



WELLS YOGA

TRADITIONAL YOGA TRAININGS



Offering the following Multimedia Continuing Education Workshops on: Traditional Thai Yoga "Reusi Dat Ton," Traditional Indian Yoga and Ayurveda.



Contact me to book a workshop for your Studio,
School or Organization.

www.wellsyoga.com, david@wellsyoga.com



Introduction to Traditional Thai Yoga "Reusi Dat Ton" (2 Hours)



1 Hour Slide Presentation & 1 Hour Practical Class

- Discover the history of Thai Yoga, "*Reusi Dat Ton*," the traditional holistic self-care system of Thailand. and its relationship to other Yoga Traditions.
- Self-Massage, Joint Mobilization, Basic Exercises for Neck, Shoulders, Back and Hips
- For Yoga Students and Teachers, Massage Therapists and anyone wanting to learn about this little known Yoga Tradition from Thailand which is the origin and foundation of Traditional Thai Massage.
- Yoga Teachers and Students can broaden the range of techniques they are able to practice and teach by learning and practicing this non-Indian Yoga Tradition.
- Massage Practitioners can improve their skills by learning about the system which is the Origin and Foundation of Traditional Thai Massage and experiencing the effect of those techniques within themselves.

(2 Hours Yoga Alliance and NCBTMB Massage Continuing Education Credits available.)



Self-Massage and Joint Mobilization of Traditional Thai Yoga "Reusi Dat Ton" Part 1 (6 Hours)



Learn how to reduce joint pain and stiffness and muscle aches and pains naturally. These gentle low-impact techniques will help you to:

- Improve flexibility and range of motion
- Reduce neck, shoulder, back, hip, and knee pain
- Improve circulation
- Increase your energy and vitality
- Reduce stress
- Increase your mobility and pain-free movement during your daily activities
- Save money by learning how to give yourself a "full body Thai style massage"

Lots of practice time and Fully Illustrated Handbook Included.
(6 Hours Yoga Alliance and NCBTMB Massage Continuing
Education Credits available)

Basic Exercises and Breathing of Traditional Thai Yoga
"Reusi Dat Ton" Part 2 (6 Hours)



Learn and practice new techniques including: basic breathing exercises & poses and exercises for the whole body.

- Great techniques for the Back, Hips, Shoulders and Neck.
- The Traditional use of Meditation Straps.
- Massage therapists can improve their skills by learning techniques which are the origin and foundation of Thai Massage and feeling the effects of those techniques within themselves.
- Deepen your yoga knowledge and practice by studying this little known yoga tradition from Thailand

Lots of practice time and Fully Illustrated Handbook Included.
(6 Hours Yoga Alliance and NCBTMB Massage Continuing
Education Credits available.)



Traditional Thai Yoga In Depth "Reusi Dat Ton" Part 3 (30 Hours)



An in depth training in all aspects of Traditional Thai Yoga
"Reusi Dat Ton"

Covering:

- History of "Reusi Dat Ton" and its relationship to other Yoga Traditions.
- Mantras and Chanting "Wai Kru"
- Sitting Poses
- Breathing Exercises
- Self-Massage
- Joint Mobilization
- Basic Exercises and Poses
- Advanced Exercises and Poses

Yoga Teachers and Students can broaden the range of techniques they are able to practice and teach by learning and practicing this non-Indian Yoga Tradition. Massage Practitioners can improve their skills by learning the system which is the Origin and Foundation of Traditional Thai Massage and experiencing the effect of those techniques within themselves.

Lots of practice time and Fully Illustrated Handbook Included.
(30 Hours Yoga Alliance and NCBTMB Massage Continuing Education Credits available.)

Ancient Yoga (2 Hours)



Ancient Yogic Techniques as depicted in the Sacred Art of South and Southeast Asia. A Multimedia Slide Presentation covering the Major Branches, History and Philosophy of Yoga. Featuring images of Ancient Yogis, Yoginis, Gods and other Celestial Beings as depicted in the Sculpture, Carvings, Murals and Drawings in Ancient Temples, Caves, Manuscripts and Museums of India, Nepal, Tibet, Cambodia, Indonesia, Thailand and Laos. (After the slide presentation, interested students may practice some of the techniques as modeled in the Traditional Art.)



(2 Hours Yoga Alliance Continuing Education Credits available)

84 Asanas: Commonalities in Indian, Nepali, Tibetan and Thai Yoga Traditions (2-6 Hours)

"Asanas are as many as the number of species on Earth, 8,400,000. Of these, Lord Siva selected 84 as appropriate for Human Beings"
Goraksha-Samhita Circa 1100AD

A Multimedia Slide Presentation of Traditional Yoga Asanas which are common to Indian, Nepali, Tibetan and Thai Yoga Traditions



India Nepal Tibet China
"Fixing the right foot on the left thigh and the left foot on the right...is known as Padmasana"
Hatha Yoga Pradipika by Swatmarama circa 1300AD



India Nepal Tibet Cambodia
"Sogasraya is squatting tying the back and the two legs with a piece of cloth called Yoga-pattaka"
Vyasa's Commentary on the Yoga Sutras of Pantajali by Hariharananda Aranya circa 500AD



This Workshop can be given as just a 2 Hour Slide presentation or it can be expanded up to to a 6 Hour Workshop in which students actually practice the Asanas in the slideshow and learn the different variations of each Asana as they are practiced in the different cultures.

