



Table Thai Yoga: Level 1

Instructed by Shai Plonski

Registration Deadline: 11 May 2018

- Date:** June 1–June 3, 2018 (2.5-day course) **Maximum: 18 Registrants**
Time: Friday, 2:00 PM – 7:00 PM; Saturday & Sunday 9:00 AM – 5:00 PM
Location: Atlantic College of Therapeutic Massage
Unit #2, 1040 Champlain Street
Dieppe, N.B.
Fee: \$300.00 (ANBMT members only) Non-Member: \$400.00
(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)
CEUs: **10 Category A CEUs (CMTNB Approved)**

Course Details

Table Thai Yoga Massage can considerably expand your clientele base, while giving you the tools to take even better care of your body and promote a sustainable massage career. This course brings the incredible benefits of Thai Yoga Massage – including yoga-like stretching, profound relaxation and energy work – to the comforts of a massage table. Performed on a traditional massage table with the recipient fully clothed, this practice attracts a broad cross-section of clients including athletes, elderly and those who simply prefer to be massaged on a table. Therapists used to traditional table massage will reduce injuries to hands and wrists by learning to use elbows, forearms, feet and other parts of their body. Those used to Thai on a mat will augment their practice with a new, flexible form.

After completing the course you will be able to:

- Give a 60-minute flowing Thai yoga massage on a standard size massage table;
- Apply Thai foot reflexology techniques without using your thumbs; and
- Use principles of proper body alignment to massage on and around the table in a way that is deeply efficient and effective

What to Bring

- Bolsters and pillows
- Thai reflexology sticks (available for purchase from instructor)
- Lunch/Snacks/Water

About the Instructor

Shai first discovered Thai Massage in 1999 while traveling in Thailand. Upon returning to his native Quebec, Shai was delighted to find that Kam Thye Chow, one of the original North American teachers, lived less than two blocks from his home in Montreal. From that point on, Shai worked hand-in-hand with Kam Thye, learning the practice, teaching, acting as manager of Lotus Palm, and eventually developing curriculum and helping to write many of the books currently in use, including the Teacher Training program and advanced training courses.

Shai is blessed to have taught on four different continents and at some of the largest yoga centers in the world, including as a regular at the Kripalu Center and Omega Institute. Currently he is the co-Founder of Toronto's Still Light Centre, which teaches one of the most comprehensive Thai Yoga Massage programs in North America.



Table Thai Yoga: Level 1

Instructed by Shai Plonski

Registration Deadline: 11 May 2018

Date: June 1–June 3, 2018 (2.5-day course) **Maximum: 18 Registrants**
Time: Friday, 2:00 PM – 7:00 PM; Saturday & Sunday 9:00 AM – 5:00 PM
Location: Atlantic College of Therapeutic Massage
Unit #2, 1040 Champlain Street
Dieppe, N.B.
Fee: \$300.00 (ANBMT members only) Non-Member: \$400.00
(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)
CEUs: 10 Category A CEUs (CMTNB Approved)

(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal *(Registration form must be submitted)
 E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

Tel.: (506) 452-6972 **Fax:** (506) 451-8173 **E-mail:** anbmt@anbmt.ca