
**COST OF COURSE, MATERIALS
£995 plus course manual and
examination £175**

VENUE: Kentish Town Studio – 141 - 145 Kentish Town Road NW1

Principle tutor: Amy Ku Redler

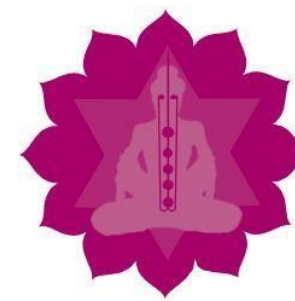
Assistance: Bev Croft and Dev Basu

Amy Ku Redler trained in India, Thailand and the UK. Amy credits her training with Asokananda and Mary Stewart as a core foundation and inspiration for her own work of over twenty years teaching yoga, Thai massage, meditation and Pilates.

Her work covers a broad field. She teaches in five-star spas; with rehabilitation groups; for corporations that include Sony IT, BBC and the Scottish Government; at Morley College; and at the College of Thai Yoga Massage, where she is director. Amy has had featured articles about her work in *The Times*, *Vogue*, *Evening Standard* and *Time Out*. She has spoken about her work on BBC radio and given yoga sessions at press launches for Calmia boutique in Marylebone High Street and Harrods.

She has a busy practice in London, is currently studying for her MA at SOAS University in the traditions of yoga and meditation, and doing a postgraduate training course in Pilates equipment with Anne-Marie Zulkahari.

The course is affiliated by the Ctha (Complementary Therapists Association) and the ICNM (Institute of Complementary Medicine). The tutors are members of TTYMA (Traditional Thai Yoga Massage Association) which is the first Thai yoga massage association in the UK. Metta College is a founding member of TTYMA.



ACCREDITED DIPLOMA COURSE IN THAI YOGA MASSAGE

METTA COLLEGE presents a diploma Level Certificate Course in the traditional art of THAI YOGA MASSAGE, based in THE HEART OF LONDON affiliated by the ICNM and Embody.

Traditional Thai Yoga Massage is an ancient healing art with its roots in yoga philosophy. It is based on a concept of energy lines (the ten 'sen') running through the body along which important acupuncture points are located. The practitioner uses thumb, palm, elbow, knee & foot pressure along these lines and points, combined with applied yoga stretches to release blockages & stimulate the prana flow. The massage is intended as a physical application of loving kindness ('Metta' in the Pali language).

Thai Yoga Massage can help to balance the body's energy system, increase flexibility & mobility, stimulate the internal organs, relieve muscular & joint tension, enhance circulation, release emotional distress, relieve fatigue & headaches, release tension & toxins.

The course includes intensive practical and theoretical training, practice days and a written piece on Thai yoga massage. There are 30 case studies to complete. The course culminates in a practical and theoretical examination. At the end of the course you will be able to

give a full-body massage treatment to practitioner standard.

SYLLABUS FOR THE CERTIFICATE COURSE

Day 1 - ENERGY LINE SYSTEM & FEET

am - introduction to the background & theory of traditional Thai Yoga Massage & the energy line system
pm - massaging the feet & ankle stretches

Day 2 - ENERGY LINES ON LEGS

am - palming & thumbing energy lines of inside/outside of leg
pm - practice

Day 3 - SINGLE LEG STRETCHES

am - applied yoga stretches & acupressure on energy lines of leg
pm - practice

Day 4 - DOUBLE LEG STRETCHES

am - applied yoga stretches & acupressure on legs, hips & back
pm - practice

Day 5 - ABDOMEN, CHEST, ARMS & HANDS

am - energy lines & acupressure on abdomen, chest, arms, hands
pm - practice

Day 6 - THE SIDE POSITIONS

am - acupressure points & energy lines on legs with patient lying on their side. Side & arm stretches & spinal twist
pm - practice

Day 7 - QUESTIONS, REVIEW PRACTICE

am - questions, review & practice
pm - contra indications & client care

Day 8 - BACK OF BODY

am - acupressure points & energy lines on back, back stretches
pm - practice

Day 9 - SITTING POSITIONS

am - arm & back stretches. Massaging head, neck & shoulders
pm - practice

Day 10 - THE FACE

am - massage & acupressure points of the face
pm - guidelines to structuring whole body massage

Day 11 - THE TEN SEN & SPECIFIC THERAPIES

am - getting familiar with the Ten Sen lines (names, locations & therapeutic qualities). Comparison of different Eastern traditions
pm - basic therapies to treat headache, knee & lower back pain.

Day 12 - PRACTICE & GUIDANCE

am - practice of whole body massage under supervision
pm - preparing for case studies & examinations

Upon completion of the syllabus and prior to taking the examinations, students will be required to do and write up 30 case studies of full body massage.

EXAMINATIONS IN THEORY & PRACTICE

HOW TO BOOK

PLEASE COMPLETE THE BOOKING FORM BELOW, ENCLOSE A DEPOSIT CHEQUE FOR £295 AND RETURN TO: Amy Ku Redler, 35b Parliament Hill Mansions, Lissenden Gardens, NW5 1NA Please make cheques payable to 'Amy Ku Redler'. Tel: 07956911159 E: info@yogamassage.co.uk /www.yogamassage.co.uk

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BOOKING FORM

TITLE ___ SURNAME _____ DATE OF BIRTH _____

FIRST NAMES _____

ADDRESS _____

POSTCODE _____

TELEPHONE (H) _____ (W) _____

(M) _____ EMAIL _____

OCCUPATION _____

A deposit is required to book a place. The deposit will be returned in full in the event of a place not being offered. Metta College is not responsible for any loss or damage to personal property, or any accident through the duration of the course. I have read and accept the terms & conditions of the above.

Signature _____ Date _____