

HB 6243

I have been a CT licensed, full-time massage therapist in private practice for nine years. As part of my CEU requirements I have acquired 38 hours of training in Thai Massage. I have also practiced Yoga for 20 years. By whatever name, the practice of placing a passive client in a yoga pose and assisting in deepening the pose, falls under the purview of therapy, not Yoga.

A teacher of Yoga does not have sufficient training and understanding of anatomy and physiology to perform these techniques without risk of injury to the client. Thai Massage must be performed with extreme sensitivity to be applied safely. The risk of damaging joints, ligaments, tendons and muscles is high if training is insufficient.

Thai Yoga is a form of massage therapy, NOT a form of Yoga. I strongly oppose HB6243, which would exclude Thai Yoga from defined massage therapy practices.

Respectfully,

Lynn Castelli, LMT

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