



# THAI YOGA MASSAGE COURSE 2024

Eight days basic course in Traditional Thai Yoga Massage

9th – 12th May 2024

Course Unit I

20th – 23rd June 2024

Course Unit II

60 hours

Educational content

Incl. Teaching material  
and certificate of  
*Intl. Sunshine Network*

Training place: Gesellschaftshaus LÖCHLIGASCHT, 8264 Eschenz, Switzerland



A place of power, right by the lake shore (Lake of Constance). Pure comfort! Respire, relax! A place to unify and to retire, a place for inspiration, where you can feel inner silence.  
A unique atmosphere for creative learning.  
Welcome!



## Content



### Course unit I:

Thu 9<sup>th</sup> - Sun 12<sup>th</sup> May 2024

- Correct postures
- Application of exercises
- Theory & practice
- Preparation for course unit II

### Course unit II:

Thu 20<sup>th</sup> - Sun 23<sup>rd</sup> June 2024

- Consolidation of exercises unit I
- Therapeutic applications
- Performance of a 2hrs massage
- Coaching & feedback
- Completion & certificate

### Schedule:

07.00 – 08.30 meditation & Yoga  
08.30 – 10.00 breakfast & break  
10.00 – 13.00 theory & practice  
13.00 – 15.00h lunch & break  
15.00 – 18.00 theory & practice  
19.00 dinner and...???

You will learn the correct practice of multifaced techniques of this art of healing, as well as the contraindications, the therapeutic acupressure points and the work on the 10 primary energy lines (*Sip Sen*). Various techniques are applied: thumbing and palming, work with the forearms, knees and feet, stretching, compression and pat-techniques. The exercises are performed in different body postures of the recipient. In supine-, lateral- and sitting position, working on the whole body; from the feet up to the head. Meditation and Yoga are integrated components of the Traditional Thai Yoga Massage.

## Costs

### Course:

1.242,00 €

### Included:

Manual  
Course certificate *Intl. Sunshine Network*  
Daily Meditation and Yoga  
Tai Chi  
Chanting

### Accommodation:

878,00 € - full board in single room (limited nbr.)

839,00 € - full board in double room (limited nbr.)

816,00 € - full board in 5bed room  
**All rooms are very comfy**

### Included:

Full board with veg. food  
Fruit, tea and water are at disposal  
Use of garden, water sports, boating, etc. etc.

### Excluded:

Travel- and health insurance  
Food and beverages outside the course location

## Registration

Participation will be confirmed upon receipt of prepayment (50% of the total amount).

The number of participants and rooms are limited. In order to structure our retreat in an optimal way, we ask you for a binding registration by end of January 2024. Thank you in advance.

In addition: **10% discount on the course cost** for registration **before December 15th, 2023!**

### Contact:

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### Details on course content:

Chönzom Emchi  
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## Instructors



For the last 30 years we have been focusing on Thai Yoga Massage, Yoga, Tai Chi and Meditation. Our motivation is to help you create a space of calm and serenity, to integrate body, mind and spirit in your daily life, to enrich it in harmony with yourself and your environment – to value the uniqueness of your existence. An intelligent option in turbulent times.



### Chönzom Emchi

Tibetan origin, born 1964 in India.  
1990-1999 TYM education and practice in Thailand.  
Certified by What Pho Tempel, Bangkok (southern style).  
Traditional Hospital, Chiang Mai – (northern style).  
For more than 20 years instructor for the *International Sunshine Network* ([www.asokananda.com/teacherslist.com](http://www.asokananda.com/teacherslist.com)).  
Chönzom teaches in different countries and is one of the first teachers having taught the art of Thai Massage (Asokananda's style) in Switzerland, authorised by the *International Sunshine Network*.  
Nowadays she's the director of the Sunshinehouse in Cartagena (Spain), a reference in Yoga and Thai Yoga Massage. She's also skilled in Tibetan Massage (Ku Nye), Reflexology, Reiki and also teaches Tai Chi.  
Her passions are creative design and dance.

### José Antonio Díaz Luis

1961 born in León, Spain  
1987 – 1998 Yoga education and practice  
Since 2002 Yoga- and Meditation teacher  
Member of AEPY (Spanish Yoga teacher federation)  
Language teacher German, Spanish and English  
Together with Chönzom he manages the Sunshinehouse Cartagena  
Cooking and Music are his passions.

## Mission and Vision

To mediate knowledge, application and philosophy of Traditional Thai Yoga Massage to interested students, which are transmitted through seminars, continuous training and workshops. To promote the art of Thai Yoga Massage as an efficient tool that conduce both, the physical and mental health, with focus on an academical as well as on the yoga-specific environment.



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