

THAI MASSAGE & OSTEOPATHY for the ABDOMINAL ORGANS

elisabeth  
aue

The magic of  
Abdominal Massage

Vienna

[www.elisabethaue.com](http://www.elisabethaue.com)

Abdominal Massage is pure magic!

This intimate and sensitive part of our bodies stores a lot of emotion and therefore holds a lot of tension. Touching it with awareness and helping to release tension is a unique experience and special chapter of bodywork!

On a physical level treating the internal organs and fascia system of the abdomen enhances detoxification and allows for the vital organs to glide smoothly within our body.

This free movement is essential for a healthy function and healing of our stomach, liver, intestines and all other organs - or viscera, as the medical term is.

Combining anatomical and physiological knowledge about our vital organs, embodied anatomy and clinical experience, I will share a bodywork practice that consists of:

Osteopathic listening and techniques  
Abdominal Thai Massage Tradition  
Energy Lines & Acupressure points

Skin Work, Fascia Work, Muscles, Organs,  
Nervous System Innervation  
& so much more!

can help with  
digestive problems such as abdominal pain, constipation, cramps,  
indigestion, period pain, lower back pain,  
sleeping disorders and many more

## Abdominal Massage

detoxing  
nourishing  
opening adhesions and stuck fascia  
allowing free blood flow  
stimulating organ function  
regulating the nervous system

## 3 Workshops

# Osteopathy & Thai Massage for Abdominal Organs

Workshop 1: Stomach & Liver

Workshop 2: Small & Large Intestine

Workshop 3: Kidneys & Reproductive System

Each part is a full weekend workshop with  
16 Hours of Theory & Practice  
small groups for individual and therapeutical learning!

PRICE 300,- / Workshop

Bring a friend price 280,-

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## NEXT DATES

Workshop 1: Stomach & Liver - 23.-24.3.24  
fully booked

**WORKSHOP 2: SMALL & LARGE INTESTINE - 18.-19.5.24**  
open for booking

Workshop 3: Kidneys & Reproductive System. - to be announced



for more Information and booking  
[www.elisabethaue.com](http://www.elisabethaue.com)

## SCHEDULE:

09:00 - 14:00 THEORY & PRACTICE

14:00 - 15:30 LUNCH BREAK

15:30 - 18:00 PRACTICE

## LOCATION:

Bergsteiggasse 37/ Stiege 1/Top 4

1170 Wien

Registration

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## Elisabeth AUE

Physiotherapist, Osteopath,  
Thai Yoga Massage Therapist  
Yoga Instructor



I spent the last 15 years learning about the human body and health, aiming to complete a holistic approach studying eastern as well as western modalities. I started as a Physiotherapist, working in a hospital of Neurology and later on opened my own practice in Vienna, where I am giving treatments up until this day.

In 2016 I started studying Osteopathy at the 'Wiener Schule für Osteopathie' and finished my 6th year in 2022. That same year Thai Yoga Massage entered my life and has since played an important role, transforming my manual bodywork practice.

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