(2-6 Hours Yoga Alliance Continuing Education Credits available)

A Multimedia Slide presentation of various Tantric and Goddess Temples in Eastern and Southern India.

64 Yogini Temple of Hirapur, Orissa

An open air 9th Century Temple dedicated to the great Goddess Maha Maya and her various emanations of minor Goddesses or Yoginis ranging from benevolent to wrathful, including; Vampires, Shape shifters, Fertility and Serpent Goddesses.



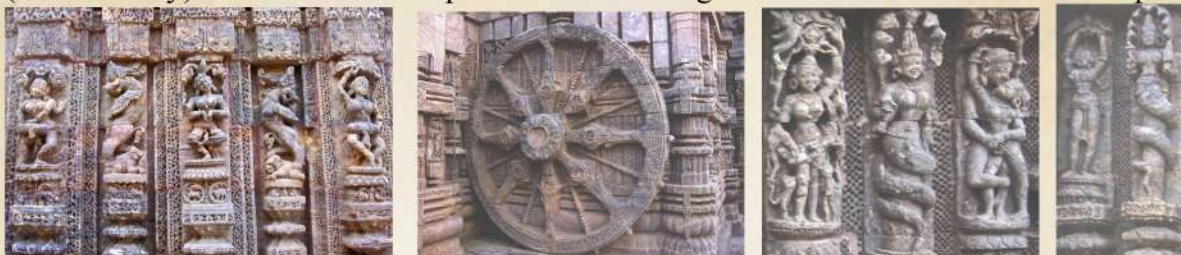
Medieval Temples of Bhumpaneshwar, Orissa

Hindu Temples dedicated to the God Siva and the Goddesses Shakti, Durga and other manifestations of the Divine Feminine. Featuring the temples of: Parasurameswar (7th Century), Sisireswar (8th Century), Mukteswara (9th Century), Sidheswara (10th Century), and Rajarani (11th Century)



Konark Temple of Surya the Sun God, Puri, Orissa

(11th Century) Famous for its exquisite stone carvings of Dancers and Amorous Couples



Meenakshi Goddess Temple of Madurai, Tamil Nadu

Featuring dozens of huge Mandalas painted on the vaulted ceilings





In this workshop you will learn about

- Ayurveda, the 5,000-year-old traditional healing system of India
- The five elements: Earth, Water, Fire, Air & Space
- The three Doshas (mind/body types) of Vata, Pitta and Kapha
- The six tastes: Sweet, Sour, Salty, Pungent, Bitter and Astringent
- The right food choices for your mind/body type
- Simple and effective strategies for weight loss
(includes handouts and samples of foods and spices)

(2 Hours Yoga Alliance Continuing Education Credits available.)

**Interested in hosting a Workshop at your School,
Studio or Organization?**

Contact me to book a Workshop.

www.wellsyoga.com, david@wellsyoga.com

PREVIOUS WORKSHOPS

Thai Yoga "Reusi Dat Ton" Weekend Workshops

Bodhi Sangha Shala- School of Thai Massage and Yoga

Friday, Feb. 24, 6:30-8:30 PM

FREE 2 Hour Introductory Presentation

"Introduction to Traditional Thai Yoga" Slide Presentation & 1-hour Sample Class: Learn about this little known Yoga Tradition from Thailand which is the Origin and Foundation of Traditional Thai Massage (2 Hours Yoga Alliance Continuing Education Available)



Saturday, Feb. 25, 9:00AM- 4:00PM (12:00- 1:00PM Lunch)

"Self-Massage and Joint Mobilization of Traditional Thai Yoga" Workshop

Reduce joint pain and stiffness and muscle aches and pains naturally.

Learn how to give yourself a "Full body Thai Style Massage"

(6 Hours of NCBTMB Massage and Yoga Alliance Continuing Education Available)

Cost: \$150

Sunday, Feb. 26, 9:00AM- 4:00PM (12:00- 1:00PM Lunch)

"Basic Exercises and Breathing of Traditional Thai Yoga" Workshop

Learn and practice new techniques including: basic breathing exercises & poses and exercises for the whole body.

(6 Hours of NCBTMB Massage and Yoga Alliance Continuing Education Available)

Cost: \$150



Lots of practice time and Fully Illustrated Handbooks Included. Students can attend one, two or all three Parts (Discount for all 3 Parts) Entire Weekend pricing (Fri, Sat & Sun): Early Bird Before January 1st: \$199 After January 1st: \$250 To Register please visit: <http://bodhisangha.com/purchase-courses.html>

Presenter: David Wells, E-RYT500, YACEP. works in an Integrated Pain Management Clinic helping people to manage and reduce their chronic pain naturally. He served three years in Peace Corps in Thailand and received Thai Massage and Thai Yoga "Reusi Dat Ton" certifications from The Wat Pho School of Traditional Thai Medicine in Bangkok and The Thai Massage School of Chiang Mai, under the authorization of the Thai Ministry of Education. He also studied with the Reusi Tevijjo and the late Ajhan Pisit Benjamongkonwaree in Thailand.



Frog Lotus Yoga

The most beautiful yoga studio in the Berkshires!

