

Thai Yoga Massage

Training and Workshop
Dates Coming Soon



Traditional Thai Yoga Massage Training

Led by Itzhak Helman
Dates Coming Soon

The Sadie Centre

Rosehill Hospital, Hitchin Road

Letchworth Garden City

Hertfordshire, United Kingdom

SG6 3NA

Introduction to Thai Yoga Massage



Thai Yoga Massage is a traditional form of therapy that originated in India around 2,500 years ago and made its way to Thailand alongside Buddhism.

This therapy primarily works with 10 main energy (sen) lines which are located throughout the body.

Thai Yoga Massage helps to clear energy blockages and improve free flow of energy in the body, balancing our physical, mental, and emotional well-being. Applied yoga postures are used to give deep stretches and pressure points are massaged and stimulated.

These massage techniques were historically designed by combining traditional yoga postures (Asana), aiming to provide deep stretches to acupressure points in the body, allowing deep stimulation and healing.

Benefits: The massage can be extremely meditative for both the receiver and practitioner. During and after treatment the receiver should feel a deep sense of calm and relaxation yet feel energised at the same time. Positive and cumulative effects can be felt for many days after the treatment. Receiving regular treatments helps to balance all bodily systems and has many great benefits, some of which are listed below.



Pain Relief: Helps to relieve pain in your muscles, joints and back.

Improves Flexibility: Increases your range of motion and flexibility by improving blood flow and oxygen supply to muscles. This also makes it easier for you to get into your Asana practices.

Stress Relief: Helps to relax and relieve stress.

Improves Circulation: Improves your blood circulation and lymphatic flow.

Better Sleep: Helps you to relax and achieve more restful sleep by calming the nervous system.

Improves Digestion: Improves digestion and cleanses the body.

Increases Energy: Thai yoga massage can increase your energy levels.

Improves Overall Physical and Mental Health: Thai yoga massage can help you to feel mentally restored and physically healed.



Techniques: The techniques involve applying pressure to receiver's body using thumbs, palms, elbows, knees and feet.

All these techniques are applied following *ahimsa* (non-violence), the first and foremost of the five yamas described in yoga sutra. The whole massage is delivered adhering to 'Metta', a Buddhist loving kindness meditation guideless. In most cases practitioner do a short silent chant before beginning the practice to wish good health for the receiver. These chants are shared with the course materials.

Clothing: Traditional Thai Yoga Massage is performed fully clothed on a floor mattress. No oil is used on the body, although some may be applied when working on the face.

Please wear loose, comfortable clothing such as a long or short-sleeved T-shirt and light jogging bottoms/ fisherman's pants etc.

Your Trainer/Teacher

ITZHAK HELMAN



Itzhak Helman is a trained as a Thai massage teacher since 1997 and is an authorized teacher of The Sunshine Network International. Over the last 20 years, he has been practicing Thai yoga massage together with developing his own independent method combining vipassana meditation, yoga, and Thai massage as one unit.

His main inspiration is the Eastern philosophy of his teacher Asokananda as well as other great masters like Piched and Chaiyuth. From 2001- 2005 Itzhak made Auroville Universal Township in India his home, and there he was engaged in therapy work at the Quiet Healing Center, teaching students from all over the world.

Currently, Itzhak is based in Chiang Mai, Thailand giving courses at the Sunshine Massage School and around the world including places like: India, Thailand, Egypt, Mexico, Spain, Costa Rica, Sweden, Germany, England, Greece, Switzerland and Israel. Itzhak is well known for his passionate and spiritual way of teaching.

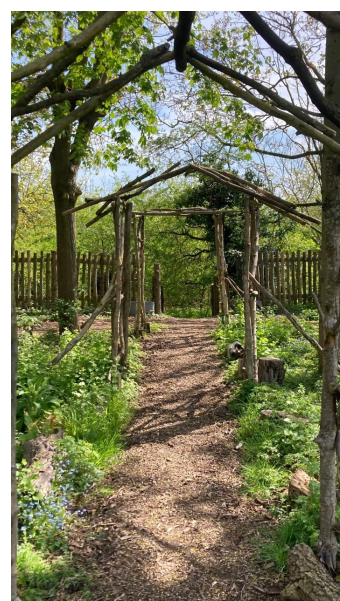
Venue



The Sadie Centre, Letchworth Garden City initially opened in 1984 in Letchworth, providing low-cost homeopathic treatment by a qualified medical doctor with the aim of meeting a deep public healthcare need. Very soon the centre started offering broader services including other holistic treatments

such as massage, osteopathy, the Alexander Technique etc. The Sadie Centre 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.

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. They also work with 'Growing People' on site who provide them with vegetables and herbs from their plots to guests' plates.

The café is open from 9am to 3 pm on weekdays and until 3:30 pm on weekends.

[Click here for >>> Sadie's Cafe Menu](#)

Course Structure



Day 1: General Background; Feet & Single Leg Stretches

- History and theory of traditional Thai massage (Nuad Boran)
- Foot massage and loosening exercises
- Application of pressure points
- Ankle stretches
- Application of yoga-based stretches on one leg at a time
- Blood stops to the legs (aiding in circulation and blood cleansing)

Day 2: Morning – Double Leg Stretches; Afternoon – Stomach, Chest and Arms

- Simultaneous stretches on both legs
- Traditional Thai techniques for these parts of the body, including points on the abdomen and chest, and a blood stop to the arms
- Practice of what has been learned so far

Day 3: Side Position

- Working on the 3rd outside energy line of the legs
- Kidney toning stretches
- Two types of spinal twist
- Recap and practice what has been learnt so far.

Day 4: Morning – Back of Body, Lying on Stomach; Afternoon – Sitting Position

- Traditional techniques for the back
- Walking on the feet
- Pressure points along the two main energy lines of the back
- More leg stretches and cobra stretch
- Traditional techniques and stretches for the shoulders and neck, and another spinal twist

Day 5: Face and Head; Supervised Whole Massage Practice

- Traditional techniques for the face, including some basic therapeutic pressure points to treat various problems
- Following the supervised massage the student will receive detailed feedback from the course teacher with advice, precautions, and recommendations for future practice.

Day 6: Theory Review of the 10 Main Energy Lines (Sen Lines); Final Assessment

- Names, locations, and therapeutic qualities of the 10 main energy lines
- Comparison of Thai massage with Chinese concepts of acupressure, shiatsu, and the philosophy of the Indian prana system.
- A sequence of techniques and therapeutic pressure points to treat and relieve headache, knee pain, and lower back pain will be taught
- Final assessment will involve delivering an individually designed whole body massage to a receiver

Course Fee

Learner Type	Course Fee	Total Course Fee with Accommodation (Shared Room)	Total Course Fee with Accommodation (Non-Shared Room)
Beginner	GBP 750	GBP 1050	GBP 1150
Yoga or Massage Professionals	GBP550	GBP 850	GBP 950
Sunshine Community Student	GBP495	GBP 750	GBP 850

Enquiries

All enquiries can be made via email or by clicking the following link.

Professionals are required to provide their certification or professional body registration such as Yoga Alliance Professionals registration to acquire the 'Yoga or Massage Professionals' rate.

Sunshine network students can provide a copy of their qualification certificate as proof.

Email: randika@reconnectingdots.co.uk

Telephone: +447949770091

Instagram: [my_colourful_yoga](https://www.instagram.com/my_colourful_yoga)

