

## **Thai Vinyasa 200-Hour Practitioner Certification Program Detailed Course Description**

**learn the gift to touch . make a difference . develop a rewarding career**

5 weekend courses + one 3-day Retreat

### **What You Will Learn in Level 1:**

This 20-hour training is the first course in the 200-Hour Thai Vinyasa Practitioner Training & Certification Program taught by founder, Lucile Palanchar. You will learn how to transform chronic pain and fundamental imbalances in body, mind and spirit. You will also discover your universal core power and learn an extremely effective 45-minute Thai Vinyasa Bodywork healing flow.

### **Students will also learn in Level 1:**

- History and roots of Thai Vinyasa
- How Thai Vinyasa works
- Philosophy and ethics of Thai Vinyasa healing
- Benefits & testimonials of Thai Vinyasa
- Thai Vinyasa Bodywork sequences including Supine, Seated, Standing, Prone, Shoulders, Neck, Hips and Back
- Thai Vinyasa Active Movements for practitioner's self care, client's evaluation and client's homework
- How to connect with your Universal Core and achieve optimal health & fitness levels
- How to develop highly-efficient body mechanics
- How to save your hands and thumbs
- How to develop your intuition and healing skills

### **What You Will Learn in Level 2:**

This 20-hour training is the second course in the 200-Hour Thai Vinyasa Practitioner Training & Certification Program with Lucile Palanchar. You will learn to refine, better flow, modify and intuit with the sequence learned from Level 1. You will integrate energy medicine components into the Bodywork and Active Movement Therapy modules. You will also be given powerful physical, energy, mental, psychological and spiritual self-care and self-healing tools that go hand-to-hand with the bodywork sequence... to optimize your growth as a person and practitioner, to multiply your efficiency working with others (and avoid any burnout) and to empower your clients (as they become more responsible with their own health and wellness).

### **Students will also learn in Level 2:**

- Quantum Energy basics
- Role of pain
- Deep Self Care
- Client/Practitioner relationship
- General Body Balancing exercises for self and client
- Basic energy work you can use during a session
- Develop a deeper Universal Core and experience the art of Mindfulness
- The "3 Bows" and the "3 Primal Body Centers" (Dantians)
- Review & fine-tune previous Thai Vinyasa Bodywork sequences
- Expansion of application for Bodywork sequences
- Discover your Spontaneous Flow and the practice of Letting-Go

### **What You Will Learn in Level 3:**

This 20-hour training is the third course in the 200-Hour Thai Vinyasa Practitioner Training & Certification Program with Lucile Palanchar. You will learn new Thai Vinyasa movements for yourself and your client as well as deepen your understanding of how the body works from an "East meets West" medicine and movement perspective.

**Students will also learn in Level 3:**

- How to assess the subtle energies inside & outside the body (chakras, meridians and grids)
- Basics on Traditional Chinese Medicine (TCM)
- Role and influence of major acupressure points and meridians
- More advanced Thai Vinyasa bodywork sequences
- How to read the body while the client is in movement or in posture
- New tools to open your intuition and common-sense

**What You Will Learn in Level 4:**

This 20-hour training is the fourth course in the 200-Hour Thai Vinyasa Practitioner Training & Certification Program with Lucile Palancher. You will learn how to reach and maintain vibrant health thru the power of Healing Foods. The Nutritional component within Thai Vinyasa (in addition to the other Thai Vinyasa modules such as Bodywork, Active Movement Therapy, Body Mind Breathing, Energy Medicine & Your Belief Systems) offers just another avenue to positively influence one's innate ability to self-heal. This course is designed to be very tangible, we will prepare food together; it is made for you to easily grasp the essential Thai Vinyasa nutritional principles that are paramount to greatly enhance one's health and wellness. The information presented does not follow a trend or a fad but focuses on what works.

**Students will also learn in Level 4:**

- Secrets of longevity
- Body typing
- How to detox safely
- Superfoods
- How to find your ideal weight and maintain it
- How to design your own personalized enhanced eating protocol
- How to work with people with eating disorders
- Juicing, sprouting, fermentation & smoothies essentials
- Healthy and yummy recipes for life!

