

THAI travels to the frozen north

By Kath Rutland, RTT

The Natural Health Practitioners of Canada held their last conference in Canmore, Alberta... the heart of the Canadian Rockies. The NHPC invited THAI to attend in order to further relations and cooperation between the two organizations and to enable THAI to connect with NHPC members interested in, or already practicing *nuad boran*. I was happy to coordinate efforts for the booth at the trade show and, along with Bob Haddad, to host and promote an informal Thai massage discussion and workshop on the Friday evening of the conference.

Photo right: Panorama of the Canadian Rocky Mountains, near Canmore, Alberta.



Above: Canadian THAI members Irina Bondarev, Annette Caesar and Kath Rutland pose with Bob Haddad. Canada is a country of immigrants: Irina is from Russia, Annette is from Germany, and Kath is from England.

The Friday night gathering was a great success! The room was filled with attendees, several of whom had no previous experience in traditional Thai massage. Bob offered a synopsis of *nuad boran* and he presented THAI as an organization. An open discussion on the state of regulation in Alberta and Canada followed, and then we offered an hour-long demonstration of ergonomics and techniques in traditional Thai massage. After this wealth of information, all participants took to the mats to practice and receive. It was wonderful to witness the glowing energy in the room, particularly in the sharing of new experiences. For the first time, western massage therapists were exposed to the delights of *nuad boran*. Everyone attending the presentation left their contact information in the hopes of more of the same.

With this foundation in place, we have now created a practice group and a Thai massage network within Canada. Since Canada is quite a large country, the practice group is centered in Calgary and southern Alberta. We hope to spread out across the country as time goes on. The seed is small, but great things will follow.

