



CERTIFICATE

Urs Pfändler

has successfully completed the 5.5 day course in traditional Thaimassage:

“Thai Massage & the 5 Elements”

from Tuesday, 24.03. until Sunday 29.03.2026
at Dao Sparenmoos, Zweisimmen, Switzerland

The training encompasses the following focal points:

- Therapeutic application of Thai Massage in alignment with the Five Elements of Chinese Medicine
 - Understanding and treatment of the emotional body and common pathological conditions
 - In-depth study of the 5 Elements—Water, Earth, Metal, Fire, and Wood—
including their corresponding internal organs, meridians, acupoints, and related therapeutic principles
- Application of Thai Massage sequences to address and rebalance disharmonies within each element
 - Integration of Taoist principles with both static and dynamic Thai Massage techniques
 - Methods to tonify or disperse energy, correct deficiencies and excess conditions, and restore harmony within the physical, emotional, and energetic bodies

Course Duration: 45 hours of teaching (at 60min per hour)

Itingen, 29.03.2026

Director of Thaimassage Vacanza, Itingen

Patrick Tanner

Course Instructor

Panagiotis Oikonomou
(Krishnataki)