THE THAI YOGA MASSAGE SCHOOL

THAI YOGA MASSAGE

PRACTITIONER COURSE 2027

Discover the Art of
Thai Yoga Massage

Become a Certified Thai Yoga Massage Practitioner

Authentic Thai Yoga Massage · Professional Certification · Immersive Training

WHY CHOOSE THIS COURSE?

Learn authentic Thai Yoga Massage through expert guidance, structured practice and hands-on experience.

The immersive practitioner training combines traditional teaching, close guidance and extensive hands-on practice, giving you the skill and confidence to offer Thai Yoga Massage with greater depth, precision and understanding.

01

EXPERT INSTRUCTION



Kru Gab brings over 20 years of expertise in Thai Yoga Massage, rooted in the traditions of Chiang Mai, Thailand. Known for his engaging teaching style and deep knowledge, he has practiced with and trained over 500 people while continuing the lineage of Master Asokananda.

Kru Gab has learned from respected masters and teachers throughout Thailand
and ensures each student receive personalized attention and mentorship throughout the course



02

COMPREHENSIVE CURRICULUM



The course's program offers a thorough curriculum that covers different aspects of Thai Yoga Massage. From foundational techniques to advanced practices, you'll gain the skills and confidence needed to provide effective and transformative massage. Key topics include:

- Understanding the principles and history of Traditional Thai Massage including the four foundations of Thai yoga massage (awareness, body mechanics, movement, and massage techniques using hands, knees, feet, and elbows).
- Mastering the art of acupressure and the 10 major energy lines (Sen-sib).
- Learning to perform two full-body Thai Yoga Massage.
- Techniques for stretching, rocking, and rhythmic massage.
- Adapting massages for individual client needs (An introduction to Manual Therapy and what it means to work with the soft tissues of the human body.)
- Experience immersive, hands-on training sessions where you'll practice techniques in real time.



HANDS-ON TRAINING

Gain practical experience through seupervised practice sessions and real-life scenarios.

WHAT IS CHIANG MAI MASSAGE?

Thai Yoga Massage Rooted in the North of Thailand

Often described as “passive yoga,” Thai Yoga Massage is a dynamic form of bodywork that combines assisted stretching, acupressure, rhythmic movement and mindful touch.



Rather than simply lying still while being massaged, the body is gently moved through a flowing sequence of stretches and positions designed to release tension, improve mobility and create a deep sense of relaxation and balance.

Rooted in the traditional practices of Northern Thailand, Thai Yoga Massage works with the body as a whole. Using the hands, thumbs, elbows, knees and feet, the practitioner combines pressure along the Sen energy lines with yoga-inspired stretches, rocking techniques and conscious movement.



The result is a treatment that can feel restorative, energising and deeply relaxing at the same time — and a practice that gives you an entirely different way of working with the human body.

The course is recognized by Hang Dong Thai Massage School and accredited by the Thai Yoga Massage.

WHAT TO EXPECT

Get certified in Thai Yoga Massage!

Specialize in this ancient technique and become a qualified practitioner, endorsed by the TYM Institute and accredited by Handong Thai Massage School in Thailand!



125 HOURS

Hands-on training program

2 WEEKS

Monday-Friday practicle Classes

10 STUDENTS

Small class size

1 YEAR

To complete the theory

TRAINING INCLUDES AND DURATION

An intensive 125-hour practitioner training combining 65 hours of in-person tuition with self-study and 20 independent practice massages.

Classes run Monday to Friday, 9:30 AM to 4:30 PM, for two weeks, with assessments on Fridays.

All course requirements must be completed within one year.

VENUE AND CLASS SIZE

LiEach course is limited to 10 students, allowing for more personal guidance and individual feedback throughout the training.

You'll receive a comprehensive training manual in both print and PDF format, access to online learning resources, and one year of ongoing support after the course.

LEARNING OUTCOMES



Students are assessed on Fridays and receive a written evaluation. A minimum score of 70% is required to pass. The self-study and practical massage requirements must be completed within two weeks to four months after the in-person training.

Upon successful completion of all course requirements, participants will receive their certificate and will be able to:

01	Perform two full-body Thai Massage sequences (2 hours each massage).
02	Apply foundational Thai Massage techniques for the full body with confidence.
03	Understand the basic principles of energy lines and holistic healing.
04	Communicate effectively with clients and manage a professional practice.
05	Maintain proper body mechanics to ensure personal well-being and client safety.

ASSESSMENT: Practical and written assessments ensure you have the knowledge and skills required to practise professionally.

WELCOME TO
PALMA DE MALLORCA

Authentic Chiang Mai Lineage meets
Mediterranean Tranquility.

