

# Thai Massage Training Workshop

11th May 2018 5 - 8pm  
12 & 13 May 2018 2 - 6pm  
3 day course (12 hrs) 48,000Rs



with Anna Isakova

Believed to be over 2000 years old, traditional Thai massage is an authentic healing art and unique form of body therapy. It is the combination of yoga stretching, calmness of meditation, with acupressure, exercise movement and reflexology. Thai massage is a deep-tissue massage, so it's not only about relaxation, but mostly for therapeutic purposes: effectively relieves back, neck, shoulder pain and sore muscles, pain due to the sciatica and others vertebra's issues.

*Benefits: Strengthens immune system | Increases blood circulation and metabolic processes | Increases lymph circulation | Eliminates toxins from the tissues | Stabilizes blood pressure | Increases flexibility in your ligaments and muscles | Increases mobility of your joints | Releases all tension from the muscles, promotes deep relaxation and good sleep | Relieves stress and anxiety | Boosts inner energy levels*

**About the Trainer:** Anna Isakova has been living and working in the Saraii Village Hotel in Sri Lanka as yoga instructor and massage therapist. She completed her Thai massage private course in "Blue Garden school" Chiang-Mai, Thailand in 2014 and the same year she participated in a 4 months "Ayurveda therapist" course in Ananda SPA Institute, Hyderabad, India. Only then she realized how important this step in her professional development as a yoga teacher was. The study of different body therapies brought her to the new understanding level of body↔mind connection and biomechanics. She has been using this beautiful knowledge for 3 years to help people rid of pain and stress and is looking forward to share her experience with you.



for info & booking:  
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