Intro to Traditional Thai Yoga

Friday January 13th, 7:00 - 9:00pm **FREE EVENT**



Discover the history of Thai Yoga, "Reusi Dat Ton," the traditional holistic self-care system of Thailand and its relationship to other Yoga traditions. Geared for yoga students & teachers, massage therapists & anyone wanting to learn about this little known tradition from Thailand.

Self Massage & Joint Mobilization of Traditional Thai Yoga

Saturday January 14th, 12:30-3:30pm & 4:30-7:30pm, \$150

Reduce joint pain and stiffness and muscle aches and pains naturally. Improve flexibility and range of motion. Lessen neck, shoulder, back, hip, and knee pain. Improve circulation while Increasing mobility and pain-free movement throughout the day.



Basic Exercises & Breathing Techniques of Traditional Thai Yoga

Sunday January 15th, 11:15am-2:15pm, 3:15pm-6:30pm, \$150

Learn and practice new techniques for basic breathing exercises & poses for the whole body. This includes great techniques for the back, hips, shoulders and neck, the traditional use of meditation straps, and deepen your yoga knowledge and practice by studying this little known yoga tradition from Thailand.

Discount for attending all 3 events with David:

Early registration by Jan 6th \$199, registration after Jan 6th \$250

David Wells studied Thai Yoga "Reusi Dat Ton" at The Wat Po School of Thai Traditional Massage, The Thai Massage School of Chiang Mai, and deepened his knowledge with Reusi Tevijjo and the late Ajarn Pisit Benjamongkonwaree. A Clinical Ayurvedic Specialist from The California College of Ayurveda, he has received advanced Indian Hatha Yoga certifications from Kaivalyadhama Yoga Institute, The Sivananda Yoga Center, The Yoga Research Center of Rishikesh, Yoga for Secondary Schools at The Yoga Institute in Mumbai, & is also certified in "SilverSneakers Yoga" for Seniors. David currently works in Watertown, NY at an Integrated Pain Management Clinic helping people to manage and reduce their pain naturally.



189 Beaver St, #207, North Adams, MA 01247
413-664-8686 www.froglotusyoga.com

Thai Yoga "Reusi Dat Ton" In Depth 5 Day Intensive



The Naga Center

4423 NE Tillamook St. Portland, OR 97213

May 25-29, 2015 9AM-5PM (30 hours)

For Yoga students & teachers, and massage therapists who want to learn about this little known Yoga tradition from Thailand, which is the origin and foundation of Thai Massage.

Discover the history of Thai Yoga and its relationship to other Yoga traditions.

Learn and practice Self Massage, Breathing, Poses and Exercises.

Yoga Teachers and Students can broaden the range of techniques they are able to practice by learning and practicing this little known non-Indian Yoga Tradition.

Massage Therapists can improve their skills by learning and practicing techniques, which are the origin and foundation of Traditional Thai Massage, and experiencing the effect of those healing techniques within themselves. There will be lots of practice time and students will receive a fully illustrated 150 page Handbook.

Cost: \$680. (\$600 Early Registration discount by April 1)

Continuing Education Hours available for Yoga Alliance (USA) Teachers.

To Register visit:

<http://www.nagacenter.org/store/products/reusi-da-ton/>

Instructor David Wells

Thai Yoga

Reusi Dat Ton

Self Massage & Joint Mobilization

October 8th, 2016 - 12pm-7pm

Learn how to give yourself a full body "Thai style" massage. Yoga teachers and students can broaden the range of techniques they are able to practice and teach by learning and practicing this little known non-Indian yoga tradition.



Learn to systemically loosen all of the major joints from head to toe to improve your range of motion. This class covers Basic and Advanced Joint Mobilization Sequences.

Free Intro Class
Friday Night 6:30pm

Full Weekend
\$199 Early Bird
until July 31st

beginning August 1st
\$150 for one day or
\$250 for full weekend

Thai Yoga

Basic Exercises & Breathing

October 9th, 2016 - 10am-5pm

Massage therapists can improve their skills by learning and practicing techniques which are the origin and foundation of Traditional Thai Massage, and experiencing the effect of those healing techniques within themselves.

www.halemindandbody.com/events

Nashville, Tennessee

up to 14 board approved education credits for LMTs and yoga instructors

PREVIOUS WORKSHOPS

Las 84 Asanas Originales
 Proyecto de Investigación
 Profesor invitado:
David Wells

SÁBADO
25
 OCTUBRE
 10 a 12.30Hs.


Conocimiento del Yoga Tradicional
RECUPERAR LOS VALORES ORIGINALES
TRADICIONES ANCESTRALES

Informes e Inscripción
 Romina Correa
 correaromina@yahoo.com.ar
 (011) 156573 0121

www.lahiguerayoga.com
 facebook.com/lahiguerayoga.com

escuela **nuad shai**
 de masaje tradicional Tailandés

Semana de Rusii Dat Ton (Thai Yoga)
 Profesor invitado: David Wells



El **Rusii Dat Ton**, conocido como thai yoga es el sistema de auto-mantenimiento de los Rusii, los ascetas de la tradición tailandesa.

Incluye ejercicios de respiración, auto-masaje y posturas que ayudan a mantener el equilibrio en nuestra salud.

