

Discover the Art of Thai Yoga Massage with Expert Teacher Gab

Thai Yoga Massage Practitioner Course

AUCKLAND

15-26TH JULY 2024



Become a Certified Thai Yoga Massage Practitioner

Are you passionate about holistic healing and looking to expand your skills in therapeutic massage? This comprehensive Thai Yoga Massage Course is designed to transform you into a proficient practitioner under the guidance of Teacher, Gab.

Why Choose this Thai Yoga Massage Practitioner Course?

Expert Instruction and only course in 2024

Gab, our highly experienced and dedicated teacher, brings 18 years of expertise and a deep understanding of Thai Yoga Massage rooted in Chiang Mai, Thailand. Known for his engaging teaching style and profound knowledge, Gab has practiced and trained with over 500 people so far and learned from the best Masters and Teachers in Thailand. He ensures each student receives personalized attention and mentorship throughout the course. This will be the only TYM Practitioner Course available in New Zealand in 2024!

Comprehensive Curriculum

The course program offers a thorough curriculum that covers different aspects of Thai Yoga Massage. From foundational techniques to advanced practices, you'll gain the skills and confidence needed to provide effective and transformative messages. Key topics include:

- Understanding the principles and history of Thai Yoga Massage including the four foundations of Thai yoga massage (awareness, body mechanics, movement, and massage techniques using hands, knees, feet, and elbows).
- Mastering the art of acupressure and major energy lines (Sen)
- Learning to perform a full-body Thai Yoga Massage
- Techniques for stretching, rocking, and rhythmic massage
- Adapting massages for individual client needs (An introduction to Manual Therapy and what it means to work with the soft tissues of the human body.)
- Experience immersive, hands-on training sessions where you'll practice techniques in real time.

We'll guide you to ensure that you learn and refine your skills through practical application, allowing you to become confident in your abilities.

Chiang Mai Massage - Northern Style - Thai Yoga Massage

Often compared to passive Yoga this bodywork combines stretching and pressure points to improve and unblock the flow of energy.

TYM is also known as "Northern Thai Style Massage". Thai Yoga Massage sequence utilizing yoga postures, passive stretching, acupressure, energy work, massage and meditation to assist people in reducing tension, enhancing flexibility, experiencing deep relaxation and improving overall wellbeing. You will incorporate the fundamentals of effortless, flowing transitions between postures, and learn how to maintain proper body alignment and apply energy balance through Thai Sen Lines.

Certification and recognition

Upon successful completion of the course, you will receive a certification that qualifies you as a Thai Yoga Massage Practitioner. This certification is recognized internationally, allowing you to practice and share your skills. The course is recognized by Hang Dong Thai Massage School and certified by the Institute of Thai Yoga Massage.

Course Highlights and Learning Outcome

Duration: Intensive 100-hour program spread over two weeks of physical classes (60 hours) plus self-study (anatomy and physiology) and practice (10 unsupervised massages). Practical classes are from Monday to Friday for two weeks (15th to 26th of July 2024).

Location: The venue is the beautiful **Yoga House @ Orewa House** (498 Hibiscus Coast Highway, Orewa, Auckland), this sanctuary of yoga is a serene and conducive learning environment. It's a very spacious and warm and wher Teacher Gab does his yoga.

Class Size: Limited to 8 students per session to ensure personalized attention.

Materials Provided: Comprehensive training manual, access to online resources, and ongoing support. Students will receive two printed manuals showing the sequence they learn plus a PDF copy.

Schedule: Classes will be from Monday to Friday. You are encouraged to start the day with an optional yoga in the morning (session not free but discounted) at 9am (click in here for class details) and classes will start at 1045am each day finishing at 430pm on Tuesdays and Fridays and 5pm on Mondays, Wednesdays and Thursdays .

Learning Outcomes: Students will receive an assessment on Fridays and will receive a written report. They are expected to have a 70% minimum mark. The self learning and practical massage should be completed between two weeks and four months after practical classes. By the end of the basic Thai Massage course, participants will receive a certificate and should be able to:

- Perform two full-body Thai Massage sequences (2 hours each massage).
- Apply foundational Thai Massage techniques for the full body with confidence.
- Understand the basic principles of energy lines and holistic healing.
- Communicate effectively with clients and manage a professional practice.
- Maintain proper body mechanics to ensure personal well-being and client safety.

