



UPCOMING SPECIAL COURSES

OSTEOTHAI with Arno L'Hermitte **32 hours / 15,000 Baht**

Main joints

January 21 - 25, 2020 (Tue - Sat), 9:00-17:00

Lower back condition

March 9 - 13, 2020 (Mon - Fri), 9:00-17:00



Created by Arno L'Hermitte in 2001, OsteoThai is the meeting of Traditional Thai Massage and osteopathy, a bridge between East and West. It's a form of bodywork that combines extraordinary Thai massage techniques with the precise and gentle touch of osteopathy.

OsteoThai is practised on the floor; the patient wears light comfortable clothing. The practitioner uses not only his hands but also his feet, knees and elbows. This makes for a

rich and colourful approach. OsteoThai combines Traditional Thai Massage's varied and powerful stretches, using leverage techniques across muscles groups and its acupressure work on energy lines, with osteopathy's release of tissue tension and work on structural and joint mobility.



These 2 classes are intended for experienced, motivated and open minded practitioners in Traditional Thai massage. They will cover techniques in the articular, myofascial and visceral areas, where tissue listening and the realization of techniques require precision and attention.

The first class will cover each joint of the lower and upper limbs including ankle, knee, hip, shoulder, wrist and elbow. The second class will bring a special focus on the spine and mainly the lower back condition in order to improve vertebrae mobility and bring back ease of movement.



Arno L'Hermitte

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

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.

LOI KROH TRADITIONAL THAI MASSAGE & YOGA

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

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