

Advanced Thai Massage

We will be using Asokanandas text for advanced practitioners as well as information gathered from various Thai massage masters and years of being in practice. Having started massaging in 1989 and being a very hard worker, I have been blessed to have experience with many different conditions that clients present with. This has enabled me to be able to make very quick assessments as to the root cause of a problem and design my treatment to suit the ailment. It also has enabled me to see which asana work best on different body types both for the practitioner and client. This is a very good course to do if you have done beginners, as it directly builds on the skills you have already attained and expands and deepens both the asana and personal understanding. Often after returning home, and practicing, without the joy of being in an environment of learning and access to other practitioners to gain inspiration from, self confidence and confusion can set in, this course can relief this problem.(Please note, sunshine school recommends that beginners is done at least twice to fully understand it). We will be discussing the importance of touch, ethics and intimacy, client management, anatomy and physiology and emotional issues, and the role of the massure.

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Daily program

DAY 1

Feet and ankles energy lines and therapy points, and stretches, and energy lines of the leg. Blood stops and single leg exercises massage.

DAY 2

Double leg exercises
Stomach, chest, arms, and hands

DAY 3

Side position and energy lines of the back

DAY 4

Prone position exercises legs and back.
Energy lines of the back and back walking.

DAY 5

Sitting position and learning to fly
Face and neck

