

About the Instructor



Noam Tyroler has been practicing Thai massage and Thai acupressure since 1989. He is head of the Department for Thai Massage and Acupressure at the Reidman International College in Tel Aviv, Israel – one of the largest schools of complementary medicine in the world. Author of Thai Acupressure for Orthopedic Disorders, Noam Tyroler travels world-

wide to share his knowledge of traditional Thai Acupressure as taught by the Wat Po School, Bangkok. Learn more about Noam Tyroler and his work at his website www.thaiacu.com.

heartwood yoga

700 Century Park South
Suite 227
Birmingham, AL 35226

Phone: 205-979-0019
e-mail: kate@heartwoodyoga.com



heartwood yoga

*Saturday and Sunday, 8am-5pm
March 31 - April 1, 2012*

Introduction to Thai Acupressure

With guest instructor Noam Tyroler

Head of the Department for Thai
Massage and Acupressure, Reidman
International College, Tel Aviv, Israel



An Extremely Effective Approach for the Treatment of Musculoskeletal Pain

Traditional Thai Massage combines acupressure work of therapy lines and assisted yoga postures. Most Thai Massage workshops stress the stretching aspects and energy work of this healing art, but rarely deal with specific pressure points in the Thai medicine system that correspond to a vast array of physical disorders. In this intensive workshop you will learn:

- ways to integrate Thai acupressure into your own personal and professional practice;
- how to use Noam Tyroler's step-by-step guide to Thai Acupressure as a reference tool; and
- how to execute Thai point routines for the treatment of neck and shoulder disorders.

The acupressure point routines were for many years practiced as the medical branch of traditional Thai massage, and not widely available for study except by those within the Thai medical community. Noam Tyroler spent years studying these point combinations and routines at the Wat Po School, the foremost school of traditional Thai massage and medical acupressure in Thailand, and now makes this highly effective healing tradition available worldwide to people interested in promoting health and ease of living.



Workshop Details

This course is appropriate for anyone with some basic familiarity with human anatomy and with a desire to help clients, friends, and family through touch. Others who have benefitted from this course are those practicing in the fields of physical therapy, chiropractic, personal training, yoga, massage therapy, Pilates, physiotherapy, acupuncture, and Rolfing, etc. No previous experience in Thai Massage or acupressure is required.

March 31-April 1, 2012

Tuition- \$320

(\$280 if registered prior to February 15, 2012)

Qualifies for 16 Category B hours with NCBTMB and under review for 16 hours with the Alabama Board of Physical Therapy

To preview Noam Tyroler On-Line

Working with the neck: <http://youtu.be/ykKJdiPwWgU> ,
Working with the shoulder: <http://youtu.be/k5VAfLEjQjI>.
Noam has also made the entire Shoulder chapter of his book, Thai Acupressure for Orthopedic Conditions, available to download: <http://thaiacu.com/chapter.pdf>.

To Register

Express your interest in attending this course by registering on-line at heartwoodyoga.com. Finalize registration and reserve your space in this workshop by sending payment in the appropriate amount to Heartwood Yoga at 700 Century Park South, Suite 227, Birmingham, AL 35226. Questions? Call Kate Tremblay at (205) 979-0019 or send her an email at kate@heartwoodyoga.com.
