

Thai Therapeutics: Upper Back/Neck/Shoulders/Headaches

May 16. 2010

Seattle, WA

CE: 8 contact hours (9:00 am - 6:00 pm)

Prerequisites: Thai Levels 1-3

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 one-day hands-on workshop introduces several routines to address chronic upper back/neck/shoulder pain and headaches. Participants will practice proper body mechanics while learning to use their hands, forearms, elbows and feet to ease tension, bring about relief, calm the mind and balance energy. Class begins with yoga/meditation/breath work.

The course will have 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 certified 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.

He has been in practice for over 15 years and has a thriving integrative healthcare practice in Seattle. Prior to studying massage and acupuncture, Eric earned a master's degree in Environmental Science in 1992. Eric has taught Thai Yoga Massage since 1998 and is a continuing education provider with NCCAOM, NCBTMB, and THAI. He is considered a fun and attentive instructor with a deep passion for his work.

Location:

The Yoga Den * 514 - 12th Ave, Suite B * Seattle * WA * 98122

Fees, Registration and Deadlines:

\$250 when registered and paid in full 2 weeks prior to the workshop; \$280 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 Therapeutics: Upper Back/Neck/Shoulders/Headaches
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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