

THAI MASSAGE FOR THE TABLE: NCBTMB provider # 333930-00

Bring all the therapeutic benefits of Thai Massage to your practice and keep YOUR feet on the floor. Endorsed by the ITM School in Chaing Mai, Thailand and featured in Massage Magazine, our BodySaver Method of Thai for the Table is ergonomic and practical for the western Massage Therapist while preserving the authenticity of the Thai movements. This course covers prone, supine, and side-lying positions.

- * Expand your clientele by having a "no oil" option of massage on your treatments menu
- * Include therapeutic range of motion techniques for athletes, the aging or elderly, or anyone who can benefit from more flexibility and freedom from joint pain
- * Deepen the relaxation response of your clients and avoid the "stretch reflex"
- * Combine Thai with your other Massage modalities for the ultimate in therapeutic massage for your clients--without having to get on top of the table or the floor!

Thai Massage has been called "having yoga done to you," or a "therapeutic dance," because of the rhythmic rocking motions and stretching that are characteristic of this modality of massage. In this course, you will learn techniques for immediate use in your table massage practice and minimize pressure on your thumbs and wrists. By the end of the course, you will be able to perform up to a 90 minute therapeutic Thai for the Table treatment. NCBTMB approved.

Video links (these are housed on YouTube and should be able to be embedded in using Constant Contact:

Course overview: <http://www.youtube.com/watch?v=7AxZt06OGLk>

3 Minute Thai for the Table Hand/Arm Sequence: <http://www.youtube.com/watch?v=4Cp7WyydEJs>

What will be needed for the course:

- Massage Tables
- CD player

Students Will Need to Bring:

- Table linen (one fitted/one flat—if not provided by school)
- Bed Pillow
- Wear comfortable clothing (no jeans or belts—"yoga clothes" and wearing layers is recommended)
- No perfumes or colognes worn to class please

Required Text:

The required text will be available for purchase on the first day of the course from the course instructor. The \$30 text fee is payable by cash or check directly to the instructor.

# of Students	Dates/# of Days	# of CEU's	Cost per Student
Min. 8 per group Max. 20 per group	3 days training August 27-29, 2010	24 NCBTMB	\$395.00 Plus text: \$30.00