

## **Introduction to Thai Yoga Massage Level 1**

**September 18/19. 2010**

CE: 16 contact hours (9:00 am - 6:00 pm)

Prerequisites: Open to all healthcare providers including, licensed massage practitioners, professional bodyworkers, acupuncturists, physical therapists, and yoga instructors.

### Course Description:

Thai Yoga Massage is an interactive form of spiritual bodywork that combines yoga stretching, gentle rocking, and rhythmic compression along energy lines. In this 2-day workshop, participants will learn to effectively use their hands, forearms, elbows, and feet to open and gently release blockages that inhibit the flow of energy, or Qi. Essential elements of Thai Yoga Massage, its historical context, and fundamental techniques applied in the supine, prone, side-lying, and seated positions will be taught.

Participants will receive a complementary workbook with photographs and detailed descriptions of an introductory sequence of 30 poses, which comprise a 60-90 minute full-body Thai Yoga Massage session. The course will have lecture, demonstration, and hands-on components. Class will begin each day with a one-hour yoga warm-up. Participants will receive a Certificate of Completion for 16 NCBTMB, THAI, NCCAOM, and Yoga Alliance CE hours.

### Instructor:

Eric Spivack, LMP/Dipl.Ac. is a Thai massage instructor who has studied with master teachers in Thailand and holds certificates from several Thai institutions. Eric is both a nationally certified massage therapist and acupuncturist, as well as, a certified Viniyoga instructor. Eric graduated from the Brian Utting School of Massage in 1994 and received a Master of Acupuncture degree from the Northwest Institute of Acupuncture and Oriental Medicine in 2002. Prior to studying massage and acupuncture, Eric earned a master's degree in Environmental Science in 1992.

He has been in practice for over 15 years, has been teaching continuing education workshops for over 13 years, and is an approved provider with NCCAOM, NCBTMB, and THAI. He is considered a fun and attentive instructor with a deep passion for his work.

### Location:

University House at Wallingford \* 4400 Stone Way N \* Seattle \* WA \* 98103

### Fees, Registration and Deadlines:

\$320 when registered and paid in full 2 weeks prior to the workshop; \$350 thereafter.

### Cancellation, Deposits and Refund Policy:

A \$100 non-refundable deposit is required to reserve your place in the class. If you cancel with less than two weeks notice, your tuition will be forfeited. In the event the workshop is cancelled by the instructor, a 100% refund will be issued.

## Registration Form

### **Introduction to Thai Yoga Massage Level 1 September 18-19. 2010**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone (    ) \_\_\_\_\_ - \_\_\_\_\_

Please enclose your check made payable to 'Eric Spivack' and mail along with completed form to:

Eric Spivack  
2119 17<sup>th</sup> Avenue South  
Seattle, WA 98144

Phone: 206.726.1785  
Email: [Eric@SoaringCraneMassage.com](mailto:Eric@SoaringCraneMassage.com)