



Thai Massage School of Chiang Mai

Therapeutic Thai Massage Level III (5 days)

CLASS OBJECTIVE AND TEACHING PROCESS

OBJECTIVE:

At the end of the course in Level III students will be able to:

1. Understand the therapeutic benefits of Thai massage
2. Apply the ancient techniques in Thai massage for healing common ailments total of 22 lessons including self-help massage.
3. Preliminary examination prior to perform therapeutic massage for safety
4. Acknowledge and awareness of the contraindication and cautionary for safety in therapeutic Thai massage
5. Provide Thai massage for special care i.e. sick person, children
6. Prepare herbal ball from fresh herbs
7. Apply herbal ball massage in Thai massage and for therapeutic massage.
8. Integrate therapeutic Thai massage techniques to the Thai massage learned in Level I and/or Level II to enhance benefit.
9. Plan to provide appropriate therapeutic massage
10. Perform variety massage periods for therapeutic and combination of normal massage i.e. 1 hour, 1 • hours and 2 hours massage.

TEACHING PROCESS:

Demonstration performs in details explanation on each lesson following ancient pressure points and sequences.

Students pair up to 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. Teachers will perform pressure strength test with each student to ensure quality and safety in Thai massage.

Anatomy charts are present in each class to assist during demonstration.

Lecture and discussion are integrated when appropriate with the session.

Class time: 9.00-16.00

Lunch time: 11.45-13.00

Break time: 14.45-15.00