What Our Students Say

"I completed the 2 day introductory Thai Yoga massage course with Gab in Wellington. I found the course hit every note a good course should. Great teaching, interactive, fun, gaining amazing skills in Thai Yoga massage and best of all your body and mind feel fantastic. I found the weekend therapeutic even though there was a lot to learn. I whole-heartedly recommend to course to anyone that has an interest in improving well-being.!" - [Kerry Bentley]

Read more [Google Reviews 5.0 Star - 41 Reviews](#)

Enroll Now and Transform Your Career

Don't miss this opportunity to learn from one of the best in the field. Whether you are a beginner or an experienced massage therapist looking to expand your skills, our Thai Yoga Massage Course will equip you with the knowledge and confidence to excel. Register at Gab Massage Web.

Fee/Investment

10 Days Practitioner Course

NZ\$1900 Early bird until 1st of July

NZ\$2200 After 1st of July

One week Beginners Course or one Week Advance Course (Not Practitioner Course)

NZ\$1200 Early bird until 1st of July

NZ\$1300 After 1st of July

Payments accepted: Credit Card, Paypal, Bank Transfer and Afterpay. Payment plans are also available.

Places limited. Pay a deposit \$400 per person or a full payment to confirm your place. To book one day only contact us directly. Payment options are available. T's & C's apply

Includes:

All days of training from Monday to Friday at Yoga House studio in Orewa.

- Manual Sequence Booklet and a PDF version.
- Snacks, tea and coffee.
- Certificate of Practitionare of Thai Yoga Massagecertified by the Thai Yoga Massage Institute Incorporated and recognized by Hang Dong Thai Massage School (Thailand).

Ready to Start Your Journey?

Enrolled at www.gabmassage.com

Contact Gab:

WhatsApp: (+64) 220500685 -gabrielmorales99@yahoo.com

Spaces are limited, so secure your spot today!

Embark on a transformative journey of healing and become a certified Thai Yoga Massage Practitioner with Gab. Join us and make a meaningful impact in the world of holistic wellness.

What is Thai Yoga Massage?

Thai massage, known as Nuad boran in Thai, differs significantly from Western massage. It does not involve massage tables, oils, or skin rubbing. Instead, it is a holistic blend of physical, energetic, and spiritual healing techniques where the receiver remains clothed. Thai massage uses acupressure, yoga-like stretches, and energy line work to promote self-healing and deep relaxation. *Thai Yoga Massage* is the substyle from the city of Chiang Mai also known as “Northern Thai Massage”.

Balancing Energy

A key goal of Thai massage is to free blocked energy in the sen lines (Thai Energy Lines) and ensure its free flow throughout the body. Therapists must balance the client's energy by addressing all relevant points along the energy lines. Typically, a session begins at the feet and ends at the head, ensuring holistic energy movement of energy.

Holistic and Spiritual Healing

In Thai massage, individual holistic treatment is key. Rooted in traditional Thai medicine, it incorporates Buddhist principles. Practitioners use meditation, proper body mechanics, and breathing techniques to deliver effective treatments. Movements originate from the hara, located below the navel, ensuring the therapist's back is straight and shoulders relaxed.

The Importance of Silence

Silence enhances the effectiveness of Thai massage. The therapist focuses on the client's body and breath, adapting techniques as needed. This helps the receiver achieve a relaxed, parasympathetic state, which is essential for healing. Excessive talking or loud music can distract from the process.

Self-Healing and Metta

Healing in Thai massage is a collaborative effort between the therapist and the receiver. The therapist facilitates healing through sensitive touch, loving-kindness (metta), and creating a safe, trusting environment. The receiver engages in self-exploration and self-healing during the session.

Masterful Practice

Experienced Thai massage therapists practice good body mechanics and correct breathing. They work within their immediate reach, positioning their body appropriately. The therapist's back remains straight, shoulders relaxed, and arms locked at the elbows when applying pressure. Observing and synchronizing with the client's breathing enhances the effectiveness of the treatment.

Our Lineage

Our Lineage is the Shivagakomarpaj Lineage ("Northern Style" Thai Massage) practiced by Master Asokananda and MasterAjahn ("Master") Sintorn Chaichakan. Teacher Gab has learned from both Masters and follows their tradition.

Finding Qualified Practitioners

It's essential to seek out well-trained Thai massage therapists and teachers. Look for those with extensive study and practice, maintaining the integrity of traditional Thai massage without blending it with other modalities.

Summary

Traditional Thai massage is a unique healing art rooted in Thai medicine and culture. It should be practiced and taught with respect for its spiritual and holistic principles. Clients should find sensitive, effective therapists, and practitioners should commit to continuous, respectful learning and practice.