

Thai Massage Workshop by Daniela Staudinger (Aeriality)

Meditation - Breath - Awareness - Touch

The workshop will be held mostly in german and partly in english (if there are non-german speaking persons in the group).

Traditionally practiced in Buddhist monasteries a thousand years ago as a spiritual practice, Thai Massage in the western world is practiced as a meditation in movement and is often used to calm down, relax and ground yourself again.

Another aspect of Thai Massage - and that's why it is also called "Passive Yoga" - is the "assisted stretch", where the giver brings the recipient into yoga-like positions. But not only the receiver can relax in this workshop: Thai Massage is often called "Lazy Massage" because this technique is quite relaxing for the masseuse too! :-)

The participants are invited to follow their intuition and breath while massaging. We are aware about the influence of gravity and use this physical force to melt in a sensitive and compassionate way into the muscular layers of the recipient.

Each participant will give and receive a full-body massage sequence - from the toes to the head :-) But in contrast to the classical western massage, we won't use lotions or oils and we also don't want to rub or knead the naked muscles - we will much more compress, pull, stretch and rock the single body parts of the clothed receiver.



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In this treatment we celebrate the symbiosis of giving and receiving - of every inhale and every exhale - and combine fluid and smooth movements with rhythmic and static pressures.

This workshop is perfect to relax, center and ground ourselves again!

After the Thai Massage Part, we add some partner stretches.

Daniela Staudinger (AUT) fell in love with Thai Massage while visiting “AcroYoga” courses & workshops. She visited Thailand in 2018 and joined the Thai Massage Basic Course in Chiang Mai to share the basic principles and moves with her students.

Daniela works as an Aerial Yoga-, -Dance, -Pilates, -Silk, -Hoop and -Bungee Trainer in Vienna and is the founder of the “Aerosomnia” - an Aerial Arts and Yoga Retreat which takes place every summer in Litschau/ Austria. With her friend and colleague Alma Gall she teaches the “Thank you for flying” retreats every year at the Gea Akademie in Schrems/ AUT. She loves Contact Improvisation, Playfight, Partner Acrobatics & of course, Thai Massage!

