



The Thai Yoga Massage, practitioner level, diploma course details

Who is the Thai Yoga Massage, practitioner level, diploma course aimed at?

This course is aimed at anyone who wants to learn the healing art of Thai Yoga Massage. So if you are a complete beginner, who wants to develop a career in massage, or you want to learn Thai Yoga Massage so you can treat your partner, family and friends, this course is for you.

The course is also aimed at professional therapists who want to learn a new technique and develop more skills. This includes existing masseurs, qualified in other forms of massage and bodywork, yoga and movement teachers, osteopaths, physiotherapists, dancers and sports people, all of whom can use Thai Yoga Massage as an additional and effective hands-on tool.

What will the Thai Yoga Massage, practitioner level, diploma course involve?

The course involves 72 hours of training, taught over a period of four months. Each month you attend a 3day-training weekend and then have a month to practice what you have learnt. This is a practical and theoretical course that teaches you the powerful healing art of traditional Thai Yoga Massage. On completing the course you will be able to offer a full-body Thai Yoga Massage treatment, to practitioner level.

The exam and qualifying

After completing the course you will need to have practiced 30 full-body massages and produce a written assignment, before being able to return, six-months later, to take the practical exam, which will include a written theory test.

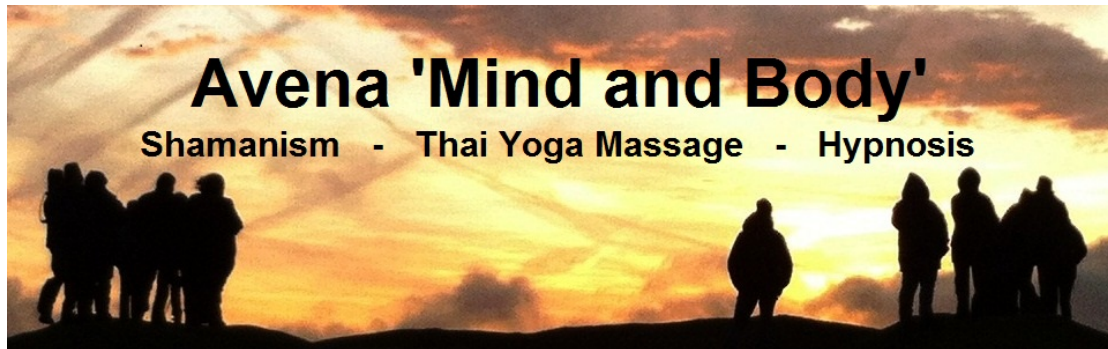
Working as a Thai Yoga Masseur

If you plan to work as a Thai Yoga Masseur, in order to get professional indemnity insurance, which allows you to work as a professional practitioner, you will need a certificate in anatomy and physiology. If you already have an anatomy and physiology certificate, please check with your insurer to see if it also covers you to work as a Thai Yoga Masseur.

To register for a course call Martin Oates on 07968 178192

Or E-mail me at martin@avenamindandbody.com

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The Thai Yoga Massage, practitioner level, diploma course syllabus

Weekend One:

Day one:

An introduction to Thai Yoga Massage: The theory, background and history.

Working the Feet: A demonstration of massaging the feet, including loosening exercises, ankle stretches and the pressure points. Followed by practice.

Day two:

Working the Leg Lines: A demonstration of palming and thumbing the leg lines. Followed by practice.

Day three:

Single Leg Stretches: A demonstration of how to apply yoga-based stretches to each leg, one at a time. Applying the blood stop to both legs, to cleanse the blood and aid circulation. Followed by practice.

Weekend Two:

Day one:

Double Leg Stretches: A demonstration of how to apply yoga-based stretches to both legs together. Followed by practice.

Day two:

Stomach, Chest and Arms: A demonstration on massaging the stomach and chest, including the pressure points. Palming and thumbing the arms and applying the blood stop to each arm, to cleanse the blood and aid circulation. Followed by practice.

Day three:

Side Position: A demonstration of palming and thumbing the 3rd outside energy line on the leg, plus some yoga-based stretches and two spinal twists, whilst the client is lying on their side. Followed by practice.

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Weekend Three:

Day one:

Supervised Practice: A chance for each student to practice everything they have learnt, to this point in the course, under supervision. Each student will receive detailed feedback.

Day two:

Back of Body: A demonstration of how to massage the back of the body, including walking the feet, working the pressure points of the two main energy lines of the back. More yoga-based stretches to the legs and the cobra stretch for the back. Followed by practice.

Day three:

Sitting Position: A demonstration of how to massage the neck and shoulders, whilst the client is sitting, including several different yoga-based neck and shoulder stretches and a sitting spinal twist. Followed by practice.

Weekend Four:

Day one:

The Face: A demonstration of how to massage the face, including how to work the different therapeutic pressure points. Followed by practice.

Day two:

Theory Day: A review of the Ten Sen energy lines, including the names, locations and therapeutic qualities. Thai Yoga Massage and how it compares to Shiatsu and Acupressure. How different techniques and the therapeutic pressure points can treat different ailments that include headaches, knee and lower back pain.

Day three:

Assessment Day: A chance for each student to practice a full-body massage, under supervision. Each student will receive detailed feedback.

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