoga Therapy that combines assisted Yoga poses, rhythmic massage, acupressure, energy work, and Buddhist meditation. It helps receivers release blocked areas and stimulates the flow of healing energies within the mind, body, and spirit.

What You Will Learn in Level 1:

This 36 hour training is the first course in the [180 Hour Thai Yoga Bodywork Practitioner Training & Certificate Program with Tanya Boigenzahn Sowards](#). You will learn a complete sequence that will allow you to give a 1 to 1.5 hour Thai Yoga Bodywork session to another person. Students will receive a manual outlining the Thai Yoga Bodywork techniques that is also filled with an appendix full of Energy Work techniques, chakra info, meditations, and more.

Tanya Boigenzahn Sowards, a Registered Thai Therapist (RTT), is an Instructor and Advanced Practitioner with Thai Healing Alliance International (THAI), and offers one of the only multi-level certification programs to learn the art of Thai Yoga Bodywork in America. She is a senior student of Master Teacher Pichest Boonethame of Hang Dong, Thailand, and has received many certifications from other respected teachers in the field. Tanya is also the owner/director of Devanadi Yoga Studio in Minneapolis, which offers classes, workshops, private yoga and meditation sessions, plus 200hr and 500hr Yoga Alliance approved teacher training and intensives.

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 pillow and blanket or you may order a Thai Yoga futon from Tanya before the training begins by emailing her at tanya@thaiyogabodywork.com or calling 612.816.YOGA.

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Name _____

Email _____

Address _____

Phone _____

For additional info contact Sarla at 901-270-5373 or sarla@midtownyoga.com