David Wells (www.wellsyoga.com) es profesor de yoga y estudia rusii dat ton con Rusii Tevijjo desde hace años, lo que lo vuelve una de las personas ideales para acceder a la tradición.

Fechas: del lunes 20 al viernes 24 de octubre, de 9 a 15 hs.
Lugar: Escuela Nuad Thai, sede Olivos
Valor: \$2000 (puede abonarse en 2 pagos)

No es necesario tener conocimientos previos

Informes e inscripción:
 escuelaanuadthai@gmail.com

TRAINING/WORKSHOPS




Thai Yoga "Reusi Dat Ton"
Basic Exercises and Breathing

PART 1 Sunday, Oct. 5 • 2-5 pm • \$35
PART 2 Sunday, Nov. 16 • 2-5 pm • \$35

For Yoga students & teachers, and massage therapists who want to learn about this little known Yoga tradition from Thailand, which is the origin and foundation of Thai Massage.

- Discover the history of Thai Yoga and its relationship to other Yoga traditions
- Learn and practice Basic Breathing Techniques, Poses and Exercises
- Lots of practice time
- Handbook included

Continuing Education available for Yoga Alliance Teachers.

TESTIMONIALS

"David Wells is among the most knowledgeable Western practitioners of Reusi Dat Ton (RDT), also known as "Thai Yoga", a therapeutic exercise system from Thailand that emphasizes both physical and mental cultivation. David's experience researching and practicing RDT and his many years as a practitioner and teacher of yogic traditions give him the ideal background to introduce this system to North American students."
 — C. Pierce Salguero, Ph.D., Author of Encyclopedia of Thai Massage

"The Reusi Dat Ton workshops presented by David Wells are simply wonderful experiences that are experiential, educational and practical. David teaches Reusi Dat Ton its original authentic form. His workshops include lecture accompanied by numerous photographs, as well as a lot of physical practices (which are somewhat similar to Indian Yoga Asanas as we know them yet fascinatingly unique). Reusi Dat Ton is now a highlight in my daily practice. The Reusi Dat Ton David has taught me has strengthened my knees, increased the range of motion in my neck rotation dramatically and contributes to my improved posture, balance and vitality while performing Thai massage on my clients"
 — Gregory Ord, Therapeutic Thai Massage Practitioner

David Wells E-RYT 500
 David served three years in Peace Corps Thailand and received Thai Massage and Reusi Dat Ton certifications from The Wat Po School of Traditional Thai Medicine in Bangkok and The Massage School of Chiang Mai. He also studied with Somananda Yogi and the late Ajhan Pait Benjamongkornwaree in Thailand.

WHOLE yoga
 Shambhava YOGA CENTER
 1735 E. 17th Ave.
 (at Williams St.)
 Denver, CO 80218
 Free On-Street & Off-Street Parking
 303-333-YOGA
 WholeYoga.com

TRAINING/WORKSHOPS

Thai Yoga
Self Massage
Sunday, June 22 • 3:00-5:00 pm
\$25 HANDBOOK INCLUDED
REGISTER EARLY AND SAVE! \$20 with registration by June 15

Learn how to give yourself a Full Body "Thai Style" massage. Yoga Teachers and Students can broaden the range of techniques they are able to practice and teach by learning and practicing this little known non-Indian Yoga Tradition.

Massage Therapists can improve their skills by learning and practicing techniques, which are the origin and foundation of Traditional Thai Massage, and experiencing the effect of those healing techniques within themselves. Continuing Education Hours available for Yoga Alliance Teachers.



Thai Yoga
Joint Mobilization
Sunday, July 20 • 3:00-5:00 pm
\$25 HANDBOOK INCLUDED
REGISTER EARLY AND SAVE! \$20 with registration by July 13

- Learn to systematically loosen all of the major joints from Head to Toe.
- A great way to improve your flexibility and Range of Motion.
- Covering both Basic and Advanced Joint Mobilization Sequences.

"David Wells is among the most knowledgeable Western practitioners of Reusi Dat Ton (also known as "Thai Yoga"), a therapeutic exercise system from Thailand that emphasizes both physical and mental cultivation. David's experience researching and practicing RDT and his many years as a practitioner and teacher of yogic traditions give him the ideal background to introduce this system to North American students."
 — C. Pierce Salguero, Ph.D., Author of Encyclopedia of Thai Massage and many other books on Thai healing arts

David Wells E-RYT 500, CAS
 David is a Clinical Ayurvedic Specialist who graduated of The California College of Ayurveda. He served three years in Peace Corps Thailand and received Thai Massage and Thai Yoga "Reusi Dat Ton" certifications from The Wat Po School of Traditional Thai Medicine in Bangkok and The Massage School of Chiang Mai, and went on to study with Reusi Tevijjo Yogi and the late Ajhan Pait Benjamongkornwaree in Thailand.

