

CE: 16 contact hours (9:00 am - 6:00 pm)

Prerequisites: Open to all healthcare providers including, licensed massage therapists, professional bodyworkers, acupuncturists, physical therapists, and yoga instructors.

Course Description:

Based in the Ayurvedic tradition, Thai Yoga Massage is an ancient healing arts system that combines spiritual practice, acupressure, assisted yoga stretching, compression along energy (Sen) lines, gentle rocking and breathing techniques. This two-day hands-on workshop introduces a routine to address chronic low back pain and the integration of these stretching techniques into the treatment session. Participants will learn to use their hands, forearms, elbows and feet to ease tension, bring about relief, calm the mind and balance energy. We address the history and evolution of Thai Yoga Massage, fundamental techniques and proper body mechanics. Basic concepts are taught that can be integrated into the participant's professional, personal and spiritual practices.

Participants receive a complimentary workbook with photographs and detailed descriptions of an introductory sequence of poses, which comprise a 60-minute session. Class will begin each day with a one-hour yoga routine designed for practitioners. The course will have lecture, demonstration, and hands-on components. Participants will receive a Certificate of Completion for 8 NCBTMB, THAI, NCCAOM, and Yoga Alliance CE hours.

Instructor:

Eric Spivack, LMP/Dipl.Ac. is a Thai massage instructor who has studied with master teachers in Thailand and holds certificates from several Thai institutions. Eric is both a nationally certified massage therapist and acupuncturist, as well as, a certified Viniyoga instructor. Eric graduated from the Brian Utting School of Massage in 1994 and received a Master of Acupuncture degree from the Northwest Institute of Acupuncture and Oriental Medicine in 2002. Prior to studying massage and acupuncture, Eric earned a master's degree in Environmental Science in 1992.

He has been in practice for over 15 years, has been teaching continuing education workshops for over 13 years, and is an approved provider with NCCAOM, NCBTMB, and THAI. He is considered a fun and attentive instructor with a deep passion for his work.

Location:

University House at Wallingford * 4400 Stone Way N * Seattle * WA * 98103

Fees, Registration and Deadlines:

\$320 when registered and paid in full 2 weeks prior to the class; \$350 thereafter.

Cancellation, Deposits and Refund Policy:

A \$100 non-refundable deposit is required to reserve your place in the class. If you cancel with less than two weeks notice, your tuition will be forfeited. In the event the workshop is cancelled by the instructor, a 100% refund will be issued.

Registration Form

**Thai Table Massage for Low Back Pain
April 10/11. 2010**

Name _____

Address _____

City _____ State _____ ZIP _____

E-mail: _____

Phone () _____ - _____

Please enclose your check made payable to 'Eric Spivack' and mail along with completed form to:

Eric Spivack
2119 17th Avenue South
Seattle, WA 98144

Phone: 206.726.1785
Email: Eric@SoaringCraneMassage.com