



## LOI KROH RUESRI DAT TON

200 poses lesson divided in 4 levels of 50 poses



### Course fee:

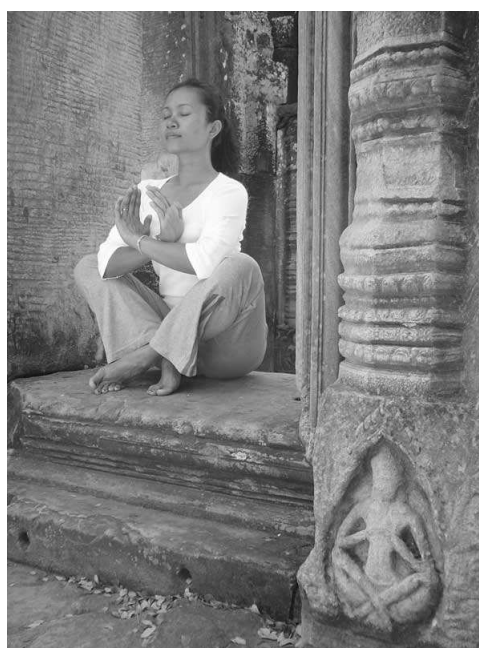
**3,500 baht / 10 hours / 50 poses**

**Or**

**5,000 baht / 15 hours / 50 poses**

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

We have numerous cultural heritages that have been passed on from generation to generation. This includes the Thai Hermit exercises (Ruesri Dat Ton) which have been passed on from the ancient times. These traditional exercises have become a valuable source of information for traditional medical studies and practices. This is due to its countless benefits including but not limited to: the relief of pain caused by tendons, improvement of blood circulation, and abnormalities in the human body. Instead of turning to modern medicine, these ailments can easily be relieved with the consistent practice of Ruesri Dat Ton. Not only is Ruesri Dat Ton costless when compared to modern medicine, it has great benefits that create a stronger mind and body.



Dates, time-tables and prices on the 1<sup>st</sup> July 2009 can be modified without any previous notice.  
1,000 baht have to be deposited directly at the office for each lesson (non-refundable)-minimum one week in advance.

LOI KROH TRADITIONAL THAI MASSAGE & YOGA  
Open: from Monday to Saturday 9:00 – 18:00. Close on Sunday  
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Thai Healing Alliance International