



PROGRAM
Thai Yoga Massage
Practitioner Retreat
2026

Discover the Art of Thai Yoga Massage

Become a Certified
Thai Yoga Massage Practitioner



With Teacher Kru Gab

APPLY NOW





Why Choose this Thai Yoga Massage Practitioner Retreat?

Are you passionate about holistic healing and looking to expand your skills in therapeutic massage?

This comprehensive Thai Yoga Massage Retreat is designed to transform you into a proficient practitioner under the guidance of Teacher, Kru Gab.

Expert Instruction and only Retreat in 2026

Gab, our highly experienced and dedicated teacher, brings 20 years of expertise and a deep understanding of Thai Yoga Massage rooted in Chiang Mai, Thailand. Known for his engaging teaching style and profound knowledge, Gab has practiced and trained with over 500 people so far and keep alive the lineage of Master Asokananda. Kru has learned from the best Masters and Teachers in Thailand. He ensures each student receives personalized attention and mentorship throughout the Retreat and beyond.

Comprehensive Curriculum

The Retreat 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.

We'll guide you to ensure that you learn and refine your skills through practical application, allowing you to become confident in your abilities.

About Chiang Mai Massage - Northern Style - Thai Yoga Massage

Often compared to passive Yoga this bodywork combines stretching and pressure points to improve and unblock the flow of energy. TYM is also known as "**Northern Thai Style Massage**". Thai Yoga Massage sequence utilizing yoga postures, passive stretching, acupressure, energy work, massage and meditation to assist people in reducing Upon successful completion of the Retreat, you will receive a certification that qualifies you as a Thai Yoga Massage Practitioner.

This certification is recognized internationally, allowing you to practice and share your skills.

The course is recognized by Hang Dong Thai Massage School and certified by the Institute of Thai Yoga Massage.



Thai Yoga Massage Practitioner Retreat



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!



Duration

Intensive 120-hour program. Practical classes are spread over two weeks (60 hours) plus self-study (anatomy and physiology) and practice (20 unsupervised massages).

Practical classes are from Monday to Friday for two weeks from Monday to Friday 930am to 430pm. Assessments are conducted on Fridays.

The course should be completed in one year.

Venue and Class Size

Limited to 10 students per session to ensure personalized attention.

Materials Provided: Comprehensive training manual, access to online resources, and ongoing support for one year.

Students will receive printed manuals and PDF copies.

Schedule

(2 intakes for 2026)

INTAKE TWO - COURSE

19th of October to the 30th of October of 2026.

INTAKE ONE - RETREAT

21st of September to 2nd of October.

Learning Outcomes



Students will receive an assessment on Fridays and will receive a written report. They are expected to have a 70% minimum mark. The self learning and practical massage should be completed between two weeks and four months after practical classes. By the end of the Retreat, participants will receive a certificate and should 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.

Thai Yoga Massage Practitioner Retreat



What Our Students Say?



”

Rachel

I would recommend this Retreat to others..who's looking for a career change.. I'm a Massage Therapist of 22 years..I'm proud to be able to add Thai Yoga Massage to my business...

”

Jolita

The Thai massage with Gabriel was Absolutely amazing. I can highly recommend it to any who needs a complete reset 😊

”

Rossmann

Spent a weekend with Gab learning Thai Yoga massage in Brisbane amidst my busy schedule. He is professional and he keeps the classes small in numbers so we had a lot of hands on experience and his attention. Highly recommended amazing teacher. Thank you Gab!. Looking forward to your next workshop in Australia!.

[Read more Google Reviews 5.0 Star - 48 Reviews](#)



Fee and Investment

Full Program 1990 Euros(early bird discount) Include:

- Full course (training from Monday to Friday).
- Accommodation (shared)for 13 nights.
- Manual Sequence Booklet and a PDF version.
- Snacks, tea and coffee.
- Certificate of Practitioner of Thai Yoga Massage certified by the Thai Yoga Massage Institute and and recognized by Hang Dong Thai Massage School (Thailand).
- Airport Pickup.
- Shuttle to classes in Palma on Fridays.
- Day Tour to Palma and Beaches (transport, site visits, guide, etc)

10-Day Practitioner Retreat (Full Course, Level 1 & 2)

Course Investment: 1,140 Euros

Early Bird Discount (Before July 21): 950 Euros
(20% discount)

Additional Options:

Accommodation (13 nights):

- Shared Room: 900 Euros.

Early Bird (Before July 21): 750 Euros (20% discount)

- Private Room: 1,380 Euros (Only 1 available)

Early Bird (Before July 21): 1150 Euros (20% discount)

Catering Options

- Full Catering: 290 Euros (12 days, includes 3 meals per day plus snacks)
- Half Catering: 150 Euros (Includes lunch and snacks on course days)
- Vegetarian, gluten free and other dietary requirements available.

Booking Details:

- Dates: 21st of September of 2026(Arrival Date) to the 3rd of October of 2026 (Departure). Classes from Monday to Friday for two weeks
- Secure Your Spot: A deposit of 400 Euro is required to enroll.
- Payment plans and options available. Pay with Bizzum, credit card, wise, PayPal, other.
- Early Bird Deadline: Pay in full by July 21 to receive the 20% discount.
- Language: Classes in English and Spanish.
- Certification: Practitioner Certificate recognized by Hang Dong Thai Massage School (Thailand)

APPLY NOW





Welcome to Palma de Mallorca

AUTHENTIC CHIANG MAI LINEAGE MEETS
MEDITERRANEAN TRANQUILITY.

