



โรงเรียนอาทิตย์นวดแผนไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

Advanced classes at Sunshine Massage School

Advanced: Dynamic Thai Massage (Poetry of Perpetual Movement)

Life is movement. Everything is rhythm.

Around us, seasons, planets, vibratory oscillations of light and sounds change, move or get dispersed.

Within us, our heartbeats, breathing patterns, cellular division or digestion peristalsis regulate, create the rhythm of the body and allow harmony and evolution.

Dynamic Thai Massage is based on gentle rocking, oscillatory and harmonic movements of the different body parts to restore lost rhythm.

For the giver, Dynamic Thai Massage is the opportunity...

...to improve his/her fluidity, precision and transitions in the massage,

...to be creative, joyful and happy while working,

...to develop his/her touch while working on the mechanic, liquid and energetic levels.

For the receiver, Dynamic Thai Massage is a chance...

...to recover mobility and freedom in his/her musculoskeletal system,

...to improve the fluid circulation (blood and lymphatic systems),

...to re-establish a good energetic circulation,

...to release the nervous system.

And Dynamic Thai Massage is the poetry of perpetual movement where giver and receiver enter in resonance and harmony to be ONE with the rhythm of Life.

This 5-day intensive and playful class will give you new therapeutic tools and techniques to cover the full body, with main focus on :

- restoring movement of the spine
- opening the ribcage and liberating the breathing
- working the line with rocking techniques
- bringing back mobility in the main joints.

5 days / 30 CE Hours Price Baht 13,500.-

7 to 11 January 2019