Escape to the stunning island of Mallorca

FEE AND INVESTMENT

Full Course

€ 1350

- Full course (Mon-Fri training)
- Lunch and Breakfast on week days
- Massage Pants
- Manual Sequence Booklet + PDF
- Snacks, tea and coffee
- Practitioner Certificate
- Support for 1 year

COURSE DATES

INTAKE 1

22nd March - 2nd April

INTAKE 2

19th April - 30th April

INTAKE 3

24th May - 4nd June

BOOKING DETAILS

Deposit : € 400

PAYMENT METHODS

Credit Card • Wise • Paypal

APPLY NOW

Booking Details

- Schedule: Classes run Monday through Friday for two consecutive weeks.
- Enrollment Deposit: A deposit of €400 is required to secure your place.
- Payment Methods: Bizum, credit card, Wise, PayPal, and alternative options available upon request. Flexible payment plans can be arranged..
- Language: Instruction is provided in both English and Spanish.
- Certification: Upon completion, receive a Practitioner Certificate recognized by the Hang Dong Thai Massage School (Thailand).
- Program details, including dates, venues, instructors, and session timings, are correct at the time of printing and subject to change without prior notice. Registered participants will be informed of any significant updates.

Program

1ST WEEK BASIC ROUTINE

Monday

9:30	Arrival - Course Outline and Introductions
10:00	TYM Basic Routine Overview plus Mantra
10:30	Lower Body Supine/Stomach/Arms
13:00	Lunch Break
14:00	Introduction - What is TYM? Benefits of massage and considerations
14:30	Lower Body Prone Position
16:30	Circle - Finish

Tuesday

9:30	Warm Up - Mantra
10:15	Start - Thai Massage Protocols - Waikru and Metta
10:45	Upper Body Prone - Sitting
12:45	Break
13:30	Care for Therapist/Client /Creating a Therapeutic Environment
14:30	Face and Head
16:30	Circle - Finish

Daily Schedule: 9:30AM - 4:30PM

Program

1ST WEEK BASIC ROUTINE

Wednesday (Visitors-Mirroring with instructions)

9:30	Warm Up and Mantra
10:00	Professional Conduct
10:30	Lower Body Supine/Stomach/Arms
12:30	Break
13:30	Tools and intensity -Refining your touch
14:00	Lower Body Prone
16:30	Finish

Thursday (Visitors-Mirroring with instructions)

9:30	Warm Up and Mantra
10:10	Thai Massage Protocols - Lineage and Upskilling
10:30	Upper Body Prone - Sitting
12:30	Break
13:30	The Five Bodies
14:00	Face and Head
16:30	Circle - Finish

Friday (Visitors) Class In Palma

9:30	Warm Up and Mantra
9:30	Meeting, Q&A and Feedback
10:45	Start Class
11:00	Massage #1 Mirror Silent
13:00	Break
14:00	Massage #2 Assessment
16:00	Recap and Recommendations
17:00	Circle - Finish

Program

2ND WEEK ADVANCE ROUTINE

Monday

9:30	Arrival - Course Outline and introductions
10:00	TYM Side Position Routine Overview plus Mantra
11:00	Lower Body
14:00	Break
14:45	Business acumen - TYM Pathway of learning and TYMI
15:15	Lower Body
16:30	Circle - Finish

Tuesday

9:30	Yin Yoga - Mantra
10:10	Start
10:45	Upper Body
12:45	Break
13:30	Care for Therapist/Client Part 2
14:30	Upper Body
16:30	430pm Circle - Finish



Program

2ND WEEK ADVANCE ROUTINE

Wednesday (Visitors-Mirroring with instructions)

9:30	Yin Yoga + Mantra
10:00	Q and A
10:30	Lower Body
12:30	Break
14:00	Herball Compress - Foot Massage
14:30	Lower Body
16:30	Circle - Finish

Thursday (Visitors-Mirroring with instructions)

9:30	Yin Yoga - Mantra
10:15	Spine anatomy, functions and movements
10:30	Upper Body
14:00	Break
14:45	Lanna Therapies
15:15	Upper Body
14:30	Circle - Finish

FRIDAY (VISITORS) CLASSE IN PALMA

9:30	Yin Yoga - Mantra
10:15	Meeting. Q&A and Feedback
10:30	Start Class
11:00	Massage #1 Mirror Silent
13:00	Break
14:00	Massage #2
16:00	Meeting (Recap, Recommendations)
16:15	Certificate Awards
16:45	Circle - Finish

ENROLL NOW

Transform Your Career



Register for the course or apply at the Web

www.thethaiyogamassage.com

WHO IS THIS FOR?



THE CAREER CHANGER

Ready to leave the desk behind? Build a hands-on skill and start a more meaningful path in wellness.



THE EXISTING THERAPIST

Expand your offering with an internationally recognized bodywork modality that adds depth to your practice.



THE YOGA TEACHER

Deepen your understanding of the body and bring more touch, mobility and therapeutic awareness into your work.



THE REFLEXOLOGIST

Add a full-body treatment approach that helps release tension, improve mobility and complement your existing practice.

APPLY NOW

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