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 Denver, CO 80218
 Free On-Street & Off-Street Parking
 303-333-YOGA
 WholeYoga.com

PREVIOUS WORKSHOPS

Introduction to Thai Yoga

Reusi Dat Ton-Part 1

This workshop may be taken as a stand-alone training with 14 Hours of Yoga Alliance Continuing Education Credits available, or as the First of a Four Part Series leading to a 50 Hour Specialty Certification in Traditional Thai Yoga "Reusi Dat Ton"






Free Practice Session and Slide Presentation
"The History of Thai Yoga as depicted in Traditional Artwork"
Friday July 26 7:15-9pm (General Public Welcome)

2-Day Workshop *Yoga Alliance CEUs*
Saturday July 27, 10am to 6pm
Sunday July 28, 9am to 5pm
COST \$250 (\$225 before July 1) \$200 first 8 paid

For Yoga Students, Teachers and Massage Therapists who want to learn about this little known Yoga Tradition from Thailand which is the Origin and Foundation of Thai Massage.

- Discover The History of Thai Yoga and its relationship to other Yoga Traditions
- Learn and Practice New Techniques including: Breathing Exercises, Full Body Self Massage and Basic Joint Mobilization
- Poses and Exercises for the Hips, Back, Shoulders, Neck and Eyes
- The Traditional use of Meditation Straps
- Lots of Practice Time
- Handbook Included

Instructor
David Wells, ERYT served three years in Peace Corps Thailand and received Thai Massage and Reusi Dat Ton certifications from The Wat Po School of Traditional Thai Medicine in Bangkok and The Massage School of Chiang Mai. He also studied with Somananda Yogi and the late Ajan Pisit Benjamongkonwaree in Thailand. To learn more visit wellsyoga.com

"David Wells is among the most knowledgeable Western practitioners of Reusi Dat Ton (RDT, also known as "Thai Yoga"), a therapeutic exercise system from Thailand that emphasizes both physical and mental cultivation. David's experience researching and practicing RDT and his many years as a practitioner and teacher of yogic traditions give him the ideal background to introduce this system to North American students."
C. Pierce Salguero, Ph.D., Author of Encyclopedia of Thai Massage

HELD AT THE RENO BUDDHIST CENTER
 820 Plumas St
 Reno, NV 89509

For registration contact:
 Deborah Hodges
 775-291-8632
orangedragonflymassage@gmail.com

Reusi Dat Ton Workshop

FOUNDATIONS OF TRADITIONAL THAI MASSAGE
 Presented by **David Wells, ERYT, CAS**



Cost: \$250 for both days, Yoga Alliance CEUs available
 Sponsored by: Yin Thai Yoga
 Location: The Powers of One
 151 1/2 N. Main Street
 Rensselaer, IN 46783

For more information and to register contact:
 Kyah Harward at (260) 246-7972 | lapook@aol.com or
 Jill Harman at (260) 312-2442 | yinthaigyoga@yahoo.com

January 16-17, 2013
9am-5pm

"Reusi Dat Ton (RDT) is not only the roots of Thai massage but it also unlocks the method for treating oneself and maintaining one's own health." - Suklavastha Yogi



David Wells is among the most knowledgeable Western practitioners of Reusi Dat Ton (also known as "Thai Yoga"), a therapeutic exercise system from Thailand that emphasizes both physical and mental cultivation. David's experience researching and practicing RDT and his many years as a practitioner and teacher of yogic traditions give him the ideal background to introduce this system to North American students.

C. Pierce Salguero, Ph.D., Author of "Encyclopedia of Thai Massage" and many other books on Thai healing arts



ANCIENT YOGA

Ancient Yogic Techniques as depicted in the Sacred Art of India, Nepal, Tibet, Thailand, Cambodia and Laos

Friday Evening, October 21, 2011 • 7:00 - 9:00pm
 Beginning with a slide show featuring images of Ancient Yogis, Yoginis, Gods, Devas and other Celestial Beings as depicted in the Sculpture, Carvings, Murals and Manuscripts in Ancient Temples, Caves and Museums. Next will be a short practical class in which students learn some of these techniques.






First Presbyterian Church | 5555 S. Washington St. | Grand Forks, ND. | Cost: \$20

REUSI DAT TON: The Thai Hermit's Exercises
Saturday, October 22, 2011 • 9:00am - 5:00pm
 Reusi Dat Ton is a little known aspect of Traditional Thai Healing and Culture. It is the foundation of Traditional Thai Massage and consists of: Breathing Exercises, Self-Massage, Exercises, Postures and Visualization. This presentation begins with a slide show featuring images of Ancient Reusis (Thai Yogis) practicing Reusi Dat Ton as depicted in Traditional Art of Thailand, Cambodia and Laos. Next, will be practical classes in which students will learn some of the Breathing Exercises, Self Massage, Joint Loosening, Dynamic Exercises and Poses.






First Presbyterian Church | 5555 S. Washington St. | Grand Forks, ND | Cost: \$80 (Includes Lunch)

INDIAN HATHA YOGA and THAI REUSI DAT TON
Sunday, October 23, 2011 • 2:00 - 5:00pm
 Breathing Exercises, Self Massage, Joint Mobilization, Poses & Dynamic Exercises, Yoga Philosophy and Psychology are some of the aspects students can choose to emphasize.

