



Thai Massage School of Chiang Mai

Intensive Professional Thai Massage 150 Hour Program (25 days)

CLASS OBJECTIVE AND TEACHING PROCESS

OBJECTIVES:

At the end of the course, students will be able to:

1. Integration of techniques of all levels in Level 1-2- and 3 and combine additional variation techniques when give Thai massage appropriately.
2. Perform 1 hour, 1 ½ hour and 2 hours Thai massage for various needs.
3. Routinely checking massage effectiveness with teacher for professional massage preparation
4. Understand how to apply Thai massage for senior and/or disabled persons.
5. Understand how to combine Thai massage and Tui Na to relief blockages.
6. Massage professionally, effectively with time management and planning.

TEACHING PROCESS:

Lay strong foundation of Thai massage in various stages.

Strict discipline in performance with accuracy to achieve safe, polite and effective Thai massage.

Supervise strictly for professional massage techniques.

Stringent massage training with combination of all 3 levels for various needs.

Using massage planning to practice massage within time limit.

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 routinely 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 practice.

Formal lecture classes in Theory of Thai Massage, Professional Ethics, Anatomy,

Physical assessments applied to Thai massage by the University Professors.