



Leader in Holistic Education, Wellness & Healthcare

The Cayce/Reilly® *School of Massotherapy* Presents
Thai Massage, Level I Foundations

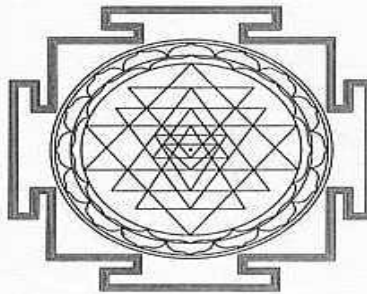
Thai Massage
Nuad Bo-Rarn

Thai massage, also known as a form of yoga therapy, is an ancient eastern healing art, which integrates deep yogic stretching, massage, acupressure and breath.

Originating in India over 2,500 years ago, it is deeply rooted in India's yogic philosophy and works to re-balance and harmonize the energetic system of the body by working on energy channels called Sen. Sen channels correlate with "prana nadi's" of the chakra system and are also similar to the meridians of acupuncture theory in the way that they distribute vital energy.

By working in a meditative way, utilizing massage, acupressure and deep stretches, blockages in Sen, along with deep muscular tension, and structural restrictions are released.

You will learn the foundation elements of Thai Yoga Massage, including postures, theory, history and over 40 techniques in the supine, prone and seated positions enabling you to perform a 60 – 90 minute massage.



Thai massage is to be performed always in a meditative way as it is an ancient form of metta (loving compassion).

Date: March 31 – April 1, 2012

When: Saturday and Sunday, 8 am - 5pm

Continuing Education Hours: 16

Approved for CE Hours: NCBTMB

Cost: \$295 (\$250, if paid , in full, at least 30 days in advance)

Step –by-step manual with photos included!

Materials Fee: \$15 (charged by the school)

No Prerequisites

To Register:

757-457-7134

workshops@caycereilly.edu

www.EdgarCayce.org/messageschool/CE

Dates for Levels II and III:

Level II: May 19 - 20, 2012

Level III: October 20 - 21, 2012

Benefits of Thai Massage:

Increases flexibility and range of motion while assisting the bodies alignment and structural integrity.

Improves circulation and neurological function.

Induces homeostasis, harmony, a quiet mind and promotes inner peace.

About the Presenter:

Anthony DiGirolamo is nationally certified in therapeutic massage and bodywork, a certified yoga instructor, and NCBTMB provider of Thai Massage. He is a graduate of the Cayce/Reilly School of Massotherapy and continues to work with the Edgar Cayce readings and remedies. He received his Thai Massage teacher training in Chiang Mai, Thailand at the ITM under the teaching of Chonkol Setthakon, an internationally known teacher of Thai massage. Anthony's goal is to bring a deep understanding of the spiritual aspects and techniques of this ancient healing art to all students wishing to learn.

The Cayce/Reilly® *School of Massotherapy*

215 67th Street · Virginia Beach, VA 23451 · 757-457-7134

workshops@caycereilly.edu · EdgarCayce.org/messageschool/CE