

Course Overview: Level I Thai Massage

Focus: Nuad Bo Rarn (Northern Style)

Duration: 30 Hours + Follow-up Assessment Day



Course Entry & Requirements

This course introduces traditional Thai techniques to students of all backgrounds. While no prior experience is required to enrol, please note:

Professional Practice: A recognised qualification in Anatomy and Physiology is a prerequisite for those seeking to practice as a Qualified Registered Therapist.

Course Objectives Level I introduces the "Sen" energy system and the physical, psychological, and spiritual foundations of Thai Massage. By the end of this course, students will be able to perform a complete massage of the front of the body (feet to face).

Technical & Practical Outcomes

- **The ITM Vinyasa Flow:** Execute a 60–90 minute sequence on the front of the body (feet, legs, abdomen, arms, hands, neck, and face) with rhythmic consistency.
- **Anatomical Application:** Demonstrate the correct use of "tools" including thumbs, palms, and the "butterfly" palm technique without causing joint strain to the practitioner.
- **Abdominal Proficiency:** Perform safe and effective abdominal massage (Wind Gates), identifying areas of tension while respecting the sensitivity of the internal organs.
- **Stretching Mechanics:** Safely apply foundational assisted yoga stretches to the lower limbs, ensuring the recipient's joints remain within a healthy range of motion.

Theoretical & Energy Outcomes

- **Sen Line Theory:** Identify the 10 Major Sen Lines (Sib Sen) and understand how to initiate energy flow through specific pressure points.
- **Historical Context:** Explain the origins of Thai Massage, the influence of Dr. Jivaka, and the significance of the *Wai Khru* (respect to the teacher).
- **Contraindications:** Identify "Red Flag" medical conditions where Thai Massage must be avoided or adapted for safety.

Certification Requirements

To achieve certification, students must complete the following:

- **Written Theory Test:** Demonstrating knowledge of Thai massage principles and energy systems.
- **Practical Observation:** A supervised 90-minute practical massage assessment.
- **Case Studies:** Completion of 10 documented treatments (5 clients, 2 sessions each).

Records must include: client name, dates, observations, feedback, and signatures.

Course Overview: Level II Thai Massage

Focus: Nuad Bo Rarn (Northern Style)

Duration: 30 Hours + Assessment Day



Course Description

Level II builds upon the foundations laid in Level I. Students will move beyond basic palm and thumb pressure to incorporate a dynamic range of applications using elbows, knees, and feet. The curriculum covers the traditional side-lying, back, and sitting positions, ensuring the practitioner can treat the whole body with confidence and anatomical precision.

Technical & Practical Outcomes

- **Advanced Tool Usage:** Master the "heavy" tools, knees, elbows, and feet, to deliver deep tissue compression safely and effectively.
- **Side-Lying Mastery:** Execute a complete sequence for the side-lying position, particularly beneficial for clients with limited mobility, back pain, or those who cannot lie prone.
- **Prone Position (Back):** Perform deep pressure techniques along the spinal Sen lines and the posterior legs using walking and kneeling techniques.
- **Sitting Position:** Conclude a treatment with traditional "Ending" moves in the sitting position, focusing on the shoulders, neck, and head.

Clinical & Professional Outcomes

- **Dynamic Flow:** Integrate Levels I and II to provide a bespoke 2–3 hour "Full Body" treatment tailored to the specific needs of the client.
- **Anatomical Precision:** Demonstrate an increased understanding of musculoskeletal anatomy to avoid "Endangerment Sites" when using knees and elbows.
- **The Recipient Perspective:** Articulate the physiological effects of receiving a 90-minute traditional treatment, having experienced it as part of the mandatory "Recipient Experience."

Certification Requirements

To achieve certification, students must complete the following:

- **Written Theory Test:** A written examination covering energy systems and contraindications.
- **Practical Observation:** A supervised 2–3 hour massage observation.
- **Case Studies:** 10 documented treatments (5 clients, 2 sessions each) including feedback and observations.
- **The Recipient Experience:** All students are required to receive a 90-minute massage (at a discounted rate) to gain the vital perspective of the client.

Records must include: client name, dates, observations, feedback, and signatures.