

FIRST TIME IN  
**MUMBAI, INDIA**  
23 - 25, MAY 2025

# *Thai Yoga Massage*

Learn **THAI YOGA MASSAGE**  
for beginners **THE MEDITATIVE**  
**ART OF GIVING** through touch



[WWW.SUNBIRDHEALING.IN](http://WWW.SUNBIRDHEALING.IN)  
+919049234636



# PROGRAM OVERVIEW

Ilka Mueller-Patham, with intensive training by masters from India, Germany and Thailand, provides a deep introduction into Nuad Boran, the healing art of Thai Yoga Massage.

This course will provide you with a vast understanding of the ancient healing art of **Thai Yoga Massage**, including its history, philosophy, and practical application as well as understanding **anatomical and somatic patterns** in our bodies and minds.

»»»  
Ilka Mueller-Patham  
*Practitioner and Teacher*



## What will you learn in this course?

By the end of this beginner course, you will have gained the knowledge and skills to perform a Thai Yoga Massage in **various positions, like supine, prone and sitting** as well as a deeper understanding of your own and the others body and the magic of touch.

*Duration: 21 hours*

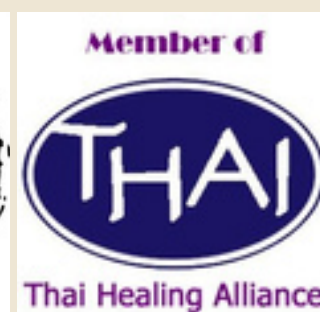


## Who can join?

Whether you're a **massage therapist** or **Yoga teacher** seeking to enhance skills or an **individual curious about Thai Yoga Massage**, this course offers a thorough and practical grasp of the practice.

## Certification

If you attend all of the hours and succeed the exam, you will receive a certification by SunbirdHealing and can receive an international certification for Thai Yoga Massage, certified by the **Thai government** and **THAI** (Thai Healing Alliance International) in addition.



# PROGRAM OVERVIEW

## TIMETABLE THAI YOGA MASSAGE FOR BEGINNERS

23-25, May 2025 | 9am - 4.30 pm  
The Golden Spiral School, Parel,  
Mumbai, India

### DAY 1

- 9 am – Introduction
- Brief history and philosophy of Thai Yoga Massage
- Basic principles and techniques of Thai Yoga Massage
- Lunch Break
- Lower bodywork techniques in supine position
- Foot and leg sen lines and points
- Practice
- Till 4.30 pm

### DAY 2

- Practice and continuation of lower body techniques
  - Leg and hip work
- Lunch Break
- Sen lines and acupressure points of the arms and hands
- Practice
- Till 4.30 pm

### DAY 3

- Bodywork in Prone position
  - Sen lines and points of the back
- Practice
- Lunch Break
- Seated position
- Neck, head, shoulder and spine work techniques in seated position
- Q&A, ending ceremony
- Till 4.30 pm

