



โรงเรียนอาทิตย์นวดแผนไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

Special Workshop at Sunshine Massage School

Yoga and Thai Massage **with Kam Thye Chow**



This Massage course has been specifically designed for yoga teachers and practitioners, or anyone interested in these practices.

In this workshop, you will learn to assist and adjust yoga postures safely using Thai Yoga Massage touch techniques. With a good understanding of reading body and mechanics, you will be able to detect misalignments and how to properly correct them.

Ancient Thai Yoga Massage techniques, such as counterbalancing and levering the recipient's body with your own, the gradual touch and proper positioning, will allow the practitioner to practice adjustments with confidence, precision and depth. This workshop will also help you bring your classes to a more therapeutic level.

Course content and outline:

- Learn how massage can deepen postures with precision.
- Learn to read body alignment (introduction to anatomical concepts).
- Learn when and how to make adjustments (positioning, reading of the body, various touch techniques).
- Variations: how to customize your class with a better understanding of body alignment, limitations and injuries of your students.
- Body Mechanics, body reading, gradual approach and different touch techniques.

Everyone with a background in Thai massage is welcome
5 days / 30 Hours – Baht 12,500.-

8 to 12 January 2018

