

TUSCANY 13-26 OCTOBER 2024

Nuad Thai Teacher Training Retreat



Dear, we are delighted that you'd like to join our transformative two-week journey of the Nuad Thai Teacher Training Retreat, which will take place from October 13 to 26, surrounded by the rolling hills of Tuscany at Villa Podernovo (SI).

During these two weeks, we'll dive deep into the Nuad Thai Teacher Training, where you will master this ancient healing-massage technique by learning both the basic (Nuad Thai Level I) and intermediate (Nuad Thai Level II) techniques. We will also introduce you to a new method for incorporating this practice into your everyday life: the Nuad Thai Massage Lifestyle Classes. Additionally, you'll have ample opportunity to unwind, recharge, and immerse yourself in the beauty of Tuscany in autumn.

This is more than just a regular retreat; it's an opportunity to transform your life.

Maria, Nicole, Manel and Diana

DAILY PLAN

Sunday, October 13: Arrival Day

15:00: Greetings and Check-in

16:00-18:00: Dive into the world of Nuad Thai and Nuad Thai Lifestyle classes

From 19:00: Indulge in a feast-like welcome dinner at Villa Podernovo

Monday, October 14 to Friday, October 18: Nuad Thai LEVEL I

8:30-9:30: Nuad Thai Lifestyle Class to kick-start your day

9:30-10:00: Abundant Continental Breakfast with local products

10:00-12:00: Nuad Thai Level I Protocol, where theory meets practice

12:00-13:00: Enjoy a delightful Tuscan lunch break

13:00-15:00: Nuad Thai Level I Protocol, where theory meets practice

15:00-16:00: Recharge during a brief break and rest session or continue with practice

16:00-17:00: Engage in Nuad Thai Lifestyle Class to enhance your well-being

17:00 onwards: Unwind and explore the evening at your leisure. Visit the best restaurant in the nearby town (within walking distance), or enjoy a meal at one of the top agriturismos in the region. Alternatively, relax at the villa and make your dinner in the common kitchen.

Saturday, October 19 and Sunday, October 20:

8:30-9:30: Delight in an optional Nuad Thai Lifestyle Class to invigorate your weekend

9:30-10:30: Abundant Continental Breakfast with local products

Free days: Embark on an adventure through the picturesque Tuscan landscapes or stay at the villa for extra practice or leisurely sightseeing.

Monday, October 21 to Friday, October 25:

8:30-9:30: Nuad Thai Lifestyle Class to kick-start your day

9:30-10:00: Abundant Continental Breakfast with local products

10:00-12:00: Nuad Thai Level II Protocol, where theory meets practice

12:00-13:00: Enjoy a delightful Tuscan lunch break

13:00-15:00: Nuad Thai Level II Protocol, where theory meets practice

15:00-16:00: Recharge during a brief break and rest session or continue with practice

16:00-17:00: Engage in Nuad Thai Lifestyle Class to enhance your well-being

17:00 onwards: Unwind and explore the evening at your leisure. Visit the best restaurant in the nearby town (within walking distance), or enjoy a meal at one of the top agriturismos in the region. Alternatively, relax at the villa and make your dinner in the common kitchen.

Saturday, October 26: Departure Day

8:30-9:30: Begin your day with a satisfying continental breakfast.

10:00-12:00: Optional exams and a memorable final ceremony.

12:00-13:00: Heartwarming goodbye lunch at Villa Podernovo and check out

ACCOMODATION - VILLA PODERNOVO, MONTICIANO (SI)

Surrounded by the enchanting beauty of hilltop medieval villages and untouched hamlets, Villa Podernovo reveals a landscape painted with serenity. Here, guests wander through lanes adorned with the verdant hues of the countryside, each step a journey into the rich tapestry of history and culture that defines this region.

Step into the embrace of Villa Podernovo and find yourself surrounded by the simplicity of elegance—a sanctuary where authenticity meets comfort. As October casts its gentle light, the villa becomes a canvas for our Nuad Thai Teacher Training Retreat. During your stay, find respite in the comfort of our shared double rooms, where every detail is designed to enhance your experience. You can choose between two type of accomodation: **Appartamento Santa Maria** and **Appartamento Leccio/Focolare**.

From healthy breakfasts to fulfilling lunches, Villa Podernovo ensures that every aspect of your retreat is infused with warmth and hospitality.



