



DEANNA VILLA

Deanna Villa is a Master Thai Yoga Massage Teacher and Practitioner and offers 14 years of therapeutic hands-on experience. In 1998 she founded Thai Massage Toronto and also teaches internationally. She has authored 10 Thai Massage instructional manuals, has recorded 8 instructional DVDs for "The Art of Sensing Series" and completed a Mindful Meditation CD. Deanna has been featured on City TV and Rogers TV as well as in articles for national newspapers and magazines. Deanna's precise method focuses on a strong foundation of stability, alignment and quality of attention to each posture and their link with breath. www.thaimassagetoronto.com

Saturday March 31st 8:00 am - 10:00 am SA1VIL

Hands on Asana - Safe and Sensitive Adjusting Standing and Inverted Asana Series

Learn how to use hands on Thai Yoga Techniques to adjust, hold and maximize your students while in a series of postures; downward dog, reverse triangle, happy baby, knees to chest and tractions. Simultaneously combining asana, compassionate touch, assisted stretching and traction for deep, effective results. This series is instantly relevant to your existing healing practice, expanding your hands on skills for private or group classes. This posture series suits all body types, variations and modifications for restorative as well as deep and intense work. Be prepared to work hands on and receive! Bring props (yoga mats, pillows, blankets)

Saturday March 31st 1:00 pm - 3:00 pm SA3VIL

Hands on asana- Safe and sensitive adjusting for Reclining Postures and Twist asana series

Learn how to use hands on Thai yoga Techniques to adjust, hold and maximize your students while in a series of postures; sitting and reclining twists, lateral postures, cobra and child's pose. Simultaneously combining asana with compassionate touch, assisted stretching, twists and traction for deep, effective results. This series is instantly relevant to your existing healing practice, expanding your hands on skills for private or group classes. This posture series suits all body types, variations and modifications for restorative, gentle as well as deep and intense work. Be prepared to work hands on and receive! Bring props (yoga mats, pillows, blankets)

