

# Thai Yoga Bodywork

Level 1 Immersion May 29th-31st & June 6-7, 2020



**Our core curriculum covers:**

- A traditional comprehensive Thai Yoga Bodywork (TYB) sequence in supine, prone, and seated positions.

**You will also learn:**

- The history, philosophy, and theory of TYB.
- Hand, elbow, thumb, knee and foot TYB techniques.
- The principles of touch.
- Proper/safe body mechanics to prevent practitioner injury and enhance energy conservation.
- A self hand and wrist maintenance routine.
- The location of Sen energy lines.

**How to Apply**

Please complete the application and email or mail it to me, after acknowledgment of acceptance please mail me your **non-refundable \$100 deposit** to secure your spot, to:

Ed Cardinal  
240 Columbia Street  
Wakefield, RI 02879

Applications are accepted any time space allows.  
We will contact you by email within two weeks of receiving your application to confirm your acceptance.

**Times and Dates for 2020**

May 29-31 & June 6-7, 2020 8:30 AM-4:30 PM

**Educational Investment**

Early Bird Educational Investment \$650

Save \$75 when you apply and pay in full by April 1, 2020

After April 1, 2020, \$725 to be paid in full upon registering for training

*In order to receive the Early Bird discount, your tuition balance must be paid in full before April 1, 2020. For the regular tuition, your tuition balance must be paid in full upon registering for training.*

## **Frequently Asked Questions:**

### **What does my tuition include?**

- The 35-hour TYB training program.
- A fully illustrated TYB manual.
- Certificate of Completion for those who complete the training.
- Tuition does not include lodging, food, or travel expenses.

### **What are the course requirements?**

Completion of the 35 hour TYB Immersion. Perform 20 TYB practice sessions within 6-12 months at no charge to be eligible for the Level 2 training.

### **What should I bring to the training?**

- Wear loose comfortable clothing.
- Because your body temperature may vary, I recommend that you dress in layers.
- You may bring lunch or purchase one at a local establishment.
- A journal and a pen or pencil.
- A small item/fetish to place on the altar on the first day that you will take back after the immersion.

### **Will I be licensed to practice TYB after this training?**

At this time, TYB is not a recognized licensed practice in RI or nationally and it's standards vary from state to state. Please consult your state's licensing/governing body about their policies. In Rhode Island TYB does fall under the discipline of Asian Bodywork Therapy so is recognized. TYB does fall under the scope of practice for massage therapists and physical therapists.

Rhode Island (7) Nothing in the section shall be construed to prevent or restrict the practice of any person in this state who uses touch to affect the energy systems, acupoints or Qi meridians (channels of energy) of the human body while engaged within the scope of practice of a profession with established standards and ethics, provided that his or her service is not designated or implied to be massage or massage therapy. Such practices include, but are not limited to, Polarity, Polarity Therapy, Polarity Bodywork Therapy, Rosen Method, Asian Bodywork Therapy, Acupressure, Jin Shin Do, Qi Gong, Reiki and Shiatsu. Practitioners must be recognized by or meet the established standards of either a professional organization or credentialing agency that represents or certified the respective practice based on a minimal level of training, demonstration of competency and adherence to ethical standards.

### **If I perform TYB, can I be covered by liability/malpractice insurance?**

Most insurance policies for Yoga instructors, Massage therapists, and Physical therapists will cover TYB, but it is recommended that you consult with your carrier before performing TYB. ***Do not assume the practice of TYB is covered by your policy.*** If your insurance carrier claims your policy covers TYB it is suggested that you get confirmation of coverage for your TYB practice in writing.

### **What if I'm not a massage therapist, physical therapist or Yoga instructor, can I still practice TYB?**

You are more than welcome to participate in the TYB training but you will only be able practice TYB on friends and family. You won't be able to charge for your services or be covered by liability insurance.

### **How long is a TYB session?**

A traditional TYB session lasts at least 1½ hours. This amount of time allows the recipient to achieve maximum therapeutic benefits. However, a TYB session can be individually designed for 1 hour.

