



Thai Massage School of Chiang Mai
Thai Massage School Thailand

Thai Foot Massage-Reflexology (2 days)
CLASS OBJECTIVE AND TEACHING PROCESS

OBJECTIVE:

At the end of the course in Thai Foot Massage or reflexology students will be able to:

1. Understand the benefits of Thai foot massage
2. Perform 13 foot warming techniques to stimulate circulation and energy
3. Identify location for 36 reflexology points
4. How to handle and perform foot massage using wooden stick on reflexology points
5. Perform legs, hands, arms, shoulder and neck massage to complete total relaxation
6. Perform complete sequences of 1 hour Thai Foot 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 Foot Massage.

Massage charts are provided in each class to assist during demonstration and practice.

Class time: 9.00-16.00

Lunch time: 11.45-13.00

Break time: 14.45-15.00