

## 150-Hour Somatic Bodywork & Thai Yoga Massage Training

The 150-hour Thai Yoga Massage training is a fully ONLINE training that is registered with the National Health Practitioners of Canada. Graduates of our program may register with the NHPC as Natural Health Practitioners with the ability to issue insurance receipts for some of their clients. This program is an accredited training in Canada and Canadian students may claim their tuition on their income tax return.

Graduates of this program may apply some of their hours toward Mandorla's teacher training and therapist training programs.

Included in your training are 3 mentored sessions and an orientation call. You may choose to experience your sessions in-person or online. These sessions are booked at your convenience using our online booking system.

Provided Textbooks: The Art of Holding Space, Thai Yoga Massage Manual

Required Textbooks: Healing Depression the Mind Body Way by Nancy Liebler

Restorative Yoga with Assists by Sue Flamm

The Art of Thai Yoga Massage . . . 50 hours ONLINE

This is the heart of your Thai Massage program. Through the following provided modules, you are provided with beautiful, guided class recordings for learning how to support clients via the three Dosha of Vata, Pitta and Kapha. From a somatic lens, these sessions are tailored for supporting individuals who may be experiencing anxiety, depression, stress. This self led class time prepares you for your guided Thai Yoga Massage Practice time with your Mentor.

Thai Yoga Massage Mentoring . . . . 6 Hours

You will spend 3 sessions with your mentor as you are guided and supported in fine-tuning your techniques for each Thai Massage Flow. There is 1 session per each Dosha that you will meet for and sessions may be facilitated in person at the Mandorla studio or ONLINE.

Table Thai Massage . . . . 10 hours online

Learn the art of Thai Massage using a massage table. This course will give you additional supports for clients who cannot utilize the floor and will also support you in your own longevity. New postures are shared for working with gravity to enhance myofascial release.

The Art of Holding Space . . . . 44 hours ONLINE

The Art of Holding Space takes you through the wisdom of Yoga Philosophy for supporting the emotions that we encounter personally and as practitioners in the experience of our clients. Much of what we do as practitioners is facilitated through the container that we provide through the space that we create and hold for our clients. This entails doing the work on ourselves first,

going into uncomfortable places, and listening to our own bodies ' expressions and needs. This course is a deep dive into beginning this work so that you might be more present and observant for your clients during their own journey of embodiment.

Facilitated Practicum . . . . 10 hours

Students are asked to facilitate 3 filmed Thai Yoga Massage sessions from start to finish, one for each Dosha. Filmed sessions are to be uploaded to YouTube for your mentor's review. Please also include a copy of your client intake form and welcome letter.

## Practice Sessions . . . . 30 hours

Students are required to spend a total of 30 documented hours practicing the Thai Yoga Massage techniques on real bodies, 10 hours per each Dosha sequence.