### **How much can I charge for a TYB session?**

Personally I feel you shouldn't charge until you conduct at least 20 TYB sessions. I charged \$50 per session at first and gradually increased my fee as I gained more experience and my proficiency improved. I now charge \$90 for a 1 hour session and \$120 for a 90 minute session.

### **How will the Level 1 TYB Immersion enhance my massage practice and/or Yoga teaching?**

- Because the TYB practice works on both the physical and energetic bodies it can be used to achieve more holistic, longer lasting results than traditional massage practices alone.
- For the practitioner, TYB is much easier on the body than traditional massage because the body is more ergonomically aligned. Not only does the practitioner use gravity and his/her own body weight to perform the massage, they also use their palms, forearms, elbows, knees, and feet as well as their hands.
- Some of my previous student who are massage therapists do not perform traditional TYB on a mat, but include TYB in their table massage with some modifications.
- Yoga instructors find it helpful to incorporate some TYB techniques in their private yoga and group sessions and report more confidence when giving assists to their students.

### **What if I miss a class?**

To receive your Certificate of Completion you must complete 100% of the classes. We understand that you may not be able to foresee every life challenge, so we have devised the following procedures if you must miss a class.

If you must miss more than 3 1/2 hours of the 35 hour Immersion, either by arriving late or leaving early, you will not receive credit for that day, and that time must be made-up.

Any missed time may be made up in the following ways:

- If you miss 3.5 -7 hours, you may still complete the training by making up the missed classes by taking private lessons with the training instructor. 3.5 hours = 1 hour of private instruction, at the cost of \$100 per hour.
- Private lesson make-ups must be completed within 30 days of the completion of your course.
- If you miss more than 1 day or 7 hours, you may continue in the course, but you will not be eligible for a Certificate of Completion. If you wish to receive a Certificate of Completion you will have to retake the course.
- ***See included refund policy.***

### **How many people will be in class?**

Class size is limited to 4-6 students which allows for an intimate experience and more personal attention.

### **I am coming from out of town. Where can I stay?**

We will provide you with a list of local recommended accommodations.

### **Meet the instructor:**

#### **Ed Cardinal, MSPT**

Ed is a licensed Physical Therapist, Certified Personal Trainer, and Yoga Instructor, with a background in Counseling. He has been a skilled Thai Yoga Bodyworker since 2002 and has completed 90 hours of training with a master teacher in Thailand, as well as many hours of advanced training throughout South East Asia. Ed has conducted anatomy and Thai Yoga Bodywork workshops for personal trainers, bodyworkers and Yoga instructors since 2007. His diverse complimentary background and strong, organizational skills enables him to deliver a comprehensive educational experience. Eager to incorporate a holistic approach to healing and wellness, he founded SOL Integrative Wellness ([www.solwellness.com](http://www.solwellness.com)) in 2004 which promotes balanced personal growth and health.

***Ed Cardinal is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider.***

### **Course Admission Process**

Invitation of the instructor upon receipt of application is required for admission, and sometimes a phone or Skype conversation may be scheduled prior to admission as well.

Applying for the course, and acceptance into the course, does not oblige you to take the course. Applying for the course gives me a pool of applicants to choose from. As soon as I am able and willing to offer you a place in the course, I will let you know, or ask you for more information. If you choose to enroll at that point, you will have a certain amount of time to send in a deposit and secure your spot.

**Refund policy**

After the receipt of your signed application by SOL Integrative Wellness and acceptance into the course by me I require **a non-refundable \$100 deposit** to secure your spot for the Immersion, with the **remaining balance due (\$550) in full prior to April 1st to receive the early bird discount and \$725 paid in full when registering after that date.** My outlays for the course production are very high whether you are able to come or not, and it takes considerable planning on the part of participants to come, so places are not easily filled in the last minute. Consequently, **no refunds are made for cancellations after April 17th.**

**THANK YOU!**