



## COURSES WITH COOCKY

### ABDOMINAL DETOX MASSAGE LEVEL 1 COURSE

20 hrs / 19,000 Baht

**Class 1:** 05 Feb 2018 – 09 Feb 2018 (Mon-Fri), 14:00 – 18:00

**Class 2:** 05 Mar 2018 – 09 Mar 2018 (Mon-Fri), 14:00 – 18:00

Abdominal Detox Massage, also known as Chi Nei Tsang in Master Mantak Chia's school, 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. These blockages can constrict the flow of chi (the life-force energy), eventually resulting in physical ailments. By using Abdominal Detox Massage's techniques of navel and deep organ energy massage you learn to release and clear blockages, toxins, excessive heat and negative emotions. You will also learn how to inject good energy back into the vital organs and glands.

### NUAD KARSAI COURSE (Female Class)\*\*

20 hrs / 30,000 Baht

12 Feb 2018 – 16 Feb 2018 (Mon-Fri), 14:00 – 18:00

### NUAD KARSAI COURSE (Male Class)\*\*

20 hrs / 30,000 Baht

12 Mar 2018 – 16 Mar 2018 (Mon-Fri), 14:00 – 18:00

Nuad Karsai, also known as Genital Detox Massage or Karsai Nei Tsang, has been developed specifically for improving the health of the genitals and the genital area. The Nuad Karsai practitioner uses deep, direct pressure with small circular massage movements to break up and dissolve the sedimentation in the abdominal and genital circulatory system. Nuad Karsai releases the toxicity and removes the physical and emotional blockages in the pelvic area. Genital Detox Massage addresses the common problems associated with our sexual organs: impotency, frequent and difficult urination, painful menstruation, painful intercourse and low sexual libido. It is also effective in alleviating back pain, improving the body's alignment, strengthening the pelvic floor muscles and increasing general vitality.

**\*\*For the Nuad Karsai course, we require you to take the Abdominal Detox Level 1 Course first.**

**Please make your registration now, places are limited. Email: [school@loikrohmassage.com](mailto:school@loikrohmassage.com)**

LOI KROH TRADITIONAL THAI MASSAGE & YOGA

Open: from Monday to Saturday 9:00 – 18:00. Close on Sunday

1/3 Loikroh road, Soi 3, T. Changklan A. Muang, Chiang Mai 50100 THAILAND

**[www.loikrohmassage.com](http://www.loikrohmassage.com)**



#### **Coocky Tassanee**

**Founder and director of  
Loi Kroh Massage & Yoga**

"Coocky" Tassanee Boonsom is the owner and founder of Loi Kroh Traditional Thai Massage & Yoga in Chiang Mai. She is one of the most experienced specialists in Traditional Thai Massage, Abdominal Detox Massage (also known as Chi Nei Tsang) and Nuad Karsai (genital detox massage).

Tassanee Boonsom has trained with and learned from many different teachers. She studied nerve touch or jap sen with her first teacher Mama Lek Chaiya on Thapae road in Chiang Mai. Then she searched for more school to study at and completed several more courses with Pichest Boonthumme, Ithidet Manarat "Poo", at the Old Medicine Hospital, The Health Care Department of Thailand, and Wat Po to name a few. Coocky has also studied several times at Tao Garden: Chi Nei Tsang with Master Mantak Chia and Jutta Kellenberger, Chi Kong and Tai Chi with Master Li Hechun, and Karsai Nei Tsang with Khun Nom and Khun Ni. In the same way Coocky studied self-development with Khun Jasmine at Pothiyalai, Ashtanga Yoga with William at Yogasala and she practiced meditation at Wat Rampoeng. She has been practising Reusi Datton (traditional Thai yoga), for many years and recently she has begun to study Kundalini Yoga with Siri Shabd Singh.

