

Sahnya Thom

Fifth degree Master Black Belt in Karate & TaeKwonDo, NESTA-CPT, First Aid/CPR Certified.



Sensei Thom (Tingdzin Sheltsu), BA, CPT, CLC, is widely considered one of the most dynamic and talented 5th Degree Martial Arts masters, teachers, and speakers. Her teaching style engages all walks of life with passionate touches of humor, wisdom, and compassion. She is known to synthesize Eastern and Western wisdom into a palatable model of how to live an integral authentic life. With her in depth understanding of the human condition and consciousness, Sensei Thom inspires students with readily applied life skills towards personal freedom, joy, and

wellness. She is highly trained in over a dozen Martial Arts, Taoism, Buddhism, Psychology, and is a successful Personal Fitness Trainer, Meditation Teacher, and Life Strategies Coach. Sensei Thom is one of the last teaching lineage carriers of the treasured affiliation, *Universal Systems of Karate*, and has taught hundreds of students over the past 28 years. She received her undergraduate education in PsychoBiology and Biology. Her Graduate studies continue in the Clinical Psychology field where she plans to specialize in Equine Therapy and Applied Buddhist Psychology integrating Jungian and Positive Psychology. She is co-founder of The Human Potential Club (Artists and Mindfulness Students for the evolution of humanity) and is the current chief instructor at the Windhorse Warrior Martial Arts Club and teaches seminars and workshops in the mind/body sciences, self-defense, and Martial Artistry. Sensei Thom will be finishing her first book on mind-body wellness in 2011 and is currently working on a Haiku/Photography book with her sister, Joslyn, expected to be finished this year. She continues to focus on an integral vision for human excellence and holistic wellness. In her extra time she participates in horseback riding, writing, inter-faith and science dialogue, contemplative arts, and martial art theater choreography.



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