

# Thai Yoga Massage Techniques Training Workshop

An Introduction To Basic Techniques For Layman & Yoga Instructors



**Saturday, December 14**

**1:00PM-3:00PM**

**\$60 per person (\$70 at door)**

Thai Yoga Massage Therapist, Tina Pautz, provides an introduction to basic techniques of the healing art of Thai Yoga Massage (TYM). TYM is an ancient healing therapy combining assisted yoga postures and touch technique to promote deep relaxation, improve circulation, boost the immune system, and balance body energy to facilitate mind-body integration and enhance one's sense of alignment, posture and health.

TYM is often referred to as "lazy man's Yoga" because the practitioner gently maneuvers and supports the client's body at all times into a sequence of restorative postures while applying therapeutic touch with Metta (loving kindness). These techniques help relieve the body of years of tension and stress by opening tight joints, lengthening muscles and providing a deep sense of well-being.

This one-day workshop is suitable for Yoga Practitioners, Yoga Instructors or ANYONE interested in learning a dynamic form of bodywork to integrate into your professional or personal practice. You will learn a sequence of assisted Yoga poses, stress relieving stretches, rhythmic deep tissue massage, accupressure, and the art of giving and receiving through metta. Yoga Instructors may utilize this workshop for Yoga Alliance Continuing Education Credits.

Bring your yoga mat and cushions and props are provided for use during the workshop.



Space is limited. Pre-register online: <https://www.updogyoga.com/workshops/workshops-rochester>



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