



*Thai Massage School of Chiang Mai*  
Thai Massage School Thailand

Yogi Exercise "Lue Sri Dadton" (1 day)  
CLASS OBJECTIVE AND TEACHING PROCESS

OBJECTIVE:

At the end of the course in Yogi Exercise students will be able to:

1. Understand the benefits of the ancient Yogi Exercise "Lue Sri Dadton".
2. Perform all 16 positions from the ancient Thai exercise.

TEACHING PROCESS:

Demonstration performs in details explanation on each technique.

Students practice under closed teachers' supervision.

At the end of the day, the teachers will response to students' questions on particular techniques and review them in the group.

Class time: 9.00-16.00  
Lunch time: 11.45-13.00  
Break time: 14.45-15.00