



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

Thai Chair Massage (1 day)

CLASS OBJECTIVE AND TEACHING PROCESS

OBJECTIVE:

At the end of the course in Thai Chair Massage students will be able to:

1. Understand the benefits of Thai Chair massage.
2. Perform back massage techniques using professional chair massage.
3. Perform back massage techniques using regular chair.
4. Perform hands, arms, shoulder, neck and head massage to relieve tension or for relaxation
5. Perform complete sequences of 15 - 30 minutes Thai Chair Massage for relaxation.

TEACHING PROCESS:

Demonstration performs in details explanation on each technique.

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 Chair Massage.

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