

Teacher Nadia



FLEXIBLE SPINE & PAKHAW MA

Workshop @ Shanti Vida Yoga
Class in English & Spanish



Barcelona
Spain

11th & 12th of July 2026
Saturday and Sunday

BOOK NOW

Contact Us:
[+34661431371](tel:+34661431371)
www.thethaiyogamassageschool.com

Kru Gab



Flexible Spine & Pa Khaw Ma



✨ Thai Yoga Massage Workshop

Flexible Spine & Pa Khaw Ma | Presented by The Thai Yoga Massage School.

We are deeply honored to welcome international guest teacher Nadia Funes to our community in Spain.

This intensive two-day immersion is a rare opportunity to study under a master of Lanna Thai arts and somatic education, alongside two experienced Teachers.

The Pha Khaw Ma is more than just a piece of cloth; in traditional Lanna midwifery and healing, it is a ritual tool for physical and emotional containment. Whether you are a bodywork professional looking to work with less effort and greater efficiency, or a movement student seeking deep somatic inquiry, this space is designed for you.

The fabric becomes a precision tool, allowing us to hold and move the body with a profound sense of safety and grace.



Event Details

Dates: 11th & 12th of 2026 Saturday and Sunday

Location: **Shanti Vida Yoga** - Carrer dels Codols, 20 BARCELONA

Focus: Flexible Spine & the Art of Pa Khaw Ma (Traditional Thai Scarf Therapy)

Certification: Participants will receive a certificate upon completion of the intensive training.

Fee: 250 Euros per person. 400 Euros per couple

BOOK NOW

Available spots



🌿 Meet the Teachers

Nadia Funes (Argentina/Brazil)

Nadia is a certified international professor of Nuad Thai Therapy and Lanna Tok Sen Art, with credentials recognized by the Thai Ministry of Health. Her work is a beautiful tapestry of ancestral wisdom, somatic education, and aquatic therapies. As a Doula and botanical alchemist, she integrates body, nature, and consciousness through phytotherapy and performance art.

Kru Gab (New Zealand/Spain)

As a Lead Teacher at the Thai Yoga Massage School, Kru Gab brings over 20 years of international experience as an Advanced Practitioner in TYM and in bodywork to Palma. Clinical Roots: Six years providing clinical rehabilitation at the world-renowned QE Health in New Zealand. Qualified Yoga Teacher (trained in Rishikesh, India, 2022).



Workshop Program

Saturday - Foundations of Flow

09:00 – Welcome & Introduction
09:30 – Breathing, Movement, and Connection
12:30 – Lunch Break
14:00 – Thai Yoga Massage: Supine Position (Face up)
16:00 – Short Break
16:15 – Thai Yoga Massage: Seated Position
17:00 – Closing Circle
17:30 – Day Ends

Sunday, - The Magic of Pa Khaw Ma

09:30 – Morning Welcome
10:00 – Intro to Pa Khaw Ma (Theory & History)
10:30 – Pa Khaw Ma Techniques: Seated Position
13:00 – Lunch Break
14:30 – Pa Khaw Ma Techniques: Supine Position
16:30 – Final Closing Circle & Certificates
17:00 – Workshop Concludes

More info @ www.thethaiyogamassageschool.com
Follow us on Instagram and Facebook