

LE LOTUS BLANC
www.lelotusblanc.com

Traditional Thai Massage & Energy Arts School *Le Lotus Blanc*®

Traditional Thai Massage courses

Introduction to Traditional Thai Massage – 1 day / 6hrs / €200

This intensive course provides learning of 1 hour massage session, working feet, legs, abdomen, arms and back. During this school day about 35 different techniques are passed on.

Basic Traditional Thai Massage 1 & 2 – each level: 5 days / 30hrs / €680

This complete basic training, divided into 2 levels, is the same as that taught at our school *LoiKroh* in Chiang Mai, Thailand. More than 160 different techniques are imparted through 4 series. The teaching focuses on controlling the posture and movements on the ground, the right use of body weight, stretching of the muscle groups and working on energy lines. The level 1 consists of two series: lying on the back and face down. The second level focuses on the series lying on the side and sitting position.

What's Traditional Thai Massage?

It is the result of a long ancestral practice of health and reflects the culture of a people, Traditional Thai Massage called **Nuad Thai** or **Nuad Boran** is based on the foundations of Buddhist medicine. It is performed with the patient dressed and lying on the floor. The practitioner uses pressure with his hands, feet, elbows, forearms and knees, as well as mobilizations and stretching. These are complemented by a reflexology action on the feet, hands and head. Traditional Thai massage facilitates an elimination of toxins, a revitalization of the organism and a gradual rebalancing of all body energies.



Included:

Training booklet with text and drawings or photographs,
Certificate of completion.

Practical information:

An instalment of 30% of the price has to be paid immediately by your registration. The balance is due at the beginning of the training. Small group lesson with a maximum of 8 people.

Provide flexible and comfortable clothing.

Accommodation & catering:

A non-exhaustive list of bed and breakfasts, gites and hotels is available on our website.

The lunch is proposed to you by *Coocky* at the unique price of € 10/person.

Dates: the training dates are set up together, depending on availability of each.

Timetable:

9am-12am & 1:30pm-4:30pm

Location of training:

4 rue de la Mairie
86400 Saint-Gaudent – FRANCE

Information and registration:

Xavier HLAVACEK
Tel./WhatsApp +33 (0)6 31 21 86 44
xavier@lelotusblanc.com
www.lelotusblanc.com



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Advanced Traditional Thai Massage 1 & 2 – each level: 8 days / 48hrs / €980

Our advanced courses are designed for certified traditional Thai massage practitioners and focus on strong, powerful, deep and creative bodywork. The techniques are more effective than the ones learned in the basic training. These two courses are identical to those offered at our parent school *LoiKroh* in Chiang Mai, Thailand.

During these two courses about 300 different advanced techniques are transmitted through the four traditional positions: supine, side-lying, prone and sitting position. The level 1 focuses on techniques using thumbs, palms, forearms and elbows as tools. The second course is based on techniques using knees and feet as tools.

A complete basic traditional Thai massage training (whatever style or school) is required to participate in these courses. Moreover, the level 1 is required to take part in the level 2.

Oil Thai Massage courses

Oil Thai Massage 1 & 2 – each level: 4 days / 24hrs / €600

Coming from Thailand but inspired from South India, Oil Thai Massage is a full body treatment recommended in the maintenance of well-being and practiced on the floor on a futon with pure and natural vegetable oil. The techniques used are smoothing, different kneading and spinning as well as joint mobilizations, progressive pressure, some touches of reflexology and gentle stretching.

The four first days of training allow you to learn a 2 hours massage session working the feet, legs, abdomen, arms, back, neck and face. During this course more than 60 different techniques are passed on, lying on the back and lying face down.

The second level focuses on pregnant woman massage techniques, lying on the back and in side position. This second training is also an opportunity to review and refine techniques studied during the first stage. The level 1 course is required to participate in the second level.



Xavier HLAVACEK

Traditional Thai Massage, Abdominal Detox
Massage and Korean Relaxation Instructor at
LoiKroh School in Chiang Mai, Thailand

Certified Massage Therapist in:
Advanced Traditional Thai Massage
Abdominal Detox Massage
Visceral Manipulation
Correcting Breathing Dysfunction
Oil Thai Massage
Korean Relaxation
Osteothai

Trained and certified in Qi Gong with Master
JIAN LiuJun, Institute of Quimédao in Paris

Founder and director of "*Le Lotus Blanc*", he has been teaching Qi Gong and Tai Ji Quan during 9 years in Poitiers, France.

