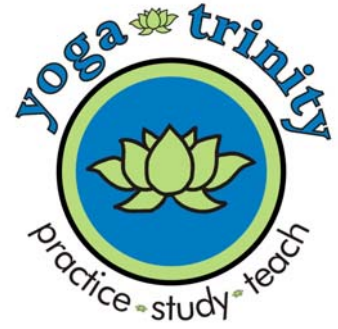


Thai Yoga Massage Course Hosting Guide



Namaste,

We are so pleased to have this opportunity to work with you deliver our personal and professional development programs, and to share the benefits of Thai Yoga Massage.

To make our work together beneficial for all, we have put together this course-hosting package to make available the resources you might require to host a successful program.

We are always committed to improving our working relationship with our hosting partners. With that in mind, please do not hesitate to ring or write anytime if you have any questions or concerns, or require any other resources to make our work together a great success.

Yours in Yoga,

Heather Agnew
Director, Yoga Trinity

Contact Details:

Yoga Trinity
PO Box 505,
Shop 23, 26-30 Macrossan Street
Port Douglas, QLD
Australia 4877

Tel: (07) 4099 4994
Mob: 0406 784 878
Email: heather@yogatrinity.com
Web: www.yogatrinity.com

*In the temples of Thailand many centuries ago, a dynamic therapy based on yoga and Ayurveda was born. Thai Yoga Massage is a healing system that combines penetrating massage with guided yoga postures. This massage relieves deep-rooted tension, while leaving you feeling revitalized and full of energy.
Kam Thye Chow - Lotus Palm Thai Yoga Massage Founder*

About Yoga Trinity

Yoga Trinity was established in 2000 by Heather Agnew and is now offering Yoga and Thai Yoga Massage throughout Australia and Canada. We are actively teaching Yoga Teacher Training, Yoga Workshops and Thai Yoga Massage at yoga schools, retreat venues and health centers and look forward to growing our school around the world. Yoga and Thai Yoga Massage are seeing a dramatic increase in popularity as more and more people are discovering the benefits of these ancient arts in the modern world. As Yoga continues to develop, there is also a growing demand for quality professional training. At Yoga Trinity we strive to evolve and innovate to provide this training to yoga teachers, natural health practitioners, fitness professionals and all participants wishing to deepen their connection with yoga, develop their skills, enhance their businesses, and become teachers and practitioners of these arts.

About Thai Yoga Massage

Thai Yoga Massage is a traditional healing art that has now gained recognition with health care professionals and natural health care providers around the world. Though it is practiced widely in Thailand, its roots have been traced back to India and are based on the same Ayurvedic principles that guide the practice of Yoga. Thai Yoga Massage is an ever-evolving system of movement, massage, and energy balancing that seeks to restore body, mind and spirit.

In a Thai Yoga Massage session the practitioner assists the recipient through a series of dynamic stretches, acupressure work along energy lines and rhythmic rocking to create a fluid dance of movement and massage. The recipient experiences deep relaxation and profound relief from stress and tension. This promotes a sense of rejuvenation and allows the recipient to feel more energetic and focused. At the heart of Thai Yoga Massage is the practice of meditation, which seeks to bring practitioner and recipient into a present-moment focus, where healing, restoration, and relaxation naturally result.

Our Teaching Method

We are committed to providing a safe and supportive environment where students can learn, practice, and succeed in their studies. We begin with foundational principles and teach in a systematic way providing instruction, hands on practice and repetition to ensure that student's skills develop over the duration of the course. The most effective way to learn a new skill is through repetition of experience, thus all our courses offer many opportunities to practice and receive guidance in order to complete each course with a strong background of knowledge, a confidence in new skills, and an enthusiasm to share with others.

Benefits For Students

The students will benefit by learning how to:

- perform a complete Thai Yoga Massage form
- incorporate the fundamentals of effortless, flowing transitions between postures
- maintain proper body alignment & stances that create a mutually beneficial massage for practitioner & recipient
- apply energy balance through acupressure and Thai energy lines
- apply safety precautions for preventing injury & avoiding contraindications, and
- integrate "Metta" (compassion) and focus into their work

The interest in Thai Yoga Massage continues to grow. It fits well as an accompaniment for yoga studios, yoga teachers, massage practices and other forms of bodywork and health care. This is a worthwhile opportunity for your Centre to provide a program on Thai Yoga Massage that will have immediate practical application for those who take the course.

Course Descriptions

Life Skills I – Thai Yoga Massage Taster

Prerequisites: None

In this 3-hour course, students are introduced to the practice of Thai Yoga Massage in the Lotus Palm Method. Through demonstration and hands-on practice you will gain first hand experience in both giving and receiving a Thai Yoga Massage.

In this course you will learn a 20-minute form that incorporates the fundamentals of Thai Yoga Massage. An invaluable introduction for those wishing to learn more or perhaps begin studying our Thai Yoga Massage Practitioner Program.

Life Skills III - Thai Yoga Massage Foundations

Prerequisites: None

This 12-hour course is offered over two days and is rich in experience and education. In this workshop you will learn a full 1-hour massage sequence that incorporates all of the essential practices of Thai Yoga Massage, including:

- Massage for the shoulders, head, back, arms, hands, legs, abdomen and feet.
- Lotus Palm's Four Basics of Thai Yoga Massage: awareness, body mechanics, movement, and massage techniques (using hands & feet).
- Effortless transitions between postures.
- How to create a mutually beneficial massage for both giver & receiver.
- Integrating "Metta" (loving kindness) and meditation into your massage.