**What You Will Learn in Level 5:**

This 20-hour training is the fifth course in the 200-Hour Thai Vinyasa Practitioner Training & Certification Program with Lucile Palancher. You will learn how to offer a 2-2.5 hour session integrating all that you have learned so far. And this is the beginning of a very fascinating journey!

**Students will also learn in Level 5:**

- How to scan the body and energies before a session begins
- Integrating foot and hand reflexology into a session
- New Thai Vinyasa bodywork sequences (abdomen, hands, arms, legs)
- How to construct a protocol with prioritization and specificity
- Long-distance healing
- Review and integration of previously covered material
- Practitioner's policies and ethics
- Deepen your Spontaneous Flow using both your memorized and intuitive skills

**What You Will Learn During the Thai Vinyasa Retreat:**

This 3-day training is an integral part of the 200-Hour Thai Vinyasa Practitioner Training & Certification Program with Lucile Palancher. This is the "WALK YOUR TALK" of Thai Vinyasa. For 3 days you will be completely living the Thai Vinyasa Way-Of-Life. The Thai Vinyasa Retreat incorporates practicing all the Thai Vinyasa modules such as Nutrition at its best with deep physical, emotional, mental and spiritual Self-Care. As a human being and a healer this retreat offers you a tremendous opportunity to deepen your awareness, your senses and listening power. Speaking will be kept to a minimum. Each day will include Active Movement Therapy such as yoga, tai chi and qi gong. You will also be lead into powerful relaxations, visualizations and meditations that give one more opportunity to reflect, clear and optimize. Healing cleansing juices will be provided each day for breakfast, lunch and dinner. Journaling is encouraged.

The **200-Hour Thai Vinyasa program** is composed of:

#### **Contact Hour Requirements**

- Level 1 Training - 20 hours
- Level 2 Training - 20 hours
- Level 3 Training - 20 hours
- Level 4 Training - 20 hours
- Level 5 Training - 20 hours
- 3-Day Retreat – 22 hours

**= 122 Contact Hours**

#### **Documented Practice Session Requirements**

- 10 x 45-minute sessions after Level 1 (ie 7.5 hours)
- 11 x 1 hour sessions after Level 2 (ie 11 hours)
- 10 x 1 hour sessions after Level 3 (ie 10 hours)
- 6 x 90-minute sessions after Level 4 (ie 9 hours)
- 3 long distance sessions after Level 4 (1 hour each ie 3 hours)
- 1 instructor-supervised session after Level 5 (2.5 hours at \$150/hour)

**= 41 Sessions i.e. 43 Documented Practice Hours**

#### **Practitioner Development Requirements**

1- Completion of a case study/progress report from 5 or more sessions with the same client. Feel free to choose somebody that you don't know well and that may be in more pain than other clients that you have had. Please email description of conditions/symptoms of your client to Lucile before starting working on client.

2- Place acupuncture points and their functions on the models listed in addendum of manual. Page numbers will be specified after your completion of Level 3.

3- Specific research and journaling assignments. More information during Level 1.

4- Six hours of Karma Thai Vinyasa - suggestions include offering Thai Vinyasa to communities in need, assisting in workshops, expos etc.

5- Books to read:

- \* Energy Medicine by Donna Eden and David Feinstein
- \* Rapid Review Anatomy Reference Guide – Anatomical Chart Company
- \* Druids by Morgan Llywelyn
- \* Mutant Message Down Under, Tenth Anniversary Edition by Marlo Morgan
- \* The Biology of Belief: Unleashing The Power Of Consciousness, Matter And Miracles by Bruce H. Lipton
- \* Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss

Summarize of a few sentences each book, chapter by chapter. What was interesting to you?  
What is worth remembering?

6- Movies/Documentaries to watch:

- \* Food Inc.
  - \* Food Beware, the French Organic Revolution.
  - \* Fat, Sick & Nearly Dead.
  - \* Master of the Killer Ants.
  - \* The King Speech.
  - \* [http://www.youtube.com/watch?v=Vem\\_bHsxL40](http://www.youtube.com/watch?v=Vem_bHsxL40)
- Write down your impressions (1/2 page) about each movie.  
**= A minimum of 35 Research and Development Hours**

### **Applying For Your Certificate**

Students can apply for certification upon completion of the entire training program.