Since his first journey to Thailand in August 2006 he is mainly specialising in the practice and teaching of Traditional Thai Massage as well as in Abdominal Detox Massage.

Today Xavier Hlavacek is the official agent of *LoiKroh School* in Chiang Mai, Thailand and has been teaching there regularly since 2008.



Advanced Oil Thai Massage – 4 days / 24hrs / €600

A variation of the practice on the floor, our table based advanced Oil Thai Massage is intended for experienced practitioners in oil massage preferring to work standing and looking for rich and varied working techniques combining depth and power. During this course, more than 60 advanced techniques are transmitted. The elbows, forearms, knuckles and fists are used as tools during positions lying on the back and lying face down.

These 4 days of training allow you to perform a full body two and half hours massage session working the feet, legs, abdomen, arms, back, neck and face. This advanced class is exclusively intended for certified and experienced practitioners in oil massage, from any style and any school. This course is identical to that taught in *LoiKroh School* in Chiang Mai, Thailand.

Tok Sen courses

Tok Sen 1 & 2 – each level: 3 days / 18hrs / €500

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

In the first course you learn basic techniques for relaxation, working along energy lines and pressure points on the body, using a standard wooden hammer and a standard wooden stick. The second level focuses on therapeutic techniques, using a different tool in order to work deeper and thoroughly on specific problem areas of the body.

A complete basic traditional Thai massage training, from any style and any school, is required to participate in these courses. Moreover, the minimal requirement for the level 2 is a basic Tok Sen training from any school and any style. These two courses are identical to those taught in *LoiKroh School* in Chiang Mai, Thailand.

Wooden tools are included in both courses.



"Coocky" Tassanee BOONSOM

Owner and founder of *LoiKroh Traditional Thai Massage & Yoga* in Chiang Mai, Thailand, Coocky is one of the most experienced specialists in Traditional Thai Massage, Abdominal Detox Massage and Karsai Massage.

Coocky has travelled overseas since 2013, including Japan, Switzerland and Italy, to promote and teach Traditional Thai Massage and Abdominal Detox Massage. Since 2014 she regularly visits France to support Xavier HLAVACEK's massage school based in Poitiers.



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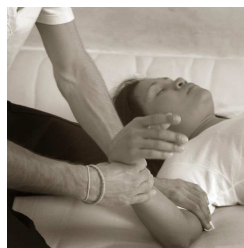
Korean Relaxation course

Korean Relaxation – 4 days / 24hrs / €600

The Korean Relaxation is still considered an undiscovered technique; it is closely linked with their culture and is most likely connected with the Chinese tradition. This relaxation is practised in several Asian countries, including China, Japan, and Korea. The teachers of this technique all use the same movements where they all work on the floor starting from the feet to head and working in the present moment, "here and now". In France, this method was introduced by Jean Bernard Rishi in the 70's.

People lie on the floor and the Korean Relaxation allows them, thanks to soft mobilization and 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 etc. To enable this "stall" in the receiver, the practitioner treats the client with humility whilst embodying a quality of presence, listening, and accompanying.



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Abdominal Detox Massage courses

Introduction to Abdominal Detox Massage – 1 day / 6hrs / €200

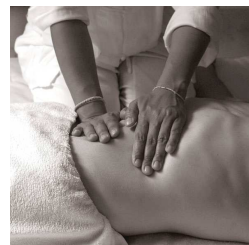
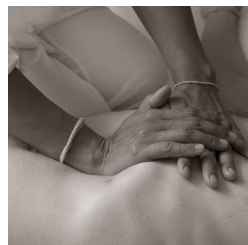
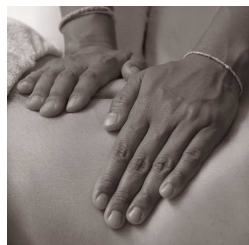
Abdominal Detox Massage is an internal organ chi massage combined with Thai abdominal reflex points. People often develop energy blockages in and around their internal organs that result in knots and tangles in the abdominal area.

