



Equilibrium

Traditional Thai Massage
& Yoga for Therapy

Advanced Thai Massage Training and Reusi Dat Ton-Thai Yoga Training Intensive
Tibetan-Mongolian Buddhist Cultural Center in Bloomington, Indiana

The Healing Pavilion
June 1-10, 2012

✦ **What you can expect at the TMBCC:**

In-depth Learning, Rolling Wooded Land, Serenity, Trails, Tibetan Prayer Wheels, Smiles

✦ **Accommodations:**

Four yurt-like cabins are available at the back of the property, each with kitchenette, bathroom, small porch, and air-conditioning. These are suitable for one person or two. Separate living quarters housing from 2-4 people are situated directly above the main Cultural Center. Each room has a color scheme associated with the four manifestations of Buddha: Red, Yellow, Green, Blue. There are two full baths at each end, as well as a large kitchen and sitting area for eating, studying, and simply talking about the day. Due to limited space and group size, we encourage you to make reservations well in advance.

✦ **Diversions:**

- TMBCC Grounds: Dharma teachings, library, yoga, walking trails, *Happy Yak* gift shop
- Monroe Lake: Nature trails, hiking, biking, swimming, canoeing | 15 minutes
- Yellow Wood Forest or McCormick's Creek State Park | 30 minutes
- Horseback Riding | 15 minutes
- Town of Bloomington: Known as a cultural oasis in the Midwest, it is home to Indiana University and the Jacobs School of Music. A music series runs summer-long, with musical venues ranging from classical and ethnic to jazz. The Downtown Square offers many small shops and galleries, as well as cafés and restaurants for all tastes, and a large farmer's market runs on Saturday mornings from Spring to late Fall.

✦ **Practicalities:**

No phones or televisions at the TMBCC, which is wonderful! Please bring a cell phone, and be courteous to others by only speaking while in your own quarters. Wireless internet access is available in the main building (please bring your own laptop). The TMBCC is home to several monks and Arjia Rinpoche, as well as being a retreat and spiritual center for others. We ask that there be absolutely NO alcohol or drugs on the premises, and that your attire be modest (shorts and tank tops are fine, but in the temple or prayer areas please wear sleeves or a shawl, and remove shoes).

Equilibriummassage.com | 812.331.7423



Schedule



60 CE Hours of Training

Fri. June 1st | Arrival/Check-in

1pm to 6pm

Saturday 2nd - Tuesday 5th | Thursday 7th- Sunday 10th

Morning | Reusi Dat Ton Training

8:30 - 10:30 Class | 10:30 - 10:45 Break | 10:45 - 12:00 Class

Noon - 1:30 Lunch

Afternoon | Advanced Thai Massage Training

1:30 - 3:00 Class | 3:00 - 3:15 Break | 3:15 - 5:30 Class

Wed. 6th | Open Day to Rest and Practice

- Each day will begin with Reusi Dat Ton - Thai Yoga and breathing techniques as well as a traditional warm-up to ready the body for the day ahead
- Classes will be held in the TMBCC main building or outside weather permitting
- Non-latex, phthalate free yoga mats provided, or bring your own

Advanced Thai Massage Training Focus

- Particular focus on therapeutic applications and ROM (range of motion)
- Gaining understanding of the client's body as a whole, not just a sum of parts
- Choosing techniques and approaches suitable to the client's needs
- Using your body properly to avoid injury and achieve 'more with less'
- Focus on touch, pressure, intent, awareness, observation
- Learn new possibilities or re-learn old ones. We will be learning and implementing techniques from several lineages of Nuad Borarn - Traditional Thai Massage

Depart Sunday Evening or Choose to Stay Longer*



Lodging*

A limited number of cabins are available, each with kitchenette, bathroom, small porch, and air-conditioning. These are suitable for one person or two. Shared living quarters are situated directly above the Cultural Center's main building, with two full baths and a large kitchen and living area (shared). Priority will be given on a first-served basis, with payment expected upon reservation. Please see [this page](#) for reservations at the TMBCC.



Meals

Light breakfast items will be provided such as cereal, yoghurt, fruit, milk, soy milk, tea. Please see the following page for information and directions to healthy eating destinations. Cabins have a mini-fridge and kitchenette | Rooms share a fully equipped kitchen. Feel free to cook wholesome, customized meals; or better yet, cook as a group.



Information



Flights & Transport

We recommend flying into [Indianapolis Airport](#) | Bloomington is one hour south of Indy
Car rental agencies at airport ([View](#))

Limousine service can be arranged to/from the airport ([View](#))

A shuttle leaves at regular intervals from the airport ([View](#))

Taxis are readily available outside the luggage pick-up area ([View](#))



Maps & Directions

[Directions](#) from Indianapolis Airport to TMBCC | TMBCC area [Map](#)
[Bloomingfoods Co-op](#) | [Map](#) (Locator points A-B-C only)

Sahara Mart (International Foods) | [Map](#)

'Restaurant Row' is home to several ethnic restaurants | [4th Street](#)



Payment & Reservations

Training

\$995 Prepaid | Full payment received before March 1st | **No Refunds**

\$1,120 Regular | Payments received after March 1st | **Refund***

*Minus deposit up to two weeks prior to first day of class

- \$150 non-refundable deposit at time of registration
- Balance of payment due no later than two weeks prior to first day of class
- Payments and initial deposit by may be made by check or credit card

Card payments: May be made [here](#) after approval from instructor

Checks payable to: EquiLibrium **Write:** Thai Massage Intensive 2012

Send to: EquiLibrium, 3650 S. Oak Ridge Dr, Bloomington, IN 47401

Lodging

\$50 Deposit | Payment in full by June 1st | **No Refunds**

Please see [this page](#) for reservations at the TMBCC.



Questions or Concerns?

Equilibriumassage.com | 812.331.7423 | [Email](#)