

Dear Committee Members,

Please consider this email as my testimony in regards to HB6243 being considered for removing Thai Yoga from being part of massage therapy licensing.

I am a massage therapist and have taken a class on Thai Yoga so I am familiar with the techniques used in the session. Not only is there muscular manipulation done to the client but the person doing these techniques needs to have a strong working knowledge of the human body along with knowledge in any contraindications using these techniques on a client so no permanent harm is done to their body.

I do not use these techniques in my office due to my client base being mostly injury recovery, pre and post surgical as well as athletes. The Thai Yoga techniques are, for the most part, contraindicated for most of my clients due to the nature of how they can affect my client's body.

A few of my clients have already experienced injuries that occurred during yoga classes in my area that was caused by more than one yoga instructor stretching them further than their body could go. If Thai Yoga is allowed, there will be more injuries since the yoga instructors do not have the needed training to know when they are over stretching their student. I even had one client end up in physical therapy due to being overstretched. This happened in a regular yoga class. I cannot imagine what injuries are going to occur if yoga instructors that do not have the proper training needed of the human body are allowed to manipulate the student's body as is done in a Thai Yoga session.

I would like to urge all of you to keep Thai Yoga as part of massage therapy where licensing is required since the techniques used in a session are the same as techniques used in massage therapy. If there is muscle manipulation applied then it should follow that the person using the technique be a licensed massage therapist since they need to know what is appropriate for the person so no injury could occur. At the very least please view the videos available on You Tube to see for yourselves what occurs during a session and see if you would want somebody without proper training and knowledge using these techniques on yourself.

Even though the person remains clothed during the session does not mean that harm could not happen if done by someone with very little knowledge of the human body. When I was in class learning these techniques, I was not able to receive some of the Thai Yoga techniques due to an injury I had from a car accident. If the yoga instructor doesn't have the proper training I would have either been left in excruciating pain or paralyzed since they wouldn't have the knowledge that the techniques used in the session were contraindicated for my situation.

Again, please leave Thai Yoga as a part of massage therapy licensing and under the supervision of the Board of Health Department in the State of CT.

Respectfully,

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