

Profile

# Thai Massage Toronto School

Modern masters advance an age-old tradition

By Stephanie Dickison

**C. PIERCE SALGUERO WRITES** in the Encyclopedia of Thai Massage that Thai massage is “based on Ayurvedic medicine and yoga,” and “has been handed down through an unbroken chain of masters for centuries.” This art form “incorporates a traditional combination of acupressure, energy, meridian work and yoga-like stretching,” according to Salguero.

## TORONTO INNOVATORS

Deanna Villa founded Thai Massage Toronto in 1998. It was the first Thai Massage School and Massage Centre in operation in Toronto and among the first few in North America. Deanna, a master practitioner, began her practice in 1998 and started teaching in 2002. Her lineage of teachers includes Master Pichet Boonthume of Old Medicine Hospital; Kam Thye Chow of Lotus Palm, School of Thai Yoga Massage; and Dr. Anthony James from the International Thai Therapists Association.

Modifying her teaching to “focus on techniques that avoid injury and discomfort for the practitioner, known as the TMT method,” students obtain skills in stability and alignment as well as focused attention to prevent injury, strain and fatigue. Deanna teaches the physical application of metta (loving kindness), so you can be sure that her students come away with far more than just techniques and terminology.

Always in motion, Deanna has authored ten Thai Massage manuals, recorded six instructional DVDs (including the DVD series The Art of Sensing) and an audio meditation CD to accompany the Thai Massage

Toronto Certification Training.

Juan Villa (Deanna’s husband) became a Thai Massage Practitioner ten years ago and has since extended his expertise to include Reiki Master and Craniosacral Therapist. He trained for both of these in Thailand. Juan takes a very hands-on approach, such that each is able to offer their individual clients unique care and attention. Students of Juan enjoy massage treatments, so they can personally experience how Thai Massage from a master practitioner should feel!

## THE SCHOOL

With locations in Port Credit and downtown Toronto, individual classes and certifications (available in beginner, intermediate and advanced levels) are convenient. Registrants can choose between group, semi-private or private classes, both on- and off-site. Weekend and weekday schedules enable students to navigate attendance with their work and family life. If money is a concern, all tuition fees are tax deductible, and there are flexible pay-as-you-go plans as well (You can contact the school to arrange an information session and tour).

With Deanna and Juan at the helm, you can rest assured that you’re in good hands, good healing hands. **JE**

## Thai Massage Toronto

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Photo: Courtesy of TMT