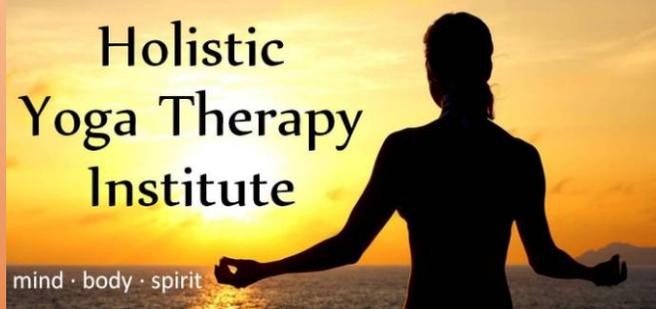




Thai Yoga Massage & Assisted Adjustments



With Melissa Smith, E-RYT 500
Thai Massage Practitioner

Thai Yoga Massage & Assists

City: Charlotte, NC

Dates: Friday January 10 -
Sunday January 12

Times: 6 pm - 9 pm Friday
10 am - 5 pm Saturday
10 am - 4 pm Sunday

Cost: \$300 thru Dec 10
\$325 after Dec 10

Where: TBD
Charlotte, NC

Info: www.yogaclub.us
(Under Teacher Training)

18 Hrs YA CEC's or towards your 200
HR, 500 HR, or Therapeutic Yoga
Teaching Certifications, member IAYT

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT

Within this immersion we will:

- * Explore Thai Yoga Massage, a healing art based on Ayurvedic and Chinese medicine blended with yoga
- * Learn Thai supine and seated sequences
- * Explore self massage techniques for self care
- * Learn Thai Prone and Sidelying sequences
- * Implement Thai Assists for all postures, sequences and savasana
- * Explore activation of acupressure points
- * Explore Therapeutic Acro Yoga