Abdominal Detox Massage 1 & 2 – each level: 5 days / 30hrs / €750

Abdominal Detox Massage is an internal organ chi massage combined with Thai abdominal reflex points. People often develop energy blockages in and around their internal organs that result in knots and tangles in the abdominal area.

By using Abdominal Detox Massage techniques of navel and deep organ energy massage you learn to release and clear blockages, toxins, excessive heat and negative emotions. This treatment is also effective in the treatment of digestive problems, such as irritable bowel syndrome, bloating and constipation. It is particularly useful in relieving cramps, scar tissue, headaches, menstrual cramps, poor blood circulation, back pain, and many other problems.

The second level focuses on stronger and deeper techniques using elbows. Our first level course is required to take part in the level 2. These two courses are identical to those taught in *LoiKroh School* in Chiang Mai, Thailand.



Xavier HLAVACEK

Traditional Thai Massage, Abdominal Detox Massage and Korean Relaxation Instructor at *LoiKroh School* in Chiang Mai, Thailand

Certified Massage Therapist in:
Advanced Traditional Thai Massage
Abdominal Detox Massage
Visceral Manipulation
Correcting Breathing Dysfunction
Oil Thai Massage
Korean Relaxation
Osteothai

Trained and certified in Qi Gong with Master JIAN LiuJun, Institute of Quimétao in Paris

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Karsai Massage course

Genital Detox Massage – 4 days / 24hrs / €800

Also known as Karsai Nei Tsang in Master Mantak Chia's school, Karsai Massage has been developed specifically for improving the health of the genitals and the genital area. The Karsai Massage practitioner uses deep, direct pressure with small circular massage movements to break up and dissolve the sedimentation in the abdominal and genital circulatory system. Karsai Massage releases the toxicity and removes the physical and emotional blockages in the pelvic area. Genital Detox Massage addresses the common problems associated with our sexual organs: impotency, frequent and difficult urination, painful menstruation, painful intercourse and low sexual libido.

The study of Karsai massage is only offered to advanced practitioners with a solid professional experience. Furthermore, the basic requirement for this course is our Abdominal Detox Massage level 1. This course is identical to that taught in *LoiKroh School* in Chiang Mai, Thailand.

Chair Massage course

Chinese Chair Massage – 2 days / 12hrs / €400

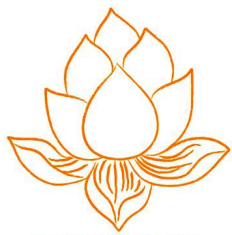
The patient is dressed sitting in an ergonomic chair; this 20 minutes codified massage session is done on body areas (neck, shoulders, back, arms and hands) where energy tends to stagnate. During this sequence, 50 muscles and 180 acupuncture points will be treated in order to harmonize the energy flow. Tensions, pains and blockages are released to recover energy and vitality.



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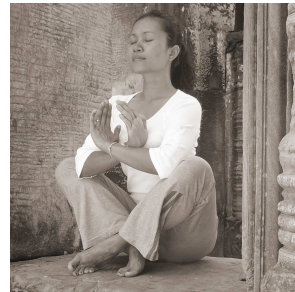
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Reusi Datton course

Reusi Datton – 3 or 5 days / 15hrs / €375

Also known as Thai hermit exercises, Reusi Datton is performed to relieve the aches from tendon tension, blood circulation and joint problems; this exercising routine has been with the Thai people for a long time. Our 50 poses course is a powerful practice, specially recommended to people who wish to do Thai massage.

This course is identical to that taught in *LoiKroh School* in Chiang Mai, Thailand.



Guasha course

Guasha – 2 days / 12hrs / €400

Scraping toxins or scraping the winds are different names to what is commonly known as Guasha. Guasha is an ancient alternative healing practice originated in South East Asia. Dead cells and toxins accumulate under the skin, and over time can block the flow of blood and energy. A scraping board is used to scrape away these blockages beneath the skin to improve blood circulation, promote metabolism and relief pain.

This course is identical to that taught in *LoiKroh School* in Chiang Mai, Thailand.

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