



A 5-day workshop with Noam Tyroler

Thai massage treatment protocols in pregnancy and labor

Learn how to use my Practitioners Manual to treat the most common pregnancy disorders and complaints.



In the Practitioners Manual you will find Thai Massage lines, points and stretches formulas to effectively treat your clients in pregnancy, in labor and after birth. The manual contains treatment formulas for the following common complaints:

Common first trimester disorders - 1 to 14 weeks

Hypersensitivity, stress, mood swings, fatigue, anemia, morning sickness, loss of appetite, headache, nasal blockages, cough, back and pelvis pain, frequent urination.

Common second trimester disorders - 15 to 26 weeks

Arms fall asleep when lying down, difficulty in falling asleep, unpleasant dreams, frequent urination, anemia, headache, dizziness, blurred vision, heartburn, coughing, back and pelvis pain.

Common third trimester disorders - 27 to 40 weeks

Anemia, headache, hypersensitivity (irritability), shortness of breath, chest tightness, pain around the navel, heaviness, tightness, discomfort and pain in the upper abdomen towards the chest, heartburn, coughing,

urgency and frequency in urination, difficulty in urinating, back and pelvis pain, hip pains, middle back pain, upper back pain, shoulders and neck pain, arms fall asleep lying down, edema in the legs and sometimes in the arms, difficulty in sleeping, calf muscles cramps during sleep, constipation, hemorrhoids.

Prior to labor

Birth delayed, abnormal development of contractile waves, no cervical deletion, intense pain, stress and anxiety, tremor, shaking, fatigue, despair.

Labor, from full cervical dilation to delivery

Ineffective contractions, severe pain, stress and anxiety, placenta does not come out, shaking.

After birth

Fatigue, dizziness, fainting, anemia, stress and anxiety, postpartum depression, hemorrhoids, constipation, diarrhea, urine incontinence, weakness of the pelvic floor, abdominal pain, sweating, pain in the joints of the hands, joint pain in lower back and knees, leg numbness, leg muscle cramps, poor milk flow, congestion and pain in the breast.

Everyone with a background in Thai massage and pregnant women are welcome.
5 days / 30 hours, Baht 12,500.-

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