

โรงเรียนอาภรณ์วิทยานวดแผนไทย



**SUNSHINE  
MASSAGE SCHOOL**

CHIANG MAI, THAILAND



website  
[www.sunshine-massage-school.com](http://www.sunshine-massage-school.com)

email  
[info@sunshine-massage-school.com](mailto:info@sunshine-massage-school.com)

telephone fax  
053 262 574 053 249 594

## Sunshine Massage School's Teaching Staff

### Teaching Staff:

We respect and honour all the teachers and schools that skilfully pass along their years of training, experience and knowledge to the students that come to their door. It is a true gift that they give to those that choice to study Traditional Thai Massage.

We believe that our teaching staff provides our students with the right blend of training to ensure that they have a foundation in Traditional Thai Massage and sustain their practice:

**Sen Lines:** 10 main energy lines; the foundation of Traditional Thai Massage.

**Sensitivity of Touch:** Sensing the depth of touch required for each unique individual.

**Passive Yoga:** Applying yoga stretches with ease and confidence.

**Body Mechanics:** Training the masseur in proper body positioning is critical to prevent injuries.

**Metta:** The application of loving kindness and compassion.

The Sunshine Massage School is pleased with the proven dedication of our staffs to meet the needs of our students.



## SUNSHINE MASSAGE SCHOOL



159/2 Kaew Nawarat Soi 4  
Chiang Mai 50000 (Thailand)

Tel. 053 262 574 / +66 53 262 574

Fax 053 249 594 / +66 53 249 594



Adress in Thai language for taxi:

159/2 ด. แก้วนารัฐ ซอย 4  
ตรงข้าม ร.พ. แมคคอร์มิค  
และตรงข้าม รร. ดาราวิทยาลัย

# Traditional Thai Massage

Courses

โรงเรียนอาทิตย์บวคแผนไทย



**SUNSHINE  
MASSAGE SCHOOL**

CHIANG MAI, THAILAND

Our school is accredited by  
the Ministry of Education  
and by the Ministry of Health

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# Traditional Thai Massage

## Origins

Traditional Thai Yoga Massage is an ancient healing art that took roots in Thailand over 2,000 years ago. The legendary founder, Jivaka Kumar Bhaccha, is believed to have been a doctor from northern India. Today, he is still respected and honoured by many Thais as the °Father of Medicine°. Despite what is known about Jivaka Kumar Bhaccha, much of the origins of Thai massage still remain obscure.

## Our Origins

The Sunshine Massage School is part of the Sunshine Network founded by Asokananda. Asokananda was especially important and influential in making traditional Thai Yoga Massage available to the western world. His philosophy, teaching and memory are woven into every class. We are honoured to make a contribution to the continuation of this ancient healing art.



# Traditional Thai Massage Courses

## Beginners course

We believe that a minimum of 10-days is required to learn the fundamentals of Traditional Thai Massage. This gives the teacher time to provide the depth and quality of instruction and allows the student ample time to interact with the teacher.

## A new beginners course starts every Monday of every week

Classes are held from Monday to Friday  
from 09:00 to 12:00 and from 13:00 to 16:00

There are no scheduled classes on weekends;  
however, the school is open to welcome those  
students that would like to enhance their  
practice.

## Advanced Courses

For details on dates, topics, and class content  
of our advanced courses, please see our  
website for information.

Note: Reviewing the fundamentals by  
repeating the beginners course continues to  
be a preferred choice for many advanced  
students.

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