



## Traditional Thai Yoga Massage

### The Sacred Dance

### Advanced Course

## Energy points, therapy & harmonics

24<sup>th</sup> – 30<sup>th</sup> May 2010



## Thai Yoga Massage

Traditional Thai massage dates back to some 2500 years ago in India, in times of Ayurvedic and Yogic healing. It was brought over to Thailand as a medical practice by a famous Indian doctor “Jivaka Kumar Baccha”, the Buddha’s personal physician and doctor of the monks in the monasteries of that time. The teaching and sharing from generation to generation and from master to student has made this massage the intuitive healing art that it is. Along with herbal medicine, nutrition and spiritual practice, Thai massage makes up the core of traditional Thai medicine and is for this reason that the treatment is more of a spiritual practice, closely connected with the teachings of the Buddha. The application of Metta (loving kindness) and Vipassana (meditation of insight) enables both the giver and receiver to open energy channels and to be healed.



With the application of rhythmic pressure on certain points and energy lines in the body, the yogic stretching of muscles and joint manipulation, blockages can be released and the energy restored to its natural flow. By using body weight, correct posture and the hands, thumbs, elbows, knees, feet and forearms the massage is able to go deep into the internal organs and soft tissue. Because this massage is working on the different body layers (koshas) the release works on an emotional, energetic and physical level. Above all, Thai massage is a sacred, loving healing dance, where two people come together to heal and be healed for the benefit of all living beings.

## Course

In this course we will deepen our understanding of the therapeutic approach to Thai massage through learning how to become more intuitive. We will also learn how to understand group of muscles we call ‘trouble makers’ in Thai Massage and under there we will study and feel energy points and learn how to open and move blocked, stagnant energy. We will learn how to free these areas using the principles of the Sacred Dance of Thai massage... body weight, gravity, perfect touch, perfect fit, sinking..slowly breathing and listening to the receiver. In this course we will also emphasize working with the elbows and feet, as well as bringing some of the magic of master Chayuth who was a specialist in harmonic treatments...rock your body!!!

## Teacher

Krishnataki, originally from Greece, has been teaching Thai Yoga massage and yoga since 1998 having lived and studied in Thailand and India. His first gateway to the



East was through the inspirational teachings of Tai Chi master Tew Bunnag which led him down the path to find his true spiritual essence. He is now a senior massage teacher of the Sunshine Network, and has trained with Thai massage masters Pichet Boonthume, Chayuth Priyasith and Asokananda and has a Sivananda Yoga background. He is passionate about organic farming, Chinese medicine, cooking and nutrition and incorporates aspects of yoga, meditation

and Qi Gong into all his courses. His base is at Sunshine House, where he leads a variety of retreats aimed at igniting the spiritual, healing flame that lies dormant in each and every one of us, however he still spends time travelling abroad to teach and also go deeper in his own journey. He is renowned for his unique, fun-loving and passionate way of teaching as well as his generous spirit, hot hands and delicious home-made recipes.

## Daily Schedule

06:00 – 06:45 Morning Meditation and chanting  
07:00 – 08:45 Sunrise Yoga  
08:45 – 10:30 Breakfast / Shower time / Morning swim  
10:30 – 13:30 Massage demonstration and practice  
13:30 – 15:30 Lunch and siesta  
15:30 – 18:30 Massage practice  
19:00 – 19:30 Qi Gong / Herbal Steam bath / Free time  
20:00 – 21:00 Dinner  
21:15 – 22:00 Metta meditation / Bhakti Yoga (Chanting)  
22:30 Mouna (Silence)



**Please note: All students must arrive by 12 noon Monday 24<sup>th</sup> as we will have half a day of practice**

**All courses are fully certified by International Society of Thai Yoga Massage (Sunshine Network)**

## Course Venue



The course will take part at Sunshine House, a non-profit organization, situated on the Greek island of Evia. It is a traditional, old country home and grounds used as a place for study, relaxation and rejuvenation where the philosophies, diet and healing arts of the East and the West are blended. A place which aims to

promote simple, eco-friendly living and community spirit. Yoga, Thai Massage, Qi Gong, Nutrition, Fasting, Meditation, Chanting, Organic gardening and cooking are some of the tools used on courses here to reconnect with nature, with each other and with the Divine.

To get to Sunshine House you need to fly into Athens and take a bus journey of 2 hours.

## **Cost**

The courses cost 550 Euros including food, accommodation, tuition and certification. A deposit of 300 Euros is required to reserve participation.

## **Contact**

For more information see [www.thaimassage.gr](http://www.thaimassage.gr) or email [info@thaimassage.gr](mailto:info@thaimassage.gr) or join facebook group Sunshine House.

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