

# OSTEOTHAI with Arno L'Hermitte

## General Treatment of the Spine

**5 day residential course / €780**

from Monday 19 to Sunday 25 September, 2022

**In Punta Montgó, L'escala, Catalunya, Spain**



Created by Arno L'Hermitte in 2001, Osteothai is the meeting of Traditional Thai Massage and osteopathy, a bridge between East and West. It's a form of bodywork that combines extraordinary Thai massage techniques with the precise and gentle touch of osteopathy.

Osteothai is practised on the floor; the patient wears light comfortable clothing. The practitioner uses not only his hands but also his feet, knees and elbows. This makes for a rich and colourful approach.

Osteothai combines

Traditional Thai Massage's varied and powerful stretches, using long leverage to reach the spine. It uses techniques across muscles groups, acupressure work on energy lines, and osteopathy's release of tissue tension. Osteothai also works on structural and joint mobility.



This class is intended for experienced, motivated and open minded practitioners in Traditional Thai massage.

It will give a special focus on the structural approach of the spine: cervical, thoracic and lumbar, in order to improve vertebrae mobility and bring back ease of movement.

**Limited spaces available!**

**Price included: 6 nights, 5 full days of course, 2 meals per day, shared bedroom, shared bathrooms.**

**Further information & registration please contact Arno by email [osteothaimassageschool@gmail.com](mailto:osteothaimassageschool@gmail.com) or by phone: +33 (0)7 49 36 03 48.**



**Arno L'Hermitte**

Founder and director of the Thai Massage Circus in Laos since 2008, physiotherapist and osteopath, creator of the Osteothai techniques.

Arno originally trained in physiotherapy and osteopathy in France and England, and has run his own physio and osteopathy clinic in Tahiti for ten years.

Arno has been involved in bodywork for over twenty five years. While traveling in Asia he came across Traditional Thai Massage and yoga, and has since been working with the integration of eastern and western approach.

Having trained in Chiang Mai with his masters Asokananda, Ajahn Chayuth Priyasith and Ajahn Pichet Boonthumme, as well as with the blind, he runs courses in massage around the world and has a unique approach to his work which inspires people to shape the direction of their own practice.

He is renowned for his gentle, firm touch and the development of the Traditional Thai Massage and the Osteothai.