



September 26–October 1, 2010 Sunday–Friday

Thai Yoga Bodywork: Foundation Course

Jonas Westring

Practiced for centuries in the temples of Thailand, Thai Yoga Bodywork incorporates the Buddhist practices of mindfulness and compassion with assisted yoga postures from the Ayurvedic tradition. In a seamless and meditative dance, the practitioner gracefully moves the receiver's body through a full range of movements.

This first level of the Thai Yoga Certification program prepares you to give a complete 90-minute traditional Thai Yoga Bodywork session. You will learn a highly effective northern-style sequence that includes therapeutic stretching, joint mobilization, deep-tissue compression, toning of energy pathways, acupressure, hatha yoga poses, meditation, and breathing techniques. Safety considerations and proper application of all techniques will be addressed in-depth, along with cultural aspects of this ancient Thai healing tradition.

Informed by both yoga and biomechanics, the Thai Yoga method emphasizes optimal well-being not only for the receiver but also for the practitioner. This program offers the essence of a transformational healing art while simultaneously giving you a direct experience of its deeply rejuvenating powers.



Jonas Westring, PT, E-RYT 500, is a licensed physical therapist in his native Sweden and in the United States. He began his yoga studies in 1981 and has been a student of John Friend since 1999. A multi-certified yoga instructor and certified teacher of Anusara® Yoga, Jonas is the director of Shantaya Yoga and Bodywork School based in Chiang Mai, Thailand. He has also pioneered and taught Thai Yoga Bodywork to thousands of people throughout the world in

his Thai Yoga certification program. Jonas transmits the essence of yoga, bodywork, biomechanics, and therapeutics with clarity, joy, and precision. www.shantaya.org



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

find out more ➔ kripalu.org ▪ 800.741.7353