

DIPLOMA COURSE IN TRADITIONAL "THAI" MASSAGE (120 hours)

Traditional Thai Yoga Massage has its true origins in India, attributed to Dr. Shivago Kummara. This art and technique reflects an energetic connection between giver and receiver, leading to meditative states and relaxation of the body.

Thai Massage
Diploma Course
March 5th-March 24th, 2018
Registration deadline: February 5th

For registration:
2205 Silver ave SE
Abq, NM 87106
Reserve your space : 505-227-7765
www.livingyouryoga.org

Yogasaar ॐ
the art & essence of yoga®

Duad
cosmetología & terapia integral

All courses include certification from the Thai Massage School of Chiang Mai, and are accredited for Continuing Education in the U.S.A. after due examinations. The courses are taught by José "Pépe" Carranza.

About the instructor:

José "Pépe" Carranza has over 13 years experience as both teacher and practitioner of Ancient "Thai" Massage in Europe, Africa, North and South America and Asia. He has trained over 700 massage therapists and continues to spread conscious health awareness through Thai massage, Yoga, transformational seminars, Ayurvedic health instruction, Ayurvedic massage, and other energetic disciplines.

These courses are ideal for those interested in:

- Body-Mind Work
- Discovering new ways and techniques of meditation through motion.
- Comprehending body biomechanics.

- Understanding how the somatization works on the body and its origin in the Psycho-emotional world of each human being, thus bringing a different understanding of illness or derangements.
- Achieving meditative states through the connection between giver and receiver.
- Achieving a profound introspection that leads us to an experience of feeling closer to our spiritual side and our connection to the divine.

Addressed to:

- Yoga and ayurvedic practitioners who wish to expand their therapeutic knowledge.
- Massage therapists who seek to deepen their studies in ancient Asian techniques of healing.
- People who wish to learn a massage technique easily applied to partners, family, and friends.
- Individuals working in alternative medicine such as Naturologists, Physiotherapists, Ayurvedic practitioners, dancers, athletes, chiropractors, medical doctors, nurses, among many others.

ABOUT THE COURSE PROGRAM:

LEVEL I: Foundation of Thai Massage

- Origins of Nuad Bo Rarn
- Correct posture in therapist
- Body-mind connection for a better understanding of healing the body
- Introduction to Psycho-emotional Therapy through Nuad Bo Rarn
- Sen- Sib lines
- The 4 Basic bodywork postures

LEVEL II: Thai Massage Enhancement

- Asana and Biomechanical symbology
- Tai Qi, the basics of Inner Energy
- Qi Kung, concentration and conduction of subtle cell energy
- Transitions in Nuad Bo Rarn
- Psycho-emotional therapeutics II
- Review and evaluation

LEVEL III: Therapeutic Thai Massage

- Therapeutics of basic ailments and other diseases
- Basic techniques of Transcendental Meditation
- Mental projection and channeling in Nuad Bo Rarn
- Review and evaluation

For more information about the courses, contact Rich File (richfile@unm.edu). To register for the course, contact Aparna Levine at Yogasaar, 2205 Silver Ave SE, 505-227-7765.