

Training For...

Yoga Teachers who work in private sessions.

Massage Therapists who want to share yoga with clients.

Personal Trainers seeking a holistic flexibility model.

Chiropractors looking for a way to educate patients.

Physical Therapists to introduce mind/body healing concept

Occupational Therapists pioneering therapeutic yoga.

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Yoga & Healing Arts

Specialty Development – Private Sessions

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Reiki Certification — Thai Yoga — Yoga on the Table

– Fall 2011 Dates –

Part 1: September 23–25 (Reiki I, Yoga on the Table)

Part 2: October 21–23, (Reiki II, Introduction to Thai Bodywork)

November 5 & 6, Yoga on the Table

–Cost–

Full course discount price (Part 1, 2) \$650.

Trainings also priced individually (totals \$690).

YOGA & HEALING ARTS is bodywork training in which combines light touch or off-body (**Reiki**); large hands-on assisted movements (**Thai Yoga**), and coaching of clients for self movement (**Yoga on the Table**). Training takes place during two weekend intensives.

Thai Yoga

Thai Yoga bodywork is a therapeutic healing art that combines: Passive yoga stretching, acupressure, reflexology, energy work and meditation. Working on thick floor mats the Thai practitioner uses thumb, palm, elbow, knee and foot pressure to release tension and increase vitality. **Thai Yoga** is an ideal modality to increase flexibility and range of motion in the joints. In these workshops participants will be guided through giving, and receiving, a session. Thai Yoga is popular in spas and healing centers. Recommended for those with limited experience, considering a professional program. Instructor Mona welcomes you to relax and enjoy the gentle, loving kindness healing art that is Thai Yoga.



DATES:

- October 22–23, 2011 (held once per year)

COST: \$165

TIMES:

Saturday 6:30–9pm, Sunday 10am–1pm

Reiki Certification

Reiki is gaining recognition as a powerful integrative therapy, being used in hospitals, hospice settings, chemical treatment programs, pain clinics, mental health work. Instructor: Reiki Master Melanie Williams. Contact Melanie at 507-345-3619 or pay online at melaniejwilliams.com.

Reiki I

Level one is for anyone that wishes to learn how to do energy work on themselves or family members (including pets!)

Reiki II

Level two introduces students to the Reiki symbols and to long-distance healing.

DATES:

- September 23 and 24, 2011 (Reiki I)
- October 21 and 22, 2011 (Reiki II)

COST:

\$165 (Reiki I) and \$195 (Reiki II)

TIMES:

Friday evening 7–10pm; Saturday 10am–2pm



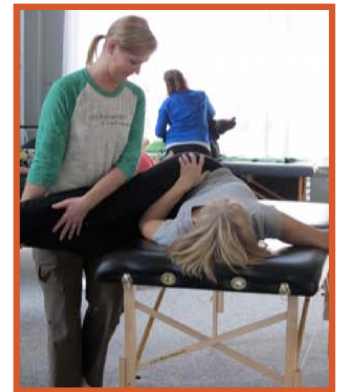
Yoga on the Table

This easily-learned 75 minute sequence was created by, and is taught by yoga teacher **Mona Cenicerros, owner of Sun Moon Yoga, and Nancy Bushnell, owner of Life Time Massage.**

It consists of ten steps in which a giver takes a receiver through a yoga practice on a massage table. **Yoga on the Table** is a mild-to-moderate intensity yoga experience – not meant to be a treatment or therapy. To enjoy **Yoga on the Table**, the receiver should dress as they would for yoga class (including bare feet). Unlike massage, **Yoga on the Table** is an active experience for the receiver. The giver guides them, while communicating, through breathing, stretching, Cobra, Bridge and Savasana poses.

Yoga on the Table would be a great offering for:

- Individuals who have trouble standing (vertigo, foot surgery, etc.).
- People intimidated by a group yoga experience.
- Yoga students who enjoy unique yoga experiences.
- People who don't like disrobing for massage.
- Massage therapists to promote benefits of yoga.
- Yoga teachers who work one-on-one with students
- Complementary modality for energy bodyworkers (Reiki, shiatsu, acupuncture)
- **Yoga on the Table** is a personal yoga experience that can be customized with guided visualizations, hands-on adjustments, essentials oils, music, etc.



“I loved it! This is a great idea! This modality makes so much sense for private with any kind of special needs... When I had a frozen shoulder, I think this kind of yoga would have benefitted more than physical therapy I have received.”

Barbara Young,
Mankato, MN

YOGA ON THE TABLE IS:

- Interactive with the client
- An opportunity to directly assist one-on-one
- A holistically balanced experience (mind, body, spirit)
- Formatted and voice guided like a yoga class
- Complete in one session

YOGA ON THE TABLE IS NOT:

- Passive client being worked on
- A relaxing massage session
- Therapeutic bodywork to “correct” imbalances, or fix someone
- Dependent on multiple sessions
- Site specific or skill specific
- A sequence of assisted stretches

DATES:

- Sept. 24 & 25, 2011
- Nov. 5 & 6, 2011

COST:

\$165 (5 hours Continuing Education)

TIMES:

Saturday evening, 6:30–9pm and Sunday morning, 10–1pm.

Sun Moon Yoga Yoga & Healing Arts Faculty:

Melanie Williams

Melanie has been an Usui Reiki Master since 1996; International Center for Reiki Training; Karuna Reiki Master training with Laurelle Shanti Gaia and Michael Baird, Sedona, Arizona 2003. Specialties: Spiritual mentorship, energy psychology, chakras, yoga. Visit melaniejwilliams.com.



Mona Ceniceros

Mona is certified by the Center for Thai Yoga Therapy since 1999. She has training in relaxation massage, Reiki, and hot stones. Her education in bodywork modalities informs and inspires her yoga teaching. Resumé at sunmoonyogastudios.com



Nancy Bushnell

Nancy, a massage therapist for 13 years, owns Life Time Massage, Mankato. She has certifications in Swedish massage, Neuromuscular Therapy (NMT), and Infant Massage Instruction and continuing education in lymphatic drainage, hot stone massage, yoga, connective tissue and myofascial release.



Continuing Education for Teachers

“Bones for Life” with Yoga Teacher Faye Berton

Five-hour educational workshop on natural movement therapy for osteoporosis and osteopenia.



Instructor: Faye Berton, traveling from her somatic learning center in Puerto Morelos, Mexico

Cost: \$165

Power Yoga Basic Training

Two-day intensive, Oct. 1–2
Improve Power Yoga sequences, timing, cueing.
Training to create powerful group experience.

Hot Yoga Game Plan

Two-day intensive, Oct. 29–30
Learn Hot Yoga format with Minnesota’s own Hot Yoga pioneer Mary Margaret Anderson Fay

YA Teacher Training

Sun Moon offers 200-hour Yoga Alliance teacher training each Fall and Spring.

*For info on above events see
sunmoonyogastudios.com.*

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Yoga Study and Continuing Education Affiliates


International Association of Yoga Therapists


International
Thai
Therapist
Association

 Yoga Alliance
Integrity. Diversity. Community.