



Details of the AYURVEDA YOGA MASSAGE THERAPY COURSE from 9-18 July 2024 at Casa Jio I Tenerife

Mindful & intensive training for experienced or curious **bodyworkers** or **therapists**, to learn the **basic techniques** (anatomy, deep strokes, yoga-based stretches, contraindications) to be able to give a **full healing body-mind-spirit massage (90 minutes)**.

You will also learn to **meditate**, practice **Yoga** and **be connected to yourself**.

Look forward to **10 intensive learning days** with lots of **discipline, practice & theory!** Module A does not include the massage technique with the feet.

“When your receiver allows to relax in depth, deep healing can happen.” Kusum Modak

Trainer/Facilitator: Noun F. Felten

Location: Casa Jio I Calle Erjos 1 I 38616 Granadilla I Tenerife I España

Duration: 10 days

Date: 9-18 July 2024

Prices:

2999 € (single room occupancy)

2799 € (double occupancy)

2599 € (occupancy of a triple room)

Included in this price: Training programme (approx. 70 hours massage course), programme from 6:30 am – 21:15 pm, Yoga, Meditation, breakfast, lunch, dinner (all vegetarian with love, organic & local products), shared bathrooms, towels, bed linen

Not included in this price: Arrival and departure, transfer to Casa Jio, extra nights in case of early arrival, extra nights in case of extension,

excursions

Course description: Learn from me how to touch **body & soul**. I had the great honour to learn a total of **744 hours** from **Dr. Taruna Sanjivani in India between 2016 and 2019** and also received regular individual sessions from her. Taruna is very experienced and **a direct disciple of beloved Master Kusum Modak**. I was even allowed to experience Kusum personally for a few days in these trainings in Nagpur and **this changed my life!!!!** This woman is fascinating in many ways! **She is beyond**. I will teach what I have learned, what I love so much and will take you on an **intense journey**.

The course will be held in **English / German**.

Here you can see me doing the work: <https://youtu.be/yvnG00CxPR4>

You can learn more about **Ayurveda Yoga Massage Therapy Treatment** on my homepage.

Daily schedule:

06:30 – 7:30 Meditation

07:45 – 8:30 Yoga

08:30 – 9:30 Breakfast

09:45 – 13:45 **AYMT Course**

14:00 – 15:00 Lunch


15:15 – 17:15 **AYMT Course**

17:30 – 18:30 Meditation

19:00 – 20:00 Dinner

20:15 – 21:15 **AYMT Course**

For your planning:

 **Arrival** is on your own and you should be onside **by 2 pm on Monday, 8 July 2024**. Our **welcome ceremony** will start at **5 pm**. You are very welcome to arrive before or stay longer. Price for each additional night: € 44 / person including cereal and fruit breakfast. There is a guarded car park for your hire car for € 4 / day. The final cleaning costs 22 € / room.

 **Tenerife South Airport** is approx. 20 minutes away from Casa Jio.



Departure is on **Friday, 19 July 2024** after breakfast.



You will receive a certificate of attendance at the end of this course. It is not a recognised certificate. I will teach you with all my love, honesty and experience what I learned in India, plus my life experiences as a teacher, healer and bodyworker since 2005.



There will be no “classical” script. I want your 100% attention and I don't want you to lose focus by taking notes. You are of course allowed to do so. The most important techniques and stretches will **be filmed**, and explained by me during the course. These recordings will be sent to you at the end of the course, and you can watch them again and again. You will get a lot of time to practise during these approx. 70 hours. In addition, I will be available to answer your questions at any time after the course.

Casa Jio



This magical "place of the beloved soul" in the mountains of Tenerife will enchant you and make you feel at home. Nestled in various terraces, the large house has direct access to Tenerife's volcanic mountains and a fascinating view of the ocean. The nearest beach is 15-20 minutes away. Granadilla is a friendly typical Canarian village. Sabine, the shining soul of the house, will spoil us with her love of food.

If you have any further questions, please do not hesitate to contact me. Even if the price should be an obstacle.