Appartamento Santa Maria

Within the **Basic Package**, you'll stay in a shared double room with single or double beds (according to your requests) with a private bathroom in **Appartamento Santa Maria**, a spacious two-level apartment featuring five double rooms and a large common kitchen and living room.



Appartamento Leccio and Appartamento Felce

Within the **Advanced Package**, you'll be accommodated in either **Appartamento Leccio** or **Appartamento Focolare**, both luxury apartments offering shared double rooms with single or double beds (according to your request), private bathrooms, kitchens, and living rooms.

Please note: there are only 4 spots available for the **Advanced Package**.



NUAD THAI - ITM THAI HAND AMSTERDAM

Since 2009, **ITM THAI HAND** the International Training Massage School in Amsterdam, has been helping massage enthusiasts, aspiring therapists, and wellness seekers master Nuad Thai Massage. Over the past 15 years, they have guided over 10,000 individuals to wellness through this ancient practice.

Founded by **Manel Aguilera** and **Nicole van Zurk**, ITM Thai Hand Amsterdam is the **first European franchise of ITM Chiang Mai**, the International Training Massage School in Northern Thailand. Recognized by the Department of Health and Education of Thailand, ITM Chiang Mai is acclaimed as the best Thai massage school in the country and holds international recognition.

With over 15 years of experience, Manel will lead our Teacher Training Retreat in Tuscany. He has trained numerous massage therapists and trainers, sharing his expertise with passion and dedication. During the retreat, we will dive deep into Nuad Thai Levels I and II and learn the innovative Nuad Thai Massage Lifestyle Classes. As part of your learning journey, you will receive a comprehensive book for each level of Nuad Thai Massage, along with instructional videos to enhance your understanding and practice.

After these two weeks, you will not only be capable of performing effective Nuad Thai Massages but also qualified to teach Nuad Thai Lifestyle Classes.



NUAD THAI - WHAT YOU WILL LEARN

The origins of Nuad Thai Massage can be traced back to the ancient Indian healing system of Ayurveda, which dates back more than 5,000 years. Ayurveda emphasizes the importance of balance between mind, body, and spirit and includes various massage techniques as part of its therapeutic practices.

Thai massage was developed by a physician named Jivaka Kumar Bhaccha, believed to have been the doctor of Buddha. Jivaka is said to have practiced Ayurvedic medicine and massage in India before traveling to Thailand.

Over time, Nuad Thai massage evolved into a unique practice that incorporates elements of traditional Chinese medicine, yoga, and Ayurveda. Practitioners use hands, thumbs, elbows, knees, and feet to apply acupressure, as well as perform various stretching movements and yoga-like postures. Recipients remain fully clothed during the massage, and no oils are used.

Today, Thai massage is a widely practiced form of bodywork that emphasizes holistic healing and the importance of mind-body-spirit balance. In 2019, it became the first and only massage technique inscribed by UNESCO

The Nuad Thai Teacher Training Retreat includes the following

Nuad Thai Level I

Nuad Thai Level I serves as the foundation of traditional Nuad Thai Massage. It covers the front position, from feet to face, teaching stretches, acupressure points, and the proper use of body weight using thumbs, palms, elbows, knees, and feet to perform an effective massage. Additionally, it introduces basic techniques for abdominal massage.

No prior experience is needed.

Nuad Thai Level II

Nuad Thai Level II expands on the techniques learned in Level I to cover the Side, Back (Prone) and Sitting Positions. It includes advanced “yoga like” stretching movements. Upon completion of Nuad Thai Level I and II you will have a substantial foundation of the major positions of Thai Massage and can perform advanced massage techniques.

Prerequisite: Nuad Thai Level I

Nuad Thai Massage Lifestyle Classes

The Nuad Thai Massage Lifestyle Classes are the culmination of years of dedicated research by ITM THAI HAND. Manel and Nicole believe that regular massage is essential for maintaining physical and emotional well-being. Much like attending yoga classes multiple times a week—it should become a lifestyle.

To address this, they designed the Nuad Thai Massage Lifestyle Classes, which enable participants to actively give and receive massages under expert guidance for a total duration of one hour (30 minutes of giving and 30 minutes of receiving a massage). These classes are already a reality at the ITM THAI HAND school in Amsterdam and have expanded to other locations in the Netherlands this year, thanks to previous students.

By following this trainign you will be learn this innovative tecnique and you will be then able to lead Nuad Thai Massage Lifestyle Classes as well.

