

## ABDOMINAL DETOX MASSAGE

Only 6 students during these lessons

Level 1: 25,000 baht / Level 2: 25,000 baht

Each level: 20 hours / 5 days

This internal organ chi massage combined with Thai abdominal reflex points helps to release stress and promotes healing by using techniques directly over the navel and surrounding abdominal area. By using Abdominal Detox Massage's techniques of navel and deep organ energy massage you learn to release and clear blockages, toxins, excessive heat and negative emotions. The 2<sup>nd</sup> level focuses on stronger and deeper techniques using elbows.

## NUAD KARSAI

Only 6 students during this lesson

30,000 baht per person / 20 hours / 5 days

Also known as Genital Detox Massage, this course has been developed specifically for improving the health of the genitals and the genital area. We teach you how to use deep, direct pressure with small circular massage movements to break up and dissolve the sedimentation in the circulatory system, release the toxicity and remove the physical and emotional blockages in the pelvic area. Minimal requirement for this course is Abdominal Detox Massage level 1.

## PROFESSIONAL & TEACHER TRAINING INFORMATION

Long training programs are now available in Basic Thai Massage, Advanced Thai Massage, Oil Massage, Foot Reflexology, Facial Massage, Ruesri Dat Ton and Spa Body Treatments.

For further information or reservation, please come to our office or contact us through our website.

## SPECIAL TREATMENT BY TEACHER

Abdominal Detox Treatment  
1,500 baht per hour

Nuad Karsai "Genital Detox Treatment"  
2,000 baht per hour

Thai Massage Treatment or  
Pregnant Woman Massage Treatment or  
Korean Relaxation 1,000 baht per hour

## MASSAGE BY TEACHER

Thai Massage	2h	500 baht
Thai Herbal Massage	2h	600 baht
Oil Massage	2h	700 baht
Foot Reflexology	1h	350 baht
Foot Massage	1h	250 baht
Tok Sen Treatment	2h	600 baht
Facial Massage Treatment	1h30	900 baht

## IMPORTANT NOTICE

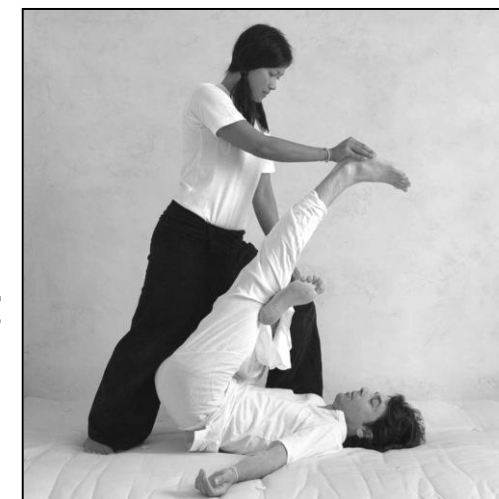
1. Please book at our office or through our website. We don't take reservation by phone.
2. 1,000 baht have to be deposited directly at the office for each lesson (non-refundable). Abdominal and Genital Detox Massage courses require a deposit of 10,000 baht for each lesson (non-refundable)-minimum two weeks in advance.
3. You need to bring for yourself:
  - clothes suitable for training (t-shirt, thai pant)
  - photos for your certificate
  - pencil or pen



**LOIKROH**

TRADITIONAL THAI MASSAGE & YOGA

PRIVATE LESSONS



Photograph © Catherine ACEN



Thai Healing Alliance International

**Open: from Mon. to Sat. 9:00 – 18:00**

**Close on Sunday**

1/3 Loikroh road, Soi 3, T. Changklan

A. Muang, Chiang Mai 50100

[www.loikrohmassage.com](http://www.loikrohmassage.com)

## PRIVATE LESSONS INFORMATION

Start everyday of the week except on Sunday.

### BASIC THAI MASSAGE

**5,500 baht / 20 hours / 3-5 days**

Our Northern style Basic Thai Traditional Massage is an intensive beginner course for people who want to perfect their skills. We teach 4 positions: Supine, Side-lying, Prone and Sitting, as well as acupressure points, stretching and energy lines. We guide you through a picture book, including space for taking notes, which features positions of the practitioner and client.

### ADVANCED THAI MASSAGE

**7,500 baht / 30 hours / 5 or 6 days**

The Advanced Thai Traditional Massage course focuses on stronger and deeper body work using elbows, knees and feet as tools. These creative techniques are more effective than the ones learned in beginner lesson. A Basic Thai Massage training (any style, any school) is required in order to take the advanced course.

