



Asokananda teaching at the Lahu village training facility north of Chiang Mai, Thailand.
Photo: Sunshine Massage School

ASOKANANDA (Harald Brust) 1955-2005

Esteemed Thai yoga massage teacher and author Asokananda passed away at 1 pm on 24 June 2005, at Chang Puak Hospital, Chiang Mai. The cause of death was acute renal failure and pancreatic cancer.

Asokananda was born on March 8, 1955 in Donzdorf, Germany. In the mid 80s, he began regular travel to Asia to study and practice meditation and yoga. While on a trip to Thailand, after a long period of studying meditation in Burma, he became acquainted with traditional Thai yoga massage. Almost immediately, he decided to try to search out a teacher or school where he could learn this healing art. His search brought him to Chiang Mai, where the Old Medicine Hospital was functioning as an herbal and massage clinic. He dropped in to visit one day, and sat mesmerized as he watched staff practitioners Pichest Boonthumme and Chaiyuth Priyasith work on members of the local community. After they had completed their work, he asked if he could learn from them, and they agreed. He asked when he could start and they replied “tomorrow.”

Asokananda continued his study at the Old Medicine Hospital for several years, and then began practicing and later, teaching. His books (in English, German and French) are the first publications ever printed about the study and practice of Thai massage in any language other than Thai. These books, as well as his sen line charts, are seminal works and required reading for any serious practitioner.

Asokananda went on to form the Sunshine Network, a group of students and practitioners around the world who have devoted most of their life to the practice of Thai massage under his guidance. He also established a research and training school in a Lahu tribal village, about one hour north of Chiang Mai, where to this day, students from all over the world go to study with his senior students who offer courses there.

In Memorium

*More than our teacher. More than our friend.
Asokananda died on Friday, 24 June 2005.
Deeply respected for his spiritual life,
studies and teachings,
we wish his light will forever stay with us.
Through each massage we give,
every student we teach,
we will always be thankful
for what he simply allowed us
to discover and share, everyday.*

OM MANI PADME HUM