Prerequisite: Nuad Thai Level I and II

PRICE LIST

For the Nuad Thai Teacher Training Retreat we are able to offer you two different packages that differ based on the accommodation selected.

In the **BASIC PACKAGE**, you'll stay in a shared luxury double room with a private bathroom in **Appartamento Santa Maria**, a spacious two-level apartment featuring five double rooms and a large common kitchen and living room.

In the **ADVANCED PACKAGE**, you'll be accommodated in either **Appartamento Leccio** or **Appartamento Focolare**, both luxury apartments offering shared double rooms with private bathrooms, kitchens, and living rooms. Please note, there are only 4 spots available for the Advanced Package.

EARLY BIRD discounts are available until **August 1st**. Ensure you secure your spot before then to benefit from the offer.

BASIC PACKAGE in Appartamento Santa Maria

- * 13 nights at Appartamento Santa Maria in a shared luxury double bedroom
- * Welcome dinner on October 13 at Villa Podernovo
- * 13 Continental Breakfast featuring typical local products catered by Villa Podernovo,
- * 11 classical tuscan lunches made with local product and catered by Villa Podernovo
- * 60 Hours Nuad Thai Theory and Practice Level I and II (and optional two days extra of free practice if you like)
- * Nuad Thai Books Protocol Level I and II
- * Nuad Thai Videos for continued practice
- * Booklet guide to discover the most authentic nearby places you can visit during evenings or your free weekends

Early Bird from 3500 euro (VAT included)

Normal from 3800 euro (VAT included)

INTERMEDIATE PACKAGE in Appartamento Felce or Appartamento Leccio

- * 13 nights in Appartamento Felce or Appartamento Leccio in shared double bedroom
- * Welcome dinner on October 13 at Villa Podernovo
- * 13 Continental Breakfast featuring typical local products catered by Villa Podernovo,
- * 11 classical tuscan lunches made with local product and catered by Villa Podernovo
- * 60 Hours Nuad Thai Theory and Practice Level I and II (and optional two days extra of free practice if you like)
- * Nuad Thai Books Protocol Level I and II
- * Nuad Thai Videos for continued practice
- * Booklet guide to discover the most authentic nearby places you can visit during evenings or your free weekends

Early Bird from 3700 euro (VAT included)
Normal from 4000 euro (VAT included)

PAYMENT

For payments we offer you different solutions:

Full payment: Pay the full retreat fee at once

Down Payment and Final Payment: Down payment of 1500 euros to secure your spot, followed by the full payment around the beginning of September.

Installments: Opt for a payment plan in 4 installments. The first installment is required to book your participation

NOT INCLUDED

Transportation

Transportation costs are not included, but we can assist in arranging transfers from Pisa Airport if needed. Please note: Monticiano village is reachable by foot from Villa Podernovo, but if you plan to explore Tuscany on the weekend or dine at various restaurants beyond Monticiano, having a car will be necessary.

Dinners:

Enjoy your evenings at your own pace to unwind and explore the beautiful surroundings. Whether you choose to dine at a local restaurant, cook at home, or venture further afield, dinners are not included to give you the freedom to tailor your experience.

Before your arrival you will receive a compelled booklet with the best locations for the dinners.

Exams

If you choose to take exams, an additional fee of 90€ for each level will be required. These certificates are issued directly by ITM in Thailand, the primary Nuad Thai School in Thailand. This is why this extra fee is applicable.

Week end Lunch

Lunch options are available for order during the weekend if you wish to stay at the villa for extra practice or simply relax. Alternatively, you can prepare your own lunch in the shared or private kitchen or dine out in the nearby village.

EXTRA SERVICES - GOOD TO KNOW

Laundry: If you need laundry services, we offer an in-house service which includes washing, drying, and folding (no ironing) for 20 euros per 10 kg load

Limited Capacity: Our retreat has limited availability. Please confirm your spot soon to secure your participation

Retreat Confirmation: The retreat requires a minimum of 6 participants to proceed. We will notify you once this threshold is met. If you plan to book your flight tickets before receiving confirmation, please opt for a refundable option

Cancellation Policy: Full reimbursement is provided for cancellations made before August 1st. After this date, the deposit, first installment, or 30% of the full payment will not be refunded

Bedding: All rooms feature single beds for shared accommodation. If you prefer a double bed and are coming with a partner or friend, please specify this during booking