

Professional Course



THAI YOGA MASSAGE PRACTITIONER COURSE



Starts 22 June 2026

*Palma de
Mallorca, Spain*

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[BOOK NOW](https://www.thethaiyogamassageschool.com)

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Thai Yoga Massage Practitioner Course

Professional Course

COURSE DESCRIPTION

🌀 THE PRACTITIONER'S PATH: 10 DAYS TO DISCOVERY 🌀

Your hands were meant for more than just holding a screen. They were designed for Metta in motion—loving-kindness through touch.

Welcome to Chiang Mai Style (Northern Thai) Thai Yoga Massage. From June 22nd to July 2nd, our school in Palma becomes a space for deep learning and connection. This is the moment to start your journey into the art of healing.

Core Program Benefits

- **Professional Certification:** Graduates receive an internationally recognized practitioner certificate endorsed by the TYM Institute and Hang Dong Thai Massage School in Thailand.
- **Intensive Hands-on Training:** The program provides 125 total hours of training, including 65 hours of practical classroom instruction over two weeks, focusing on awareness, body mechanics, and traditional techniques.
- **Expert Mentorship:** Students benefit from small class sizes (limited to 10) to ensure personalized attention and ongoing support for one year.
- **Holistic Curriculum:** The course covers the history of Traditional Thai Massage, Sen-sib (energy lines), acupressure, stretching, rhythmic massage, and an introduction to manual therapy.

Unique Retreat Experience

- **Strategic Location:** Hosted in tn Palma de Mallorca, providing a tranquil environment with breath taking locations in the centre of the Mediterranean Sea to enhance the learning experience.
- **Practical Learning Outcomes:** By the end of the of the course, participants will be able to perform two different 2-hour full-body massage sequences with proper body mechanics.
- **Career Advancement:** Specifically designed for those seeking a career change, existing massage therapists looking to add a new modality, or yoga teachers wanting to deepen their knowledge of anatomy and adjustments.

Investment

In the Lanna tradition, we value clarity and intention. We offer special rates for those who plan ahead.

- Early Bird: €950 (Valid until May 22nd)
- Full Price
- Deposit: Secure your spot with €400 today.

Contact the school for more information

[BOOK NOW](#)

Available spots

[🖐️ SECURE MY MAT]

*Daily Schedule
1st Week*

Thai Yoga Massage Course



MONDAY

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

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

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

*Daily Schedule
2nd Week*

Thai Yoga Massage Course



MONDAY

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

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

WEDNESDAY (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 (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 (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

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