



Traditional Thai Yoga Massage Advanced Course Heavy, Stiff & Eldery 13th – 24th 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. 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.



Advanced Course – Heavy, Stiff, Elderly



A general advanced course, reviewing material covered in the beginners course, paying special attention to posture, positioning and precise line work. Special focus and extra material given for massaging heavy, stiff and elderly people and the problems areas we often encounter when trying to offer Thai massage to these. Vipassana meditation and yoga or Qi Gong are offered in the mornings and 6 hours massage practice during the day. Dharma

talks or steam baths in the evenings. One day is free from teaching and dedicated to an excursion to a beautiful beach on the Aegean sea.

Teacher



Laurino, originally from Italy, has been exploring Thai massage and meditation since he arrived in Thailand in 1991. He is one of Sunshine Network's senior Thai massage teachers, who now dedicates his time to spreading Asokananda's massage spirit and philosophy by traveling around the world to teach courses for both beginners and advanced practitioners. He is the author of 'Laurino's Tantric Constipation Dance' and is also a yoga and Vipassana

meditation teacher. He is renowned for his beautiful spirit and can usually be found in deep meditation with a sleeping bag wrapped round him.

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)



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 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 or email info@thaimassage.gr or join facebook group Sunshine House.

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