12 Houses | 2017 Demers Ave. | Grand Forks, ND | Cost: \$30

Presented by **DAVID WELLS RYT, CAS** a Registered Yoga Teacher and graduate of The California College of Ayurveda. He served three years in Peace Corps Thailand and received Thai Massage and "Reusi Dat Ton" certifications from The Wat Po School of Traditional Medicine and The Massage School of Chiang Mai. He also studied with Reusi Suklavastha Yogi and Ajan Pisit Benjamongkonwaree in Thailand. He received advanced Yoga certifications from Kaivalyadhama Yoga Institute, The Sivananda Yoga Center and The Yoga Institute in India. He currently teaches in Southern California.















Early Registration for all Three Days - \$100 - After September 15th - \$120
 To register please contact:
 Kay Williams at (218) 791-5418 • williamskay@hotmail.com
 Erik Harris at (701) 330-9788 • eriharr@gmail.com

Sponsored by
 Amazing Grains | Kay's Yoga | Dyan Rey Yoga Arts | The Abhix Spa | 12 Houses - Center for Healing and Wholeness
 CONTINUING EDUCATION CREDITS AVAILABLE FOR YOGA ALLIANCE REGISTERED YOGA TEACHERS

Reusi Dat Ton, The Thai Hermit's Exercises

Presented by **DAVID WELLS**

Reusi Dat Ton is a little known aspect of Traditional Thai Healing and Culture. It consists of: Self Massage, Dynamic Exercises, Postures, Breathing Exercises, Visualization and Mantras. This presentation begins with a slideshow featuring images of Ancient Rishis (Yogis) practicing Reusi Dat Ton as depicted in Statues, Carvings, Murals and Drawings from Temples, Caves, Museums and Ancient Manuscripts in Thailand, Laos and Cambodia. Then will follow practical classes in which students learn and practice some of the Reusi Dat Ton Breathing Exercises, Self Massage, Joint Mobilization, Dynamic Exercises and Poses.

David Wells BS, RYT, CAS, is a Registered Yoga Teacher and Clinical Ayurvedic Specialist who graduated from The California College of Ayurveda. He has a degree in Biology and also received advanced Yoga certifications from the Kaivalyadhama Yoga Institute in Lonavala, The Sivananda Yoga Vedanta Center in Madurai, The Yoga Institute in Mumbai and The Yoga Research Center of Rishikesh in India. He studied "Reusi Dat Ton" at The Wat Po School of Traditional Medicine, The Massage School of Chiang Mai and with Tevijjo Yogi and Ajan Pisit Benjamongkonwaree in Thailand. He currently practices Ayurveda and teaches Yoga in Southern California.

Saturday August 20, 2011
10:00am-12:00pm • 2:00-5:00pm
Danni Jones Physical Therapy
 108 N. Monroe St. • Ruston, LA 71270
Early registration:
 \$50 - after August 5: \$60

Sunday August 21, 2011
1:00 - 6:00 pm
In Health Yoga & Pilates
 516 Hudson Lane. • Monroe, LA 71201
Early registration:
 \$50 - after August 5: \$60

Early Registration for Both Days: \$90 - After August 5 - \$110
To register contact: Aaron Jennings at (518) 243-2772
 Continuing Education Credits available for Yoga Alliance registered Yoga teachers.

PREVIOUS WORKSHOPS



Ancient Yoga *Ancient Yogic Techniques as depicted in the Sacred Art of South and Southeast Asia*



Presented by
DAVID WELLS

This presentation begins with a slide show featuring images of Ancient Yogis, Yoginis, Gods, Devas and other Celestial Beings as depicted in the Sculpture, Carvings, Murals and Drawings in Ancient Temples, Caves, Manuscripts and Museums of India, Nepal, Cambodia, Indonesia, Tibet, Thailand, and Laos. Then, there will be a brief Discussion with a Question and Answer Session.



DAVID WELLS BS, RYT, CAS, is a Registered Yoga Teacher and Clinical Ayurvedic Specialist who graduated from The California College of Ayurveda. He has a degree in Biology and also received advanced Yoga certifications from the Kaivalyadhama Yoga Institute in Lonavala, The Sivananda Yoga Vedanta Center in Madurai, The Yoga Institute in Mumbai and The Yoga Research Center of Rishikesh in India. He also studied "Reusi Dat Ton" (Traditional Thai Yoga) in Thailand. He currently practices Ayurveda and teaches Yoga in Southern California.



SCIENCE AUDITORIUM
Thursday, April 21, 2011
11:00 am

Sponsored by:
The Department of Religion
and Philosophy and
the InterFaith Center
Cultural Events Credit



Ayurvedic Diet & Weight Loss

Sunday, October 8, 2006 2:00pm – 4:00pm

with David Wells, Clinical Ayurvedic Specialist

In this workshop you will learn about

- Ayurveda, the 5,000-year-old traditional healing system of India
- The five elements: Earth, water, fire, air & space
- The three Doshas (mind/body types) of Vata, Pitta and Kapha
- The six tastes: sweet, sour, salty, pungent, bitter and astringent
- The right food choices for your mind/body type
- Simple and effective strategies for weight loss

Workshop fee is \$35

(includes handouts and samples of foods and spices)



300 E. Foothill Blvd., Arcadia, CA 91006 www.yogamadre.com
Call (626) 303-1004 for details and to register.

TESTIMONIALS

"Best Class Ever! One of most interesting, helpful, and fun workshops I have ever attended. Reusi Dat Ton is a wonderful foundation to a Thai bodywork practice and adds depth to a yoga practice!"

