



โรงเรียนอาทิตยน์วดแผนไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

Dedicated workshops at Sunshine Massage School

## Abdominal Chi Massage 1

### Chi Nei Tsang I workshop with Doris Kolling

This 5 day course is about

*Visceral and emotional release of the inner organs*

- Learn to release blockages in the abdominal region. The manifestation of negative emotions can be found as stagnated Chi in our organs in the form of tightness, constrictions, lumps, knots.
- This course will focus on learning how to detoxify both the large and small intestine, which tend to harbour our past negative emotions resulting in all kinds of physical and/or emotional problems.
- Also, learn how to detoxify the skin, opening the Chi gates to the organs as well as detoxification of the major organs like liver, gallbladder, lungs, heart, kidney, pancreas, and bladder, which tend to hold our present negative emotions.
- Like peeling an onion, learn to work on many layers, such as skin, fasciae muscle, lymph and circulation, gradually progressing from more superficial to deeper-seated problems within the abdomen.



*Everyone with a massage background is welcome.*

*5 days / 35 hours (30 CE Hours) Baht 11,500.-*

Included: One hour herbal ball application on stomach area every day after class, and the course material.

### Lung detox treatment in course December 2011



Disparity in ribcage with shoulder and severe neck pain before... and after half hour of lung detox demonstration on volunteer student.

6 to 10 February 2017  
11 to 15 December 2017  
5 to 9 February 2018

