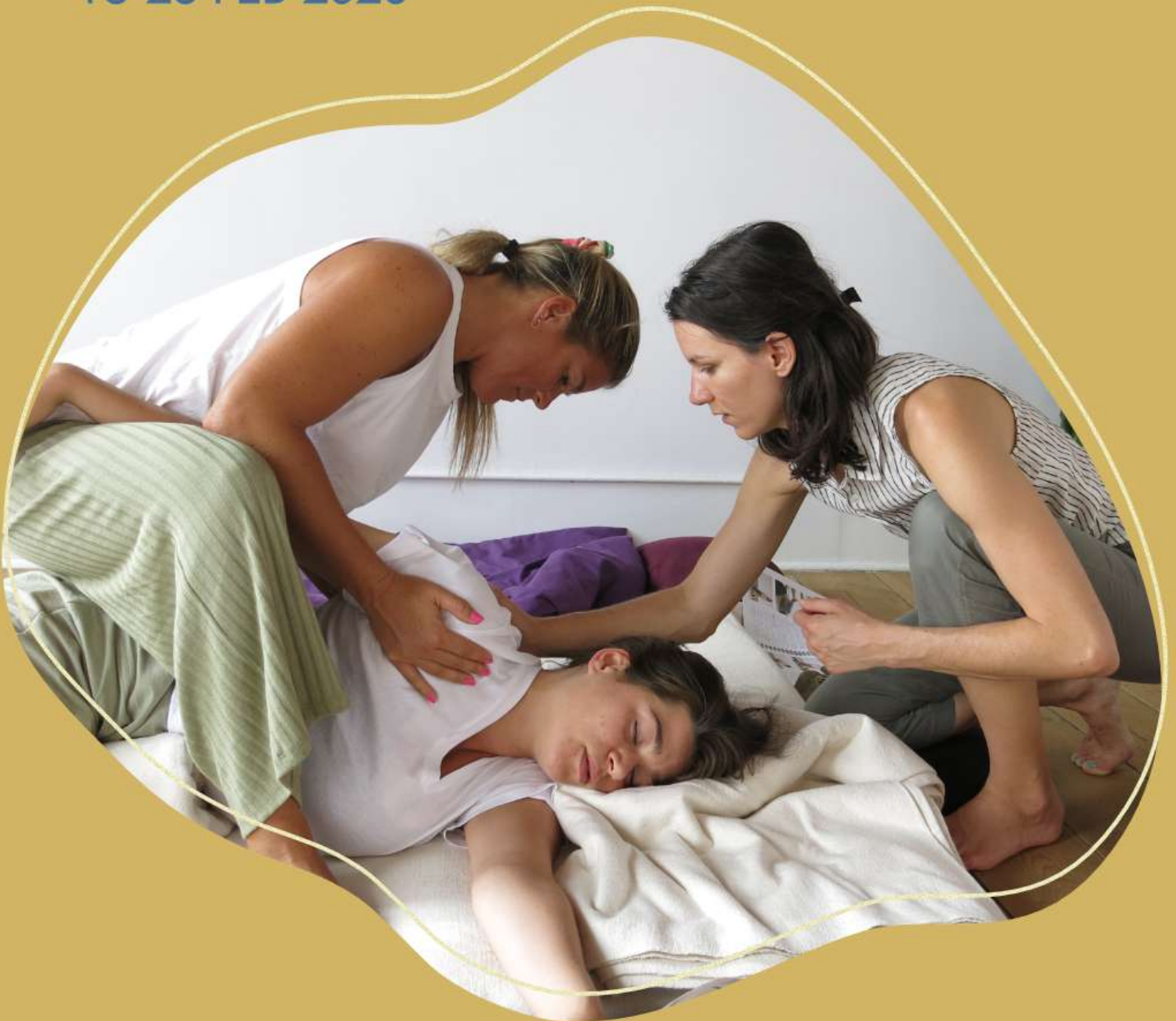


THE SACRED ART OF THAI YOGA MASSAGE *BEGINNER TRAINING COURSE*

WITH ERICA BHAVANI

18-23 FEB 2026



What is Thai yoga massage?

Thai yoga massage is a holistic and ancient bodywork practice that stems from yoga of India and Buddhism. As a traditional mind-body medicine, Thai massage works with applied techniques to stimulate deep relaxation in the body and release energy blocks and stagnation throughout the entire system. Using tools of meditation, presence and intuitive listening, we create a safe and sacred space to encourage self-healing for both the receiver and giver.



About the course

In this intensive, hands-on training course, we will cover the main principles and foundations of Thai massage along with practicing a full body sequence from feet to head. By the end of the week, you will have an understanding of how we approach our receiver when giving a treatment, the emotional mapping and energetic lines we use to work with the body, and many techniques to create and give individualized sequences of relaxing and effective massage treatments for healthy bodies. You will receive a supportive manual to continue your practice at home and the knowledge to develop your own intuitive form of giving.





This course is a great foundation to begin the practice and art of giving deeply healing bodywork. It's in the practice where the real learning happens. Within a small group setting, you will receive guided attention and instructions to ensure you leave the training with confidence and understanding. This course also offers an experience of Thai massage as a deep, personal journey, where the process of learning how to touch, feel and listen relate just as much to extending that practice to ourselves as to others. With the support of other guided practices, we will explore this internal spiritual journey with the tool of Thai massage.

Erica has been practicing spirituality and healing modalities for the past 18 years. Her main focus between bodywork, conscious touch and shamanic practices inspire her weaving together knowledge from the wisdom of the body with the universal nature of Spirit. She received her practitioner certificate through the Sunshine Network in 2015 and runs her private practice in Lisbon, Portugal since 2017, and has been regularly teaching beginner training courses in this practice in Portugal and across Europe.



Dates: February 18-23, 2026

Value exchange

Early early bird: registration and deposit made by November 4th - €480

Early bird: registration and deposit made by December 4th - €530

After December 4th: €580

Booking: fill the form in our bio