

Traditional Thai-Massage

1. Course Name Traditional Thai Massage 167 hours

Thai massage is a traditional healing practice that has been in use for over 2,500 years, and it has been an integral part of Thai medicine, along with herbal medicine and spiritual practices. Thai massage is based on the concept of invisible energy lines that run through the body. These energy lines, or sen lines, that correspond to different organs and functions in the body. The energy flow in these sen lines can be blocked or stagnated, leading to physical, mental, or emotional imbalances.

Thai massage practitioners use a combination of acupressure, stretching, and deep tissue massage to stimulate and balance the energy flow in the body. The massage techniques are performed using the hands, fingers, elbows, knees, and feet. The pressure applied during Thai massage can be adjusted to suit the needs and preferences of the client.

2. Duration of training 167 hours / 24 days

- Modul 1 with 3 days
- Modul 2 with 3 days
- Modul 3 with 3 days
- Modul 4 with 3 days
- Modul 5 with 3 days
- Modul 6 with 3 days
- Modul 7 with 3 days
- Modul 8 with 2 days
- Massage test 1 days

3. Cost

- Full course	CHF 3900 / excluding exam
- Exam fee	CHF 220
- Individual modules 1-7	CHF 630
- Individual modules 8	CHF 420

4. Qualifications for trainees

- At least 18 years old and not over 60 years old

5. Purpose of course

- Can understand the history and background of Thai Massage
- Can understand the types of Traditional Thai Massage
- Can understand the benefits of Thai massage
- Can understand the anatomy essential Knowledge for Thai Massage
- Can understand the prohibition and precautions in Traditional Thai Massage
- Be able to do Thai Massage





30 days of schedule Thai massage learning

Modul 1 with 3 days: **Basics of traditional Thai medicine and massage**

Modul 2 with 3 days: **Traditional Thai massage and earth element massage exercises**

Modul 3 with 3 days: **Traditional Thai massage with Thai herbal compress and steaming**

Modul 4 with 3days: **Traditional Thai massage of back, neck, shoulders and head**

Modul 5 with 3days: **Traditional Thai lower back and leg massage**

Modul 6 with 3 days: **Traditional Thai massage for health Full body massage**

Modul 7 with 3 days: **Traditional Thai massage for 10 common symptoms**

Modul 8 with 2 days: **In-depth study of traditional Thai massage in practical application skills**

Exams with 1 days: **Theoretical exam and practical exam**