



UPCOMING SPECIAL CLASS

with Arno L'Hermitte

OSTEOTHAI for the main joints
5 & half day/7 night residential course / €1200
from Saturday 17th to Saturday 24th August, 2024



The integration of specific articular technics will be gradually included in the Thai sequences and in the flow of our practice. In addition to addressing the joints one by one, we will use the infinite options of Traditional Thai Massage to approach them with precision and creativity. We will follow the biomechanics of each joint with precision and awareness in our touch. This will help to restore mobility and rhythm, improve blood circulation, free energy blockages...

The course is open to anyone passionate by the art of touch, and joints therapy. A previous experience in Traditional Thai Massage is required.

Course content:

- Fundamental Osteothai principles for articular treatment
- Day by day analytic and specific approach of the main joints for arms and legs
- Structural and functional answers to joint conditions
- Video support & certification

Advice:

Get familiar with some anatomy before the class: muscular system, biomechanics of the joints, and terminology for arms and legs.

Limited spaces available!

Price included: 5 full days of course, half day free practice, early morning Qi Gong, 2 meals per day, 7 nights' accommodation in shared rooms. Further information & registration please contact Xavier by email: xavier@lelotusblanc.com or by phone: +33 (0)6 31 21 86 44.



Arno L'Hermitte

Founder and director of the Thai Massage Circus in Laos since 2008, physiotherapist and osteopath, creator of the Osteothai techniques in the early 2000.

Arno originally trained in physiotherapy and osteopathy in France and England, and has run his own physio and osteopathy clinic in Tahiti for ten years.

Arno has been involved in bodywork for over twenty five years. While traveling in Asia he came across Traditional Thai Massage and yoga, and has since been working with the integration of eastern and western approach.

Having trained in Chiang Mai with his masters Asokananda, Ajahn Chayuth Priyasith and Ajahn Pichest Boonthumme, as well as with the blind, he runs courses in massage around the world and has a unique approach to his work which inspires people to shape the direction of their own practice.

He is renowned for his gentle, firm touch and the development of the Traditional Thai Massage and the Osteothai.



ÉCOLE DE MASSAGE THAI TRADITIONNEL ET D'ARTS ÉNERGÉTIQUES
4 rue de la Mairie 86400 Saint-Gaudent FRANCE
E-mail: xavier@lelotusblanc.com - Tel. +33 (0)6 31 21 86 44
www.lelotusblanc.com





LE LOTUS BLANC
www.lelotusblanc.com

COURSES IN FRANCE... HOW TO COME?

Le Lotus Blanc Traditional Thai Massage & Energy Arts School is situated in the heart of Saint-Gaudent (86400), a small village 3km from Civray downtown, in southern Vienne, at the border of Charente, Deux-Sèvres and Vienne departments.

Le Lotus Blanc is easily reachable

by car

coming from Paris / Poitiers or Bordeaux / Angoulême: A10 then N10, exit in the direction of Civray by the D948 road, then cross Le Grand Pas *commune de St Saviol*, then follow the direction of Saint-Gaudent.

by train (10 minutes from Saint-Saviol train station where we can pick you up)

from Paris or Bordeaux, take the TGV to Poitiers or Angoulême, then take the TER to Saint-Saviol.

by air

from Paris CDG airport, take the TGV to Poitiers, then the TER to Saint-Saviol

from Poitiers-Biard PIS airport (direct flights from London-Stansted), take the TER to Saint-Saviol.



LE LIEU DES STAGES EN FRANCE...COMMENT VENIR ?

Le Lotus Blanc École de Massage Thaï Traditionnel et d'Arts Énergétiques est situé au cœur du petit village de Saint-Gaudent (86400), dans le sud Vienne, à 3km du centre-ville de Civray, à la limite des départements de la Charente, des Deux-Sèvres et de la Vienne.

Le Lotus Blanc est facilement accessible

en voiture

depuis Paris / Poitiers ou Bordeaux / Angoulême : par la A10 puis la N10, sortir en direction de Civray par la route D948, puis traverser Le Grand Pas *commune de St Saviol*, suivre ensuite la direction Saint-Gaudent.

en train (à 10 minutes de la gare de Saint-Saviol où nous pouvons venir vous chercher)

depuis Paris ou Bordeaux, prendre le TGV pour Poitiers ou Angoulême, puis le TER pour Saint-Saviol.

en avion

depuis Paris CDG, prendre le TGV pour Poitiers, puis le TER pour Saint-Saviol

depuis Poitiers-Biard PIS (vols directs depuis London-Stansted), en gare de Poitiers prendre le TER pour Saint-Saviol.

MEMBER OF



Thai Healing Alliance

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ACCOMODATION & MEALS

You are accommodated in the lodging *La Charmille*, just in front of the massage school!

This lodging recently fitted out in the old presbytery of the 19th century, offers you all the comfort for your stay. It is composed of 4 rooms of 2, 3 or 4 beds, 4 bathrooms, and 5 toilets.

End of day activities: tennis court and ping-pong table available free of charge on site. Civray aquatic center (4km), Saint-Macoux leisure area (4km), Rejallant water sports center (15km), picturesque villages of Verteuil-sur-Charente and Nanteuil-en-Vallée (15km).

For dinner on Saturday 17th August, Coocky prepares a welcome meal for us!

The breakfasts are to be taken at the lodging in autonomy. We will provide you with tea, coffee, cereals, breads, jams, eggs, fruits, etc...

For lunch, Coocky offers us a French-Thai cuisine made from vegetables and fruits of our permaculture garden!

The evening meals are not included. The fully equipped kitchen of the lodging and its outside barbecue are at your disposal. For your supplies, supermarkets are only 3km away. Otherwise bars and restaurants are located in the surrounding villages.



HERBERGEMENT & REPAS

Vous êtes hébergés dans le gîte *La Charmille*, juste en face de l'école de massage !

Ce gîte aménagé récemment dans l'ancien presbytère du 19^{ème} siècle, vous offre tout le confort pour votre séjour. Il se compose de 4 chambres de 2, 3 ou 4 lits, 4 salles d'eau, et 5 wc.

Activités de fin de journée : terrain de tennis et table de ping-pong à disposition gratuitement sur place. Centre aquatique de Civray (4km), aire de loisirs de Saint-Macoux (4km), base nautique de Rejallant (15km), villages pittoresques de Verteuil-sur-Charente et Nanteuil-en-Vallée (15km).

Pour le diner du samedi 17 août, Coocky nous prépare un repas de bienvenue !

Les petits déjeuners sont à prendre au gîte en autonomie. Nous mettons à votre disposition thé, café, céréales, pains, confitures, œufs, fruits, etc...

Pour la restauration du midi, Coocky nous propose une cuisine franco thaïe concoctée à partir des légumes et fruits de notre jardin cultivé en permaculture !

Les repas du soir ne sont pas inclus. La cuisine du gîte entièrement équipée et son barbecue extérieur sont à votre disposition. Pour vous ravitailler des supermarchés sont à seulement 3km. Sinon des bars et restaurants se situent dans les communes alentour.

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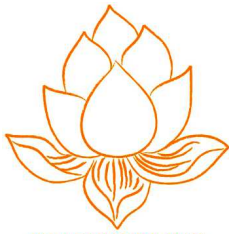
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LODGING / GITE *La Charmille*



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Représentant officiel