



## Thai Yoga Massage Training

The **Sunshine Network** is an Association of professional teachers with the head office in Chiang Mai (Northern Thailand) who are authorized to give Thai Yoga Massage courses around the world.

Our goal is to train therapists on a high level and distribute and develop this ancient eastern healing therapy.

### The training is directed to:

- People who like to know this ancient healing technique and like to discover the benefits for both, receiver and giver.
- Beginners who like to learn this kind of therapy and experience a sensation of wellbeing and harmony between body and mind.
- Professionals who have affinity for this technique like physiotherapists, osteopaths, yoga teachers can find a valuable tool for the development of their work.

### The structure of the training:

**Our intensive training includes 4 levels with a total of 85 hours:**

**Level I:** Introduction – 1 day

**Level II:** The exercises of a Thai Yoga massage – 3 days

**Level III:** Consolidation – practice and theory – 2 days

**Level IV:** Practice – approx. 1 month

**Level V:** Exam – ½ day

Delivery of the certificate of the **International Sunshine Network**

The training is practice oriented. The student will be trained in therapeutic basics of the traditional Thai Massage and the study of the energy lines (Sen), as well as their application. The sequence of a massage will be done on an ascending flow, starting at the bottom with the feet and closing at the head in various positions, lying on the back, side position, lying on the stomach and sitting position.





At the end of the training each student will be capable to give a full individual session of 90 or 120 minutes.

## **THE INSTRUCTOR, CHÖNZOM EMCHI DÍAZ**

**Chönzom Emchi Díaz** was born on 1964, with Tibetan origin.

From 1992 on she worked with Thai Yoga massage. She learned the northern style in the “Chiang Mai Hospital” in Thailand whereas studied the southern style in the What Pho temple in Bangkok.

She adapted the northern style of her teacher Asokananda in 1996 and from 1999 on she was his assistant-teacher in the “Sunshine Network” in Chiang Mai, Thailand.

In 2001 she started to give independently courses in all Europe as well in Mexico as one of his authorized teachers, concentrated her activities in her center “Sunshinehouse” in Murcia.

She is also qualified as therapist in Tibetan Massage “Ku Nye”, foot reflexology and Kinesiology.

### **Training 2020:**

**Location: Sunshinehouse, Balsicas, Murcia**

**There are different dates for the training throughout the year.**

**Please send an email for detailed information:**

e-mail: [choenzom@emchi.net](mailto:choenzom@emchi.net) or

whatsapp: +34 664 158 880 / +34 610 252 660

**There are also possibilities for tailor made training or in small groups.**

**Please send as an email. We are delighted to be at your service.**