"Thai Yoga is a wonderful gift which has truly improved my life! Thanks to David Wells for this carefully researched and meticulously detailed manual. As a massage therapist and yoga instructor the work has become an important daily practice for me and one that I share with my clients. The exercises help me to prepare my body for the day, identify limitations and restrictions in my body and balance my energy. The self-massage practice gives me a soothing way to treat those issues and heal myself. I use Thai Yoga to relieve tension headaches, reduce neck and shoulder tension and pain, improve a chronic back injury by mobilizing the low back and hips and releasing the accompanying muscles with self-massage. I also find the practice to reduce stress and increase energy. Most important Thai Yoga is really fun and feels good. I recommend this practice for everybody!"

Jennifer Vanderburg, LMT

"The Thai Yoga workshops presented by researcher David Wells are simply wonderful experiences that are experiential, educational and practical. David has researched the history of Reusi Dat Ton, and strives teach its techniques in their original authentic form. His workshops include lecture accompanied by numerous photographs, as well as a lot of physical practices (which are somewhat similar to Indian Yoga asanas as we know them yet fascinatingly unique). Thai Yoga is now a highlight in my daily practice."

Gregory Oed, Therapeutic Thai Massage Practitioner

"David Wells is among the most knowledgeable Western practitioners of Reusi Dat Ton (also known as "Thai Yoga"), a therapeutic exercise system from Thailand that emphasizes both physical and mental cultivation. David's experience researching and practicing RDT and his many years as a practitioner and teacher of yogic traditions give him the ideal background to introduce this system to North American students."

C. Pierce Salguero, Ph.D. Author of Encyclopedia of Thai Massage and many other books on Thai healing

"In my personal experience, the best tool for learning Thai Massage is the practice of Thai Yoga or "Reusi Dat Ton" self-massage and exercises. They are really the most useful practice for a Thai Massage Therapist at any level of practice. Exploring and experiencing the body layers: skin, tissue, sen, bones, wind gates and flow of the winds in our own body through "Reusi Dat Ton" is far more effective then learning Thai Massage through sequences."

Danko Lara Radic. Institute of Thai Massage, Belgrade

"David Wells captivated an audience of students, faculty and staff last spring at Berry College with his multimedia presentation on Ancient Yoga. His brilliantly narrated slideshow took us on a fascinating journey through multiple regions of Asia, illuminating the origins and history of the original yoga tradition while presenting a breathtaking array of sculptural and painted forms. His argument regarding the original purpose and nature of yoga was fascinating and impressively well defended. It was easily one of the most engaging lectures I have attended in my ten years here at Berry."

Jeffrey S. Lidke, Associate Professor of Religion and Chair, Department of Religion and Philosophy, Berry College

"David's Ancient Yoga presentation featured beautiful slides of ancient statues and paintings depicting many of the yoga asanas I know from my own Hatha Yoga practice. These ancient figures truly verify how a millennia old practice has not only survived for centuries but has been embraced by the West and has become a part of the culture."

Tana Wong

"Dave's visual and practical journey of the growth and movement of yoga postures out of the Indus valley gives one a deep sense of the impact that yoga philosophy has had on the development of eastern thought. His active role in tracing asana postures through numerous countries documents not only the conservation of valuable poses taken up by other cultures but also illustrates an integration of these postures in the foundation of meditation in each of these cultures. The thousands of photos captured on his journeys provide a great backdrop into the mastery of yoga while giving each person an opportunity to challenge and practice the postures. It is s unique experience to engage intellectually and practically in the branching evolution of yoga from its earliest forms to the comprehensive traditions of Thai Yoga and massage."

Eric Harris

TESTIMONIALS

"David's' Reusi Dat Ton workshop felt as if I was being immersed in many centuries of heritage and practice. David's quest to ground the practice in locations, images and teachers of ancient and present southeast Asian settings enabled me to sense the simplicity of Reusi Dat Ton even as I became increasingly aware of its deep healing potential and connection with my own practices of yoga and meditation. The workshop flowed from the colors and textures of the introductory talk, through peaceful breathing exercises and self-massage techniques, movement and opening of joints and then ... what a joy it was to practice the exercises and poses as modeled by the "hermits" in slides taken of temple walls, columns and statues from all over Thailand, Cambodia and Laos."

William Savage, Kundalini Yoga Teacher

"David Wells' Ancient Yoga presentation brought the ancient practice of Yoga alive. I found it compelling and informative."

Janice Gold

"I have been doing the Thai Yoga Joint Mobilization exercises almost daily for 6 months now. My balance and strength have improved immensely. It helps relieve the morning stiffness that comes with aging. I am so glad to have all of this information at my fingertips as I get older."

Jo Jensen, LMT

"Thai Yoga "Reusi Dat Ton" offers healing practices that are as close to magic as I've ever gotten! They are simple exercises, postures, and other tools that bring energy, relieve joint pain, sore muscles, and back pain while improving both flexibility and range of motion. This gorgeous book reveals for the first time both the lore and wisdom of these ancient practices."

Carol Sullivan, PhD, E-RYT

"I have incorporated many of these Thai Yoga techniques into my personal Yoga practice. It helps to alleviate the physical wear and tear of my job and the pain and stiffness I experience in my legs after a long day of work on my feet. I have noticed improved posture and a significant reduction in my overall back and neck pain. I feel calm, clear and more energized after even just a short session. It's a great way to start your day or recharge during your break!"

