



## Traditional Thai Yoga Massage

### The Sacred Dance

### Beginners Courses

EASTER - 1<sup>st</sup> – 12<sup>th</sup> April 2010

SUMMER - 29<sup>th</sup> July – 9<sup>th</sup> August 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. He is now known as the “father of medicine” throughout Thailand and homage is given to him by all serious practitioners of Thai massage. Most of the literature of this ancient healing technique was destroyed in the Burmese invasion of Thailand, however elaborate carvings and drawings in the famous Wat Po temple of Bangkok give testimony to its existence and technique.



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 be healed.

## Course

This course travels day by day from the feet to the head, gradually forming a complete Thai Yoga massage based on the stretches and acupressure as taught by Asokananda.



A large part of the course emphasizes the importance of the spiritual connection and intuition we develop through massage with the sessions of meditation, yoga, acroyoga and Qi Gong. We are using Thai Yoga Massage as a tool to awaken the healing, spiritual flame that exists in each of us and to undo the blockages and obstacles that we have created to obstruct Divine intervention. This course also offers nutritional information and stresses

the importance of eating an organic and healthy, well-balanced diet to keep our minds and bodies in harmony with the universe.



## 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.

## Overall Programme

Day 1: Intro to Thai massage (history & philosophy), feet and energy lines of the legs

Day 2: Single leg stretches

Day 3: Double leg stretches

Day 4: Stomach, chest, arms and hands (Optional fasting day)

Day 5: Side position

Day 6: Practice day / afternoon at the beach

Day 7: Back – energy lines and stretches (Evening Fire ceremony)

Day 8: Shoulders, neck and head

Day 9: Face, Practice Day (Silent day)

Day 10: Evaluation – practical test with constructive feedback

Day 11: Therapy points, energy lines, oils / herbal hot compress

## Daily Schedule

06:00 – 06:45 Morning Meditation

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 / Steam bath / Acroyoga

20:00 – 21:00 Dinner

21:15 – 22:00 Metta meditation / Bhakti Yoga (Chanting)

22:30 Mouna (Silence)



**Course is 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 course costs 900 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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