Thai Yoga Massage Practitioner Level I

Prerequisites: None

In this five day intensive training program you will learn and apply a full and comprehensive 90 minute Thai Yoga Massage sequence in the Lotus Palm Method, utilizing yoga postures, passive stretching, acupressure, energy work, massage and meditation to assist the clients in reducing tension, enhancing flexibility, experiencing deep relaxation and improving overall wellbeing. You will incorporate the fundamentals of effortless, flowing transitions between postures, and learn how to maintain proper body alignment and apply energy balance through and Thai energy lines. Study areas:

- The four foundations of Thai yoga massage (awareness, body mechanics, movement, and massage techniques using hands, knees, feet, and elbows)
- Effortless transitions between postures
- An introduction to contraindications and safety
- Care for the client and therapist before, during, and after the massage
- Massage for shoulders, head, back, arms, hands, legs, abdomen, and feet.

Business and Financial Details

Financial Details:

Financial arrangements are negotiated on a course-by-course basis. Course fees, accommodations, and travel costs vary a great deal depending on the location. We will confirm these arrangements early in the negotiations. A general guideline is as follows:

Honorarium

- 1-14 paying participants - 60% for Yoga Trinity and 40% of the collection for the host
- 15 or more paying participants - 50/50% of the total collection

Travel Expenses:

- 50/50% between Yoga Trinity and host

Course Support: Provided by Host

The host is responsible for all aspects and costs pertaining to staging the course, including:

The Space:

It is important that the venue be large enough to hold the number of students planned for. Students work in pairs in these courses, so there needs to be one work space for each pair of students. A rough guideline is if 12 people can do yoga, there is sufficient space for 16 students (8 workspaces)

- We encourage having a quiet environment without interruptions
- It is also necessary to provide students with clear directions on how to get to the location along with anything they will need to bring for the course.

Equipment:

Thai Yoga Massage is practiced on a mat, and it will be necessary to create a suitable work space. This can be created with yoga mats and blankets. A good guideline is at least 2 Yoga mats, 2 blankets and 1 pillow per workspace (2 students). Yoga Trinity will bring at least 1 Thai Yoga Massage Mat for the course.

Administration:

Answering enquiries, signing people up and managing the revenue.

Advertising (all costs and placement)

We understand that you will have your own network for promoting courses taking place at your center but here are some ideas.

- your network of students
- online directories and other email lists
- advertising in local and yoga/health publications
- posters in yoga studios and strategic places, and word of mouth

Course Support: Provided by Yoga Trinity

Our mission is to facilitate a well-organized, professional and successful course, ensuring that students who take our courses will have a positive memorable experience.

Promotional Materials

We can prepare a poster and ad for your use. As well we will provide:

- a course description along with a bio of the teacher
- any photos and info for your promotional efforts
- listing of the course on our web site, our web directory listings and in our monthly newsletter

Teaching Materials

- Flow List of the postures
- Information on Certification through Lotus Palm

FAQ's

We have included answers to a few frequently asked questions. Feel free to add your own such as start and end time, directions, if they are close to places they can go for lunch, contact information and any special instructions pertaining to your center.

How many hours is the course?

- Thai Yoga Massage Taster (Life Skills I) is 3 hours.
- Foundations in Thai Yoga Massage is 12 hours, usually held over 2 days.
- Thai Massage I is 37.5 hours, usually held over 5 days.

What to bring?

- Everything students require for learning Thai Yoga Massage should be provided though depending on your location, students may need to bring additional yoga mats and blankets to make a practice space.
- Students may want to bring something to take notes with if they feel this will be beneficial to their learning experience.
- A water bottle and snacks or lunch for full-day programs.

What to wear?

- Students are encouraged to bring modest comfortable clothing for the course. Full-length pants are also suggested. Yoga wear is suitable. Students who get cold easily may bring along an extra top or blanket to ensure they are comfortable.

What are the pre-requisites for taking these courses?

- There are no pre-requisites for taking Life Skills I & II, or Thai Yoga Massage I. Students of all ages and backgrounds are welcome to attend. Our only pre-requisite is that students have a curiosity about Thai Yoga Massage, and a sincere desire to learn.

What are the requirements to be certified with Lotus Palm?

- Lotus Palm has a certification program and students can, upon meeting the requirements, apply for certification. This entails completing the course requirements as well as a number of documented massages as a practicum component.
- Students are also encouraged to arrange for a supervision session with a Lotus Palm Teacher. These sessions are very beneficial in helping a student hone their skills and improve the quality of their technique.

For a detailed outline of the Certification requirements, please direct participants to the course facilitator who can recommend programs offered by Yoga Trinity or other Lotus Palm providers. Details can be found on the Lotus Palm website. <http://www.lotuspalm.com>

Is there required reading materials?

- No, but we suggest students read **Thai Yoga Massage: A Dynamic Therapy for Physical Well-being and Spiritual Energy** -Inner Traditions by Kam Thye Chow. This book provides students with detailed information on the history, theory, postures, stances, benefits and contraindications. An invaluable resource for Thai Yoga Massage. Books will be available for purchase at the course.