



Thai Massage School of Chiang Mai

Foundation of Thai Massage Level I (5 days)

CLASS OBJECTIVE AND TEACHING PROCESS

OBJECTIVE:

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

1. Understand the benefit of Thai massage
2. Learn to provide good quality Thai massage
3. Acknowledge and aware of the contraindication and cautionary for safety in massage
4. Follow the process, techniques, sequences of Thai massage from head to feet
5. Able to perform a two hours - whole body Thai massage.

TEACHING PROCESS:

First demonstration composes of details explanation on each technique and position movement.

Then repeat with second demonstration to observe the smoothness in sequence.

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