

Ayurveda & Thai Yoga Massage

October 13-16 in Amsterdam

This course introduces you to the fundamentals of Ayurveda, the ancient Indian healing system and sister science to yoga. This course bridges Thai Yoga Massage with its historical roots in Ayurveda and students learn practical methods of applying Ayurvedic knowledge to deepen the therapeutic quality of their practice.

This course teaches you a new 60 minute Thai Yoga Massage and how to customize according to a person's body-type (vata, pitta, or kapha). Furthermore you will learn:

- To determine an individual's Ayurvedic constitution
- How to bring energy movement into Thai Yoga Massage
- How to create a customized 2-session Thai Yoga Massage wellness program according to a person's body-type
- The fundamental concepts of Ayurveda history, philosophy and healing
- To incorporate use of knees as a massage technique



KAM THYE CHOW,

a native of Malaysia, was raised in the tradition of Asian arts and healing customs. He has been practicing Tai Chi Chuan and Chinese massage since the age of 13 and has studied Kung Fu and Chi Gong for more than 20 years. He has taught martial arts and Thai Yoga Massage in North America, Asia and Europe and is the author of books on the art of Tai Chi and Thai Yoga Massage. In 1997 Kam Thye Chow founded the Lotus Palm School, the first school to promote and teach the art of Thai Yoga Massage in Montreal, Canada. His concise and compassionate approach to Thai Yoga Massage is specifically designed to provide a safe method of integrating the Eastern approach to body, mind and spirit with the Western understanding of the physical body. His book *Thai Yoga Therapy for your body type* was released by Inner Traditions in 2006. Kam Thye lives in Montreal with his wife and two children.