

Thai Yoga Massage Foundation Beginner course

In Xàbia, Spain

Course dates: 17th to 29th October 2025



The benefits of this retreat.

- * It is healing for yourself to relax in the silence and restore your connection with your inner-nature and the nature around you.
- * Learn the techniques and the approach to give a two-hour whole body general balancing massage.
- * Acquire the foundational knowledge of the most important energy lines and acu-pressure points that are useful in treating everyday ailments.
- * Gain a significant amount of hands-on experience in Thai massage and the confidence to practice on others.
- * Join the daily meditation and Tai Chi & Chi Kung practices which are very useful for grounding and preserving body and mind energy health.
- * Receive a Certificate of Attendance upon completion of the course (the first step in attaining a Certificate of Achievement of Thai Massage Practitioner).

Accommodation and Amenities

The retreat is held in a villa on the outskirts of Xàbia, with garden and swimming pool. Accommodation is share with one other participant. Bathrooms and showers are also shared.

The retreat fee of 1295€. It Include food and accommodation for the 12 days, as well as the teaching fee and course material. Not included are your flight tickets and the bus or train ticket from the airports to Xàbia.

The Venue

Xàbia (Jávea in Spanish) is a small costal town in the Alicante province, in the Valencian community. With its Mediterranean climate, wonderful beaches and coves, its historical sites and characteristic narrow alleys in the city centre, its Medieval fortress church and the Montgó natural park, is undoubtedly a pearl of the Mediterranean.

Retreat Outline & Daily Schedule

The arrival day is Thursday 16th, the day before the course starts. Dinner is provided in the evening.

Departure day is Wednesday 29th after Lunch. If you would like to stay one more night it is possible for just 50 Euros (dinner and next morning breakfast will be provided). Please let us know when you book your place in case.

Your stay with us begins with a dinner and an opening circle to get to know each other and practice a short meditation.

From the second day onward, each day on the course will start with early morning practices of Meditation and Tai Chi/Chi Kung.

In the daily classes Andrea will teach you the energy lines, massage techniques and stretches on different sections of the body that contribute towards learning a full 2-hour whole body massage routine. You will get plenty of practice and experience in giving and receiving massage. If you would like to know more detail, a full course syllabus is available on request. There will be a full day of rest on the 22nd of October.

0600 Meditation

0630 Qi gong and Tai Chi

0800 Breakfast

1000 Morning massage class

1300 Lunch break

1500 Afternoon massage class

1800 Dinner and free time.

Evening meditation

We feel free to flow in the moment with the schedule if something else is needed for the energy.



Registration

If you wish to book your place on our 13 Day Thai Massage retreat, please email Rocío Ortega: rotxafort@hotmail.es