

BEGINNERS COURSE

DAY 1

General background, history and theory of traditional Thai massage (Nuad Boran); foot Massaging and loosening exercises; application of pressure points; ankle stretches.

DAY 2

Single leg stretches. Application of yoga-based stretches on one leg at a time; blood stops to the legs (aiding in circulation and blood cleansing); practice.

DAY 3

Double leg stretches. Simultaneous stretches on both legs; practice.

DAY 4

Stomach, Chest and Arms. Traditional Thai techniques for these parts of the body, including points on the abdomen and chest, and a blood stop to the arms; practice.

DAY 5

Side Position. Working on the 3rd outside energy line of the legs; kidney toning stretches, and two types of spinal twist; practice.

DAY 6

Back of Body, lying on stomach. Traditional techniques for the back; walking on the feet; pressure points along the two main energy lines of the back; more leg stretches and cobra stretch; practice.

DAY 7

Day off. A day to relax and practice. A chance to visit local beauty sites so as to truly appreciate where we are and refresh and rejuvenate ourselves.

DAY 8

Sitting Position. Traditional techniques and stretches for the shoulders and neck, and another spinal twist; practice.

DAY 9

Face and head. Traditional techniques for the face, including some basic therapeutic pressure points to treat various problems; practice.

DAY 10

Practice day

DAY 11

An opportunity to practice a whole massage under supervision. Following the massage the student will receive detailed feedback from the course teacher with advice, precautions and recommendations for future practice.

DAY 12

Theory Day. Review of the 10 main energy lines (sen), their names, locations and therapeutic qualities. A chance to ask any questions that have come up.

Felicity begins each morning with basic yoga so that the body is limber and relaxed. Sun salutations are used to focus our energy and loosen up the body preparing for the day's work as well as specific asana required for Thai massage. There is also guided Meditation to aid the student in connecting to their own body system. In this way we come to know ourselves better and therefore how to be more appropriate practitioners. By being conscious of our own energy system with its strengths and weakness we are able to apply our knowledge with less ego and more compassion. We shall also be learning protection exercises to halt the uptake of negative energies. If you already have a yoga or meditation practice you are welcome to maintain your private practice in one of the beautiful spaces on site.

