



Thai Massage School of Chiang Mai

Thai Massage Enhancement Level II (5 days)

CLASS OBJECTIVE AND TEACHING PROCESS

OBJECTIVE:

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

1. Understand the theory of Sen Sib.
2. Able to trace Sen Sib on the body.
3. Learn the symptoms related to Sen Sib in the ancient Thai massage.
4. Basic understanding of massage planning for Thai massage.
5. Students will gain the strength in performing Thai massage learn in Foundation of Thai Massage (Level I) with effective systematic learning process.
6. Additional 18 stretching positions and variation techniques in Thai massage.
7. Integration of techniques of Level II to Level I Thai massage
8. Perform 1 hour, 1 • hour and 2 hours Thai massage for various needs.

TEACHING PROCESS:

Using massage cards to assist in memorizing sequences.

Teacher demonstration to review previous lessons from Level I

New Positions: 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.

Sen Sib charts are used to discuss Sen Sib.

Class time: 9.00-16.00

Lunch time: 11.45-13.00

Break time: 14.45-15.00