Anne Hanson

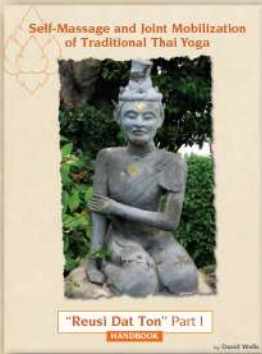
"Thai Yoga Joint Mobilization is part of my personal daily practice and something I recommend to all my clients for keeping joints open and in full function. It can be practiced standing or seated, making it accessible to people at any level of health."

Jill Strong-Harman LMT, Founder/ Director Yin Thai Somatics

"Thai Yoga has done more to free me from pain than anything else I've ever tried. For most of my adult life I endured crippling back, neck and joint pain due to several injuries. Now after a year and a half of daily practice of the joint mobilization exercises, I have virtually no pain and every muscle feels energized. I have gone from almost disabled to fully functional and can work and play like I did when I was a young man. I am self-sufficient and master of my physical health for the first time in my adult life. It has literally given me my life back!"

James Galusha

PUBLICATIONS



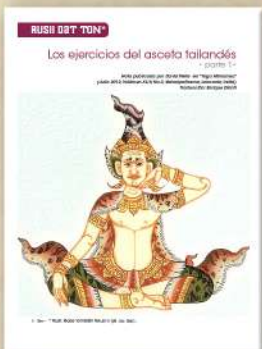
Self-Massage and Joint Mobilization of Traditional Thai Yoga "Reusi Dat Ton" Part 1 Handbook



Reusi Dat Ton The Thai Hermits Exercises (Updated)



Reusi Dat Ton The Thai Hermits Exercises (Original Yoga Mimamsa)



Reusi Dat Ton Los Ejercicios del Asceta Tailandes (Spanish)



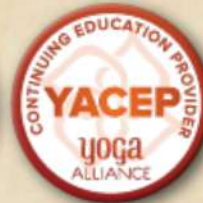
Advanced Teacher Training Course at Kaivalyadhama Yoga Institute (IAYT)

[LINK to Academia.edu Articles](#)

BIO



David Wells, C-IAYT, E-RYT500, YACEP, CAS, works as a Yoga Therapist in an Integrated Pain Management Clinic helping people to manage and reduce their chronic pain naturally. He teaches Traditional Thai Yoga "Reusi Dat Ton" and Indian Hatha Yoga and offers Multimedia Workshops, Group Classes and Continuing Education Workshops for Registered Yoga Alliance Teachers and NCBTMB Massage Therapists. He served three years in Peace Corps Thailand and received Thai Massage and Thai Yoga "Reusi Dat Ton" certifications from The Wat Po School of Thai Traditional Massage in Bangkok and The Thai Massage School of Chiang Mai under the authorization of The Thai Ministry of Education. He also studied with the Reusi Tevijjo and the late Ajan Pisit Benjamongkonware in Thailand. He is also a Clinical Ayurvedic Specialist who graduated from The California College of Ayurveda. He received advanced Indian Hatha Yoga certifications from Kaivalyadhama Yoga Institute, The Sivananda Yoga Center, and The Yoga Research Center of Rishikesh in India. He was certified in Yoga for Secondary Schools at The Yoga Institute in Mumbai, India, and is also certified in "SilverSneakers Yoga" for Seniors.



In my Classes, I use Traditional Yoga techniques to help people develop and maintain a strong, flexible and healthy Muscular Skeletal System, specifically for the relief of Hip, Back, Shoulder, Neck and Joint Pain. With over 20 years of teaching experience, I can adapt my classes to the needs of individual students from Gentle Beginning Level to Advanced. I have taught everyone from Kindergarten Children to Senior Citizens and worked everywhere from Yoga Studios, Addiction Recovery Centers, Physical Therapy, Chiropractic and Integrated Pain Management Clinics, to YMCAs, Gyms and Parks and Recreation Districts.

Education, Training and Certifications

- SilverSneakers Yoga Stretch (Yoga for Seniors) Certification, Heathways, Pueblo, CO. USA
- Advanced Teachers Training in Yoga, Kaivalyadhama Yoga Institute, Lonavala, India
- Advanced and Basic Teacher Trainings in Yoga, Sivananda Yoga Ashram, Madurai, India
- Teacher Training for Yoga in Secondary Schools, The Yoga Institute, Mumbai, India
- Thai Yogi Exercise "Reusi Dat Ton" Course, The Thai Massage School of Chiang Mai (under the authorization of The Thai Ministry of Education), Chiang Mai, Thailand
- Thai Yoga "Reusi Dat Ton" Course, The Wat Po School of Thai Traditional Massage, Bangkok, Thailand
- Clinical Ayurvedic Specialist, California College of Ayurveda, Grass Valley, CA. USA
- Yoga Teacher Training, The Yoga Research Center of Rishikesh, Rishikesh, India
- Certificate of Thai Massage, The Wat Po School of Thai Traditional Massage, Bangkok, Thailand
- BS Biology, Fort Lewis College, Durango, CO. USA

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