

## Program of the workshop

History, presentation and basic rules of Abdominal Detox Massage.

Each day starts with postural and breathing exercises to promote muscle and joint relaxation, to warm and relax the body.

Then the movements and gestures of Abdominal Detox Massage are shown by short sequence on a voluntary basis. Participants then work 2 by 2 different sequences of learning the protocol, step by step. In turn each can practice the postures and gestures but also just received the massage, so understands the feeling in terms of giver and receiver. Participants discover their potential and develop their own equipment and mobility for transmission to the receiver.

After learning the last sequences participants ask questions about learned techniques in order to avoid misinterpretations and to successfully integrate the gestures and postures of the protocol.

Learning the first level of the Abdominal Detox Massage includes placing the body, the examination and identification of tensions in the abdomen, the detoxification of the skin and specific work on each organ :

- techniques for the liver and gallbladder
- techniques for the heart and small intestine
- techniques for the lung and colon
- techniques for the kidney and bladder
- techniques for the stomach, spleen and pancreas
- for the women, techniques related to ovaries and uterus

The teaching also includes specific techniques to relax the diaphragm, the psoas muscle, and a short final protocol for the relaxation of the arms, legs, back and scalp.

## Abdominal Detox Massage courses

June 29-July 3, 2015 in Neuchâtel, Switzerland



 **Orien'Thaï**  
 **Massages**

 **Katia Billard**  
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### Formation

Abdominal Detox Massage, also known as Chi Nei Tsang, is an internal organ chi massage combined with Thai abdominal reflex points. People often develop energy blockages in and around their internal organs that result in knots and tangles in the abdominal area.

By using Abdominal Detox Massage techniques of navel and deep organ energy massage you learn how to release and clear blockages, toxins, excessive heat and negative emotions. This treatment is also effective in the treatment of digestive problems, such as irritable bowel syndrome, bloating and constipation. It is particularly useful in relieving cramps, scar tissue, headaches, menstrual cramps, poor blood circulation, back pain, and many other problems.

### Instructor

Xavier HLAVACEK, instructor in Traditional Thai Massage, Abdominal Detox Massage and Korean Relaxation at LoiKroh School in Chiang Mai, Thailand and at Poitiers in France.

### Location of training

Neuchâtel, Switzerland or in the area.

### Schedule

9am-12am / 1:30pm-4:30pm.  
Vegetarian lunch can be served.

### Price

CHF 1050.- including training booklet, certificate.  
An instalment of 50% has to be paid immediately by your registration. The balance is due at the beginning of the training. In case of withdrawal announced less than 21 days before the scheduled date, the deposit is property of the organizer.

CCP 20-37723-1 – Katia Billard – Maujobia 3 – 2000 Neuchâtel  
IBAN : CH10 0900 0000 2003 7723 1

### Inscription and registration

Katia Billard, Orien'Thai massage  
katia@orienthai.ch ou 079 228 67 15

### Registration deadline

The registration form should be sent until April 5, 2015.

## Registration form

A return by the April 5, 2015

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I have read the terms and conditions and wish to register for training.

First name \_\_\_\_\_ Last name \_\_\_\_\_

Adress \_\_\_\_\_

Locality \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Interest in vegetarian lunch (CHF 16.- per meal)

Date \_\_\_\_\_ Signature \_\_\_\_\_

To be sent to the following address:

Katia Billard  
Maujobia 3  
2000 Neuchâtel  
Switzerland  
Or by email at katia@orienthai.ch