

Yoga Trinity – Professional Development Programs

Thai Yoga Massage

What is the Lotus Palm Method?

The lotus is a symbol of loving-kindness and compassion, as such 'Lotus Palm' means "the compassionate touch" which is the spirit of our school and our work.

The Lotus Palm form emphasizes using the least amount of effort to achieve maximum results. Training focuses on the skilful use of proper alignment, body mechanics and positioning of the practitioner. There is strong emphasis on safety and on easy, flowing transitions from one posture to the next.

Perhaps the most vital element in the practice of Thai Yoga Massage is to bring a spirit of unconditional love and compassion to your work (metta). With spiritual awareness you generate your natural healing powers and develop genuine satisfaction that comes from within.

The Lotus Palm Method establishes 4 basics which are your foundation:

1. Moment to Moment & Loving Kindness Meditation
2. Stances which establish proper alignment
3. Rhythmic Rocking which sets the flow of the massage
4. Massage techniques.

Every posture, every movement is built from this core.

We adhere to an integrated approach that honours the traditions of Thai Massage and establishes its Indian Ayurvedic heritage but which tries to blend the strengths of both Eastern and Western approaches to healthy living. As such special attention is given to the effects of the massage on the skeletal, circulatory, muscular and nervous system.

Lotus Palm teaches a form of Thai Yoga Massage that caters to the tastes and demands of Western society. It takes into consideration how people in North America tend to overuse their back, neck and shoulders and wish for considerably more attention to those general areas.

For more information on the Lotus Palm Method, please visit

www.lotuspalm.com

For details on the Lotus Palm programs available through Yoga Trinity in Australia, please visit www.yogatrinity.com

Massage Life Skills Program

Life Skills 1

Introduction to Thai Yoga Massage

Prerequisites: None

In this 3-hour course, students are introduced to the practice of Thai Yoga Massage in the Lotus Palm Method. Through demonstration and hands-on practice you will gain first hand experience in both giving and receiving a Thai Yoga Massage.

In this course you will learn a 20-minute form that incorporates the fundamentals of Thai Yoga Massage. An invaluable introduction for those wishing to learn more or perhaps begin studying our Thai Yoga Massage Practitioner Program.

Life Skills 3

Thai Yoga Massage Foundations

Prerequisites: None

This 12-hour course is offered over two days and is rich in experience and education. In this workshop you will learn a full 1-hour massage sequence that incorporates all of the essential practices of Thai Yoga Massage, including:

- Massage for the shoulders, head, back, arms, hands, legs, abdomen and feet.
- Lotus Palm's Four Basics of Thai Yoga Massage: awareness, body mechanics, movement, and massage techniques (using hands & feet).
- Effortless transitions between postures.
- How to create a mutually beneficial massage for both giver & receiver.
- Integrating "Metta" (loving kindness) and meditation into your massage.

Thai Yoga Massage Practitioner Program

Thai Yoga Massage Intensive I

Prerequisites: None

Cost: \$960 (includes accommodation and all meals) \$660 (course only)

In this five day intensive training program you will learn and apply a full 90 minute Thai Yoga Massage sequence in the Lotus Palm Method, utilizing yoga postures, passive stretching, acupressure, energy work, massage and meditation to assist the clients in reducing tension, enhancing flexibility, experiencing deep relaxation and improving overall wellbeing. You will incorporate the fundamentals of effortless, flowing transitions between postures, and learn how to maintain proper body alignment and apply energy balance through and Thai energy lines. Study areas:

- The four foundations of Thai yoga massage (awareness, body mechanics, movement, and massage techniques using hands, knees, feet, and elbows)
- Effortless transitions between postures
- An introduction to contraindications and safety
- Care for the client and therapist before, during, and after the massage
- Massage for shoulders, head, back, arms, hands, legs, abdomen, and feet.

Questions or Concerns?

Course Facilitator: Heather Agnew (07) 4099 4994 heather@yogatrinity.com

For Details on Courses, Classes and Workshops Visit: www.yogatrinity.com

For Details on Lotus Palm Thai Yoga Massage visit www.lotuspalm.com

To Bring:

Wear comfortable, stretchy clothing; bring note-taking materials, water bottle, lunch/snack.

Accommodation:

For students travelling from out of the area we can recommend accommodation for all budgets from shared backpacker accommodation to private holiday apartments.

How to Register:

To register please answer the questions in this application clearly and honestly, and forward your application to the course coordinator.

Further Study:

Opportunities for further study with Thai Yoga Massage Levels 2-6 are available around the world. To express your interest in furthering your studies, please contact heather@yogatrinity.com

Application for Thai Yoga Massage Practitioner Program

Personal information:

Name: _____

Address: _____ City/Town: _____

State: _____ Country: _____ Post Code: _____

Tel: _____ Mobile: _____

Email: _____

Date of Birth year _____ month _____ day _____

Person to Contact in an Emergency: Name: _____

Tel: _____ Mobile: _____

Workshop Information:

1. Registration Information: I am registering for:

Thai Yoga Massage Life Skills I Date: _____

Thai Yoga Massage Life Skills III Date: _____

Thai Yoga Massage Intensive I Date: _____

2. Fees: I understand that registration and a deposit is required to reserve a space for me.

Life Skills I Full Payment \$45.00 / Deposit \$45.00

Life Skills III Full Payment \$180.00 / Deposit \$45.00

TYM Intensive I (live in) Full Payment \$960.00 / Deposit \$250.00

Payments can be made by cheque or direct deposit to your course coordinator.

3. Cancellations: For a full refund of deposit, cancellations must be received no later than 14 days prior to event. Cancellations received later than 14 days prior to event are non-refundable.

Signature of Participant

date

Help us tailor this program to fit you better:

I **have** / **have not** practiced Yoga in the past 5 years.

I **do** / **do not** currently teach Yoga or Yoga-based programs.

I **do** / **do not** currently provide massage or related services.

I **have** / **have not** received a Thai Yoga Massage treatment in the past.

What is your usual occupation? _____

How did you hear of this program? _____

What would you like to achieve from this program? _____

Special Medical/Physical Considerations: _____

Previous Motor Vehicle, Sports, or Ergonomic Injuries: _____

Previous Medical History (ie: surgery, extended medical care, mental health care)

Once your application is complete, please send forward it with your course fee or deposit to reserve your space. Please keep in mind that spaces are limited, so early registration is essential to ensure your space in the program.

E-mail to: heather@yogatrinity.com or mail to

Heather Agnew
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