### OIL MASSAGE

**4,500 baht / 12 hours / 2 or 3 days**

Oil Massage is a relaxing type of massage performed on the floor. We teach you how to work the muscles and energy lines with oil. Our course does not include stretching, but focuses instead on using the hands to create long strokes. The Oil Massage course incorporates the four main positions similar to the Thai Traditional course.

## FOOT REFLEXOLOGY

**5,000 baht / 12 hours / 3 days**

Foot Reflexology, also known as Foot Zone Massage, originated from China. It is a healing massage performed on the feet using fingers, knuckles and wooden stick. Reflex points are stimulated in order to treat specific organs and body parts.

### FOOT MASSAGE

**3,500 baht / 10 hours / 2 days**

It is a good course if you want to study different techniques to relax tired feet. They are simple and easy to understand.

### FACIAL MASSAGE

**3,000 baht / 5 hours / 1 day**

### SPECIAL FACIAL MASSAGE

**4,000 baht / 6 hours / 1 day**

This course is designed to teach you how to take care of the skin in order to retain its beauty and youth. Techniques are fine and delicate, with fresh fruits such as tomatoes, tamarind, white mud and sesame. In the Special Facial Massage course you also learn how to use hot and cold Thai herbal ball on the face.



## LESSONS FOR 2 STUDENTS INFORMATION

Start everyday of the week except on Sunday.

### BASIC THAI MASSAGE

**5,500 baht per person / 24 hours / 4 days**

### ADVANCED THAI MASSAGE

**6,500 baht per person / 30 hours / 5 days**

### OIL MASSAGE

**4,500 baht per person / 15 hours / 3 days**

### FOOT REFLEXOLOGY

**5,000 baht per person / 15 hours / 3 days**

### FOOT MASSAGE

**3,500 baht per person / 12 hours / 2 days**

### SPECIAL 1 DAY LESSON

Start everyday of the week except on Sunday.

### THAI / OIL / FOOT / HERBAL

**1,900 baht per person**

**Every course includes textbook and certificate, excepted one day Herbal Massage lesson.**

**Time-tables and prices on the 15<sup>th</sup> November 2011 can be modified without any previous notice.**

## **GROUP LESSONS INFORMATION**

Start everyday of the week except on Sunday.

### **RUESRI DAT TON**

**15 hours / 50 poses / 3-5 days**

**Level 1: 5,000 baht / Level 2: 6,000 baht**

**Level 3: 7,000 baht / Level 4: 8,000 baht**

Traditional Thai yoga and meditation course will be a powerful practice for you, focusing on the internal systems. People who wish to do Advanced Thai Massage should learn this traditional yoga.

We give a total of 200 poses lesson divided in 4 levels of 50 poses. Students should practise a minimum of 6 months before taking the next level.

We also give 1h30 lesson for 400 baht / 10 poses.

### **KOREAN RELAXATION**

**6,600 baht per person / 18 hours / 3 days**

The Korean Relaxation still considered as an undiscovered technique, it comes from a cultural way and is most likely connected with the Chinese tradition.

People are on the floor and the Korean Relaxation allows them, thanks to soft mobilization, as stretching movements, to feel a very deep physical and mental relaxation. Its specificity comes from using different sorts of vibration, spreading relaxation waves throughout the body. Each part of the body is carefully and tactfully mobilized through moving rhythms, building a unity. Concerning the corporeal point, this technique allows a releasing of the breath, a freeing of the joints, a stretching of several parts of the body, a stimulation of the meridians, a releasing of the muscular tensions, a better flow of blood promoting elimination, a feeling of lightness, a sensation of cleanliness...

## THAI TRADITIONAL DANCE

**5,000 baht per person / 15 hours / 3-5 days**

Thai dramatic arts are one of Thailand's many artistic heritages. It is used to express the beauty of the body that moves with the music's beat and rhythm.

The dance tells the audience a story of everyday life. Each pose has been taken from human emotions as well as nature.

This ancient form of dance is a relaxing practice for the mind, perfect as a light exercise after a long day of work.

Traditionally this type of dance was used to appreciate the female beauty comparing it to nature, while men used this dance to impress girls.

## TOK SEN

**4,500 baht per person / 12 hours / 2 or 3 days**

Tok Sen is a unique healing art founded only in Northern Thailand (Lanna) using a special wooden hammer and wedge to clear blocked energy. It uses mechanical and sound vibration, working deeply through the fascia and muscles.

A Basic Thai Massage training (any style, any school) is required in order to take this course.

Wooden hammer and wedge are included in this course.



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