

LE LOTUS BLANC
www.lelotusblanc.com

Traditional Thai Massage & Energy Arts School

Traditional Thai Massage courses

Introduction to Traditional Thai Massage – 1 day / 6hrs / €165

This intensive course provides learning of 1 hour massage, working feet, legs, abdomen, arms and back. During this school day more than 40 different techniques are used.

Discovery Traditional Thai Massage – 3 days / 18hrs / €400

The 3 days of training allow you to learn first basic techniques in a 1.5hr massage session working feet, legs, abdomen, arms, back, neck and face. During this course over 60 different techniques are utilized, in supine, prone and sitting positions.

Basic Traditional Thai Massage – 5 days / 30hrs / €600

This complete basic training enables you to learn more than 6 hours massage through four series: lying on the back, lying on side, lying face down and in sitting position. This course is the same taught in "Loi Kroh" in Chiang Mai, Thailand.

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.



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.

Included: training booklet with text and photographs, certificate.

Practical information: private training or group lesson (maximum 4 people). Provide flexible and comfortable clothing.

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

Schedule: 9am-12am and 1:30pm-4:30pm.

Location of training:

Osteopathy office
6, rue Jacques de Grailly
86000 Poitiers, FRANCE

Information and registration:

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

Advanced Traditional Thai Massage – 6 days ½ / 40hrs / €750

This advanced course is designed for certified Thai massage practitioners. It is focused on powerful, deep and creative body work where the elbows, knees and feet are used as the tools. It is identical to that provided in *LoiKroh School* in Chiang Mai, Thailand. More than 140 different advanced techniques are transmitted through the four traditional positions: lying on the back, lying on side, lying face down and sitting. A complete basic training (whatever style or school) is required in order to take part in this course.

Oil Thai Massage course

Oil Thai Massage – 3 days / 18hrs / €450

The three 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.

What's Oil Thai Massage?

Coming from Thailand, but inspired from South India, Oil Thai Massage is a variation of Traditional Thai Massage recommended in the maintenance of well-being when this one is not necessary or in addition to. The Oil Thai Massage is a full body treatment practiced on the floor on a futon with pure and natural vegetable oil. Each body part is massaged in turns and global unification movements complete this massage. The techniques used are smoothing, different kneading and spinning as well as joint mobilizations, progressive pressure, some touches of reflexology and gentle stretching.



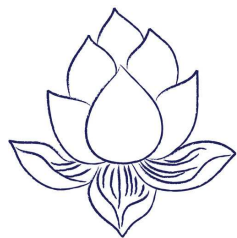
Xavier HLAVACEK

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**
- Traditional Chinese Chair Massage**

Trained and certified in Qi Gong with Master JIAN LiuJun, Institute of Quimé tao 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.



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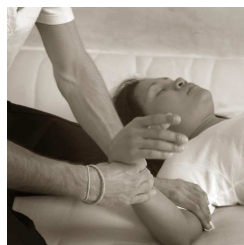
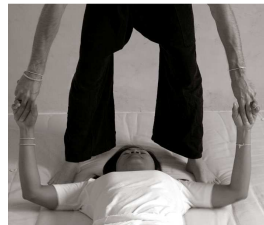
Korean Relaxation course

Korean Relaxation – 4 days / 24hrs / €550

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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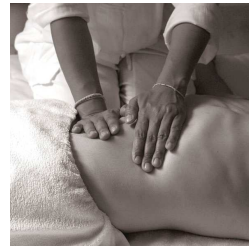
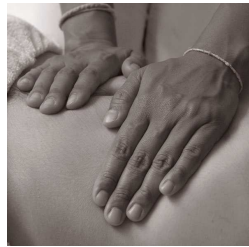
Abdominal Detox Massage courses

Abdominal Detox Massage 1 & 2 – 4 days / 24hrs / €650 (each level)

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



Chair Massage course

Chinese Chair Massage – 2 days / 12hrs / €300

The patient is dressed sitting in an ergonomic chair, this 20 minutes codified massage 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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