



**Zenthai Shiatsu** incorporates Traditional Thai Massage, Zen Shiatsu, and osteopathic and remedial techniques ... providing deep relaxation, relief from physical pain/injuries/imbances and promotes deeper inner connection. **A truly holistic massage experience.**

Perhaps you have **loved receiving** Zenthai bodywork or maybe you've not yet had the experience but **are intrigued** by what you've read or heard. Come and explore Zenthai Shiatsu in this wonderful 4 day immersion.

The Level 1 course **is ideal for anyone** - whether you're:

- \* wanting to continue on to **become a Zenthai Shiatsu practitioner**;
- \* would like to add some **new techniques** to your existing practice with clients;
- \* build confidence in **adjusting yoga students**;
- \* want to learn a new way to **share therapeutic and loving touch** with your loved ones;
- \* or, would **love to simply be in the experience** - to gift yourself with the opportunity to soak up being in connection with nature, yourself and others through guided massage.

Come and gain confidence in proven techniques whilst learning this beautiful form of holistic massage.

Created by the founder of Zenthai Shiatsu, **Gwyn Williams**, this Level 1 course forms a wonderfully practical foundation to Zenthai. It is also the pre-requisite for all other Zenthai courses that he teaches and is the foundation for the 9 month practitioner training with Gwyn.

Here are some things you can expect during our four days together...

- We'll have a practical focus on all Zen Thai Techniques
- You'll give and receive quality bodywork
- Deepen your sense of touch
- Be enriched by conscious community
- Cultivate your inner awareness
- Move your body, go deep and have fun!



Please note we will start each day with movement and yoga. Some yoga experience is highly recommended. We start each day promptly at 8.30am, and conclude at 4.30pm.

More on **Lilamani**

Lilamani has been offering holistic massage to her community for over 10 years, and is a long time Zenthai Shiatsu therapist and teacher. She holds dearly the creativity, innovation and heart-centredness of Zenthai's founder - Gwyn Williams. She dedicates her life to supporting others in finding and nurturing more fulfilling, loving and authentic connections within, with others and with all of life. Lilamani also supports people through workshops, events and private sessions centred on Conscious Relating and HolisticTantra.

**For more info and to book contact Lilamani:**

**0407 391 163 | [lilamani@templeflame.com.au](mailto:lilamani@templeflame.com.au) | [templeflame.com.au](http://templeflame.com.au)**





### **What others have shared after their Level 1 course with Lilamani**

*I have enjoyed and benefited greatly from the 4 day Level 1 Zen Thai Shiatsu course. Lilamani's insightful and informative manner assists a deep and integrated transference of knowledge in a playful but focused learning environment. ~ Raphael*

*I would highly recommend this course to anyone who wants to explore bodywork if for the first time or to enhance skills in other modalities. Zen Thai is such a beautiful therapy and can be applied in many different ways. I feel it will also improve my yoga practice as I have even more awareness of my body now. ~ Nicole*

*This 4 day course was an amazing self discovery journey that was so much more than just learning a massage 'technique' I would recommend it to anyone seeking a nurturing, inspiring and totally fun experience. Thanks! ~ Dion*

*Lilamani is a wonderful teacher- warm caring and compassionate, very knowledgeable of the form, and very clear and concise in her instruction. I would recommend her teaching of Zen Thai Shiatsu to anyone. ~ Andy*

*To be honest, it was all awesome and I can't really think of anything I'd do differently. It was a really well struck balance between theory and practice, and as a teacher Lilamani holds a really beautiful and integral space. My partner and I had a beautiful time. We learnt some great skills and found new and deeper ways to connect, both in body and spirit. ~ Thomas*

*This course was a great introduction to shiatsu and an insightful look at the depth this modality has. I was pleasantly surprised and it has opened up the way I look at healing, as well as expending my own consciousness. ~ Michael*

*Lilamani is an excellent teacher who has an wonderful use of language. There was a great balance of clear instruction, without making anyone wrong. A great, spacious, full learning experience. Grounding what I already know with what I didn't. It was opening and empowering to learn to allow space for my client to bring their own healing to this modality as well as the other's I practice. ~ Dan*

*A beautiful dynamic 4 day course. Lilamani was an amazing teaching, guiding the course in a deep yet playful, encouraging and simple way. ~ Jerika*

*Lilamani held the space well and allowed the participants to flow naturally. The course was a lot to learn and I was a little overwhelmed on day two. By day four I was feeling confident in my level of ease the the massage. I thoroughly enjoyed the giving and receiving of touch, and I would do it all again! ~ Edwin*

*I really enjoyed learning a new skill which feels to be a wonderful offering to others. Lilamani shares her wealth of experience in an enthusiastic, well communicated and easy to follow teaching style. She was supportive with questions during each session. I would be happy to recommend her courses to others. ~ Isaac*