ESCAPE TO THE STUNNING ISLAND OF
MALLORCA FOR 14 DAYS OF PURE
TRANSFORMATION.

ACCOMMODATION DETAILS
(OPTIONAL)

Your Accomodation

Our wonderful house is located in the Sierra de Tramuntana, surrounded by impressive mountains and nature.

The land has over 2000 meters with swimming pool, large terraces and different spaces to relax and enjoy the quiet area and its landscapes.



Share Dorm and single room options



The house host up to 6 people.
Chose between a double dorm or a single room (only one available)

Program

Week 1

Day 1 (Sunday)
Airport Pick Up

Day 2-5 (Mon-Thur)
Classe

Day 6 (Friday)
Assessment

Day 7 (Saturday)
Free

Week 2

Day 8 (Sunday)
Palma and beach day tour

Day 9-12 (Mon-Thur)
Classe

Day 13 (Friday)
Final exam and Graduation

Day 14 (Saturday)
Departure



Schedule

1st Week - Basic Routine

1st Week - Basic Routine 21st of Sep to 25th of September 2026 TYM Practitioner Course -Mallorca

Monday 21st September

930am Arrival - Course Outline and introductions

1000am-1030pm TYM Basic Routine Overview plus Mantra

1030am-1pm Lower Body Supine/Stomach/Arms

1pm Lunch Break

2pm Introduction - What is TYM? Benefits of massage and considerations

230pm-415pm Lower Body Prone Position

430pm Circle - Finish

Tuesday 22th September

930am Warm Up - Mantra

1010am Start - Thai Massage Protocols - Waikru and Metta

1045am-1245pm Upper Body Prone - Sitting

1245pm Break

130pm Care for Therapist/Client /Creating a Therapeutic Environment

230-420pm Face and Head

430pm Circle - Finish

Schedule

1st Week - Basic Routine

Wednesday 23RD September (Visitors-Mirroring with instructions)

- 930am Warm Up and Mantra
- 1000am-1030pm Professional Conduct
- 1030am-1230pm Lower Body Supine/Stomach/Arms
- 1230pm Break
- 130pm Tools and intensity -Refining your touch
- 2pm-415pm Lower Body Prone
- 430pm Circle - Finish

Thursday 24TH September (Visitors-Mirroring with instructions)

- 930am Warm Up and Mantra
- 1010am - Thai Massage Protocols - Lineage and Upskilling
- 1030am-1230pm Upper Body Prone - Sitting
- 1230pm Break
- 130pm The Five Bodies
- 2-4pm Face and Head
- 430pm Circle - Finish

Friday 25TH September (Visitors) CLASSE IN PALMA

- 930am Warm Up and Mantra
- 930am Meeting. Q&A and Feedback
- 1045am Start Class
- 11am 1pm Massage #1 Mirror Silent
- 1pm-2pm Break
- 2pm-4pm Massage #2 Assessment
- 4pm-5pm Recap and Recommendations
- 430pm Circle - Finish

DRAWINGS BY RENÉE GERLICH

Program

2nd Week - Advance Routine



2ndt Week - Advance Routine
26th of Sep to 2nd of October 2026
TYM Practitioner Course -Mallorca

Monday 26st September

- 930am Arrival - Course Outline and introductions
- 1000am-11pm TYM Side Position Routine Overview plus Mantra
- 11-2pm Lower Body
- 2pm Break
- 245pm Business acumen - TYM Pathway of learning and TYMI
- 315-415pm Lower Body
- 430pm Circle - Finish

Tuesday 27th September

- 930am Yin Yoga - Mantra
- 1010am Start -
- 1045am-1245pm Upper Body
- 1245pm Break
- 130pm Care for Therapist/Client Part 2
- 230-420pm Upper Body
- 430pm Circle - Finish



Program

2nd Week - Advance Routine



Wednesday 28RD September (Visitors-Mirroring with instructions)

930am Yin Yoga + Mantra
1000am-1030pm Q and A
1030am-1230pm Lower Body
1230pm Break
145pm Herball Compress - Foot Massage
230-415pm Lower Body
430pm Circle - Finish



Thursday 1st October (Visitors-Mirroring with instructions)

930am Yin Yoga - Mantra
1010am Spine anatomy, functions and movements
1030am-2pm Upper Body
2pm Break
245pm Lanna Therapies
315-415pm Upper Body
430pm Circle - Finish

Friday 2nd October (Visitors) CLASSE IN PALMA

930am Yin Yoga - Mantra
930am Meeting. Q&A and Feedback
1045am Start Class
11am 1pm Massage #1 Mirror Silent
1pm-2pm Break
2pm-4pm Massage #2
4pm-415pm Meeting (Recap, Recommendations)
415-445pm Certificate Awards
445pm Circle - Finish



Thai Yoga Massage Practitioner Retreat



Register for the retreat or apply at the Web

www.thethaiyogamassage.com

www.gabmassage.com

Who is this for?

The Career Changer: "Ready to leave the office for a life of wellness?"

The Existing Therapist: "Add an internationally recognized modality and a new style to your clinic".

The Yoga Teacher: "Deepen your understanding of anatomy and hands-on adjustments."

Enroll Now and Transform Your Career

APPLY NOW



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