

# Massage Mountain Healing

## Level 1 Foundation of Thai Massage

### 30 Hours over four days

Training can be split into two slots over two weekends or ran consecutively over four days – Thursday to Sunday

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### Day one – 7 hours

#### 10:00 - 13:00

Introduction to School.

Yogi Exercise, Hand-Knee exercise, meditation.

Lesson 1: Hand and sitting position in Thai Massage.

Lesson 2: Head massage demonstration/practice.

Lesson 3: Neck massage demonstration/practice.

Lesson 4: Shoulder massage demonstration/practice.

Practice lesson 2-4.

Lesson 5: Face massage demonstration/practice.

#### Break – 45 minutes

#### 14:15 - 17:45

Exercise.

Lesson 6: Back massage demonstration/practice on side position.

#### Tea Break - 15 minutes.

Review Lesson 2, 3, 4 / spot pressure check to improve technique in lessons.

Cleaning/Change.

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## Day two – 7 hours

### 10:00 - 13:00

Lecture on Thai Massage general knowledge.

Hand-Knee exercise & meditation.

Review of Lessons 2, 3, 4, with demonstrations and questions about techniques.

Lesson 6: Back massage face down position part 1 demonstration/practice.

Back massage face down position part 2 demonstration/practice.

### Break - 45 minutes

### 14:15 -17:45

Exercise

Lesson 7: Arm massage part 1 demonstration / practice.

Arm massage part 2 demonstration / practice.

### Tea Break - 15 minutes.

Review Lesson 6 and Lesson 7/ spot pressure check to improve technique in lessons.

Cleaning, change.

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## Day three – 7 hours

### 10:00 - 13:00

Yogi Exercise, Hand-Knee exercise, meditation.

Quick Review Lesson 6,7 with demonstration and questions about techniques.

Lesson 9: Abdominal massage demonstration / practice.

Lesson 10: Leg massage part 1 demonstration /practice.

Lesson 10: Leg massage part 2 demonstration /practice.

### Break - 45 minutes

**14:15 -17:45**

Exercise

Continue Lesson 10: Leg massage part 3 demonstration/practice.

**Break for tea 15 minutes.**

Review Lesson 9, 10 / spot pressure check to improve technique in lessons.

Cleaning/Change.

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## **Day four – 7 hours**

**10:00 - 13.30**

Yogi Exercise, Hand-Knee exercise, meditation.

Quick Review Lesson 9,10 with demonstration and questions about techniques.

Lesson 11: Body stretching demonstration / practice.

Lesson 12: Conclusion demonstration / practice.

Break - 45 minutes.

**14.15pm-17.45pm**

Demonstration of Whole Body Massage for the teacher.

**Break for tea 15 minutes.**

Practice according to students' need to cover any lessons.

**\*2 hours Exam Full body**

Yogi Exercise, Hand-Knee exercise, meditation.

Students perform whole body Thai massage exam with partner.

\*The 2 hours exam for to complete the 30 hours course will be after minimum of 10 days after finished the course, so you have those days to make sure all the positions. You will need to bring a model with you for that day or arrange with one colleague of the course the same day so both of you will be doing the exam.

**Note:**

Class schedule time-table may be adjusted according to the students' level of understanding. However, all lessons will be completed within the course time.

Practical test is a part of an on-going evaluation by the teacher during practical training of each lesson, correction are made along the training to assist student until able to perform each position adequately

**NOTE: WHOLE BODY MASSAGE PRACTICE PROCEDURE**

- 1. The teacher will pair students based on observation of student's performance during the week benefit students practice.**
- 2. During the practice period, student may not be able to complete both side massage sequences and may be instructed by teacher to perform the part of leg, or arm only the left side or to alter the schedule to go along with the class time. However, in NORMAL MASSAGE situation, students must massage both sides.**
- 3. In normal massage practice, the time permit is limited, the therapist will concentrate more on part that are needed and less time on the other part of the body. This will satisfy the need of the recipient.**
- 4. The teacher will check students' performance for practical Test with 70% passing score. The teacher will correct and assist students' performance to ensure effective learning and able to perform and achieve the passing requirement.**