

COURSE OVERVIEW

1st WE: 25/26.01.2025

In the first weekend we will start with a short introduction about the Thai Massage and its origin.

Afterwards we will get down to practical work. Learning how to use our body to work in the most efficient and relaxed way.

Following these preparation exercises, we will learn a massage sequence which will cover the whole body.

So already after the 1st weekend you will be able to do a full body massage.

2nd WE: 08/09.02.2025

The 2nd WE starts with questions and review of the already learned material. Then we will learn how to turn our patient to the side and how to massage in this position.

Additional we will learn some more stretches in the face up position.

3rd WE: 01/02.03.2025

The 3rd WE starts with questions and review of the already learned material. In the weekend we will increase our massage toolkit learn new techniques and also include the prone (face down) position.

4th WE: 15/16.03.2024

Again we will start with questions and reviews of the learned material. We learn how to bring our patient into the sitting position and learn techniques focused mainly on the shoulder and neck area.

On the 2nd day you will give and receive a full body massage. The massage will be respectfully watched by us to give you a constructive feedback where you might be able to improve.

Daily schedule:

09:00 – 13:00 TYM Theory & Practice

13:00 – 14:30 Lunch break

14:30 – 16:30 TYM Theory & Practice

What is included in the course?

64 hours of Thai Massage instruction

Manual with pictures of the exercises and space for notes

Location

[HeileHaus, Waldemarstraße 36, 10999 Berlin](#)

Price

First 3 places: 540 €

Places 4-6: 590 €

Places 7-10: 640 €