

Shiatsu & Thai Yoga Bodywork Training



Shiatsu Bodywork | Manual Therapy Part 1:
5 consecutive Saturdays 9am-5pm: **March 2, 9, 16, 23, 30, 2019**

Thai Yoga Bodywork | Manual Therapy Part 2:
5 consecutive Saturdays 9am-5pm: **Sept 7, 14, 21, 28, Oct 5, 2019**



Learn to give deep tissue release, relaxation and profound healing benefits to your recipients.

Both of Karen Claffey's Shiatsu & Thai Yoga Bodywork workshops include essential elements of *Structural Alignment Therapy*, making the techniques biomechanically safer, and more therapeutically specific.

- Shiatsu Bodywork involves palm and thumb pressure based on Ohashi's meridian system.
- Thai Yoga Bodywork involves palm pressure and passive yoga-based stretches.

This program is suitable for bodyworkers, RMTs, Yoga Teachers, and Yoga Therapists, as well as for anyone wanting to learn therapeutic bodywork. No prior experience necessary.

Tuition including HST: \$650 plus HST per part (\$734.50)

Location: Heaven on Earth & Integrated Health, 188 Green Mountain Rd E., Stoney Creek, ON L8J 3A4

Contact Karen by: admin@heaven-onearth.ca OR phone: **905.664.9099**