

## *Thai Yoga Massage*

Thai Yoga massage is a traditional therapy that originated in India around 2,500 years ago, working with the 10 main energy lines located throughout the body.

It helps to clear energy blockages and improve the free flow of energy, improving circulation, range of motion, physical and mental balance, and emotional well-being, and can be extremely meditative for both the receiver and the practitioner.

## *Benefits:*

- Pain Relief
- Improves Flexibility
- Stress Relief
- Improves Circulation
- Better Sleep
- Improves Digestion
- Increases Energy
- Improves Overall Physical and Mental Health



## Itzhak Helman

Itzhak Helman is an authorized teacher of The Sunshine Network International. Over the last 20 years, he has practiced Thai yoga massage, developing his own independent method combining vipassana meditation, yoga, and Thai massage as one unit. Itzhak is well known for his passionate and spiritual way of teaching.

RECONNECTING DOTS

# TRADITIONAL THAI YOGA MASSAGE TRAINING COURSE

**Immersive training  
course led by Itzhak  
Helman**

**Dates Coming Soon**

**The Sadie Centre, Letchworth Garden City  
Hertfordshire, United Kingdom SG6 3NA**



# The Sadie Centre

The Sadie Centre, Letchworth Garden City is an award-winning wellness centre which is extremely popular among practitioners involved in health and wellbeing practices such as yoga, coaching, horticulture therapy, mindfulness, meditation, breath work and tai-chi. The Centre is situated on eight acres of land with a raised decking area and includes a vegetarian café, wedding venue, training and workshop venue, therapy and treatment rooms, and a preloved clothing boutique.



Sadie's Wholefoods Cafe promotes wellbeing by offering a nutritious wholefood menu to support the mind-body-food connection. Everything they serve is freshly prepared on-site. The café is open from 9am to 3 pm on weekdays and until 3:30 pm on weekends.

## Course Structure

### Day 1

- **General Background**
- **Feet & Single Leg Stretches**

### Day 2

- **Double Leg Stretches**
- **Stomach, Chest and Arms**

### Day 3

- **Side Position**

### Day 4

- **Back of Body**
- **Lying on Stomach**
- **Sitting Position**

### Day 5

- **Face and Head**
- **Supervised Whole Massage Practice**

### Day 6

- **Theory Review of the 10 Main Energy Lines (Sen Lines)**
- **Final Assessment**

## Pricing

Learner Type	Course Fee	Total Fee with Accommodation (Shared Room)	Total Fee with Accommodation (Non-Shared Room)
Beginner	GBP 750	GBP 1050	GBP 1150
Yoga or Massage Professional	GBP 550	GBP 850	GBP 950

Payment via instalments is available

## Contact

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Scan the QR code above to learn more and register

