

EMPATH YOGASSAGE TRAINING

A Unique Combination of Yoga, Massage & Elements of Hypnosis

with **Erica Boucher, BA, RYT, LMT, CHt**



Yogassage is a powerful combination of yoga, massage and elements of hypnosis that offers deeply therapeutic benefits on all levels: physically, mentally and emotionally.

Each customized Yogassage session includes breathwork, a unique blend of Thai Massage, Barefoot Shiatsu and Yoga, and Guided Imagery & Elements of Hypnosis to help you move through physical, mental and emotional blockages stored in the body. Yogassage is a blend of passive yoga stretches and massage techniques. It is sometimes referred to as the ultimate lazy and simple way of experiencing all of the benefits of yoga and more - because you relax while your therapist does most of the work, using hands, feet, forearms, elbows and thumbs to massage, press, pull, squeeze and twist the body into what is, in essence, applied yoga.

The tools you learn in this 2-day training will not only empower you in your own life, but will provide you with some powerful techniques you can use on clients, family and friends to help them feel more relaxed, confident and at ease in their lives - a real gift in today's world. This unusual pairing of techniques is unlike anything else out there.

Massage therapists & yoga teachers will learn new techniques to deepen their already existing practices. And anyone who is burdened by stress in their own lives, or concerned about how it is showing up in the lives of those they care about, will love this course.



Erica Boucher is a Yoga Therapist, Massage Therapist & Hypnotherapist. She has developed a yoga video entitled *Yoga to Open the Heart*, a Hypnotherapy CD entitled *Hypnosis for Letting Go*, and is nearing completion on her book *The Search for the Authentic Self*. Erica is the founder of EMPATH YOGA, and offers retreats and trainings around the world bringing personal development and yoga together into a truly powerful and healing experience. Her practice began with counseling work with the homeless a decade ago, and has evolved to include breathwork, yoga therapy, talk therapy, massage therapy, hypnotherapy, guided imagery and more. Each treatment is uniquely geared toward the specific needs of the client. In this workshop, she takes 10 years of experience and offers you the most relevant parts so that you, too, can start practicing this powerful healing modality.

This will be a highly experiential, hands-on training. The cost for this 14-hour training program is \$250 per person. Space is limited, so register now.

Visit <http://www.empathyoga.com/Yogassage.pdf> to read Erica's article on Yogassage published in Massage Magazine.

For more information, visit www.empathyoga.com, or contact Erica at 407-383-4196, or email ericaboucher@earthlink.net