



Thai Healing Alliance Retreat & Conference

June 22-25, 2007
New Hope Retreat Center, Chapel Hill, NC, USA

Four days of workshops, discussions, presentations and supervised practice.



Notes:



Welcome to the THAI Retreat & Conference

This is the first non-partisan retreat and conference sponsored by a professional organization for Thai healing arts. The event is open to all students and practitioners of *nuad boran* and Thai herbal traditions. This weekend you will have a unique opportunity to meet students, practitioners and teachers of *nuad boran* from throughout the USA, Canada and Europe.

We hope you will learn new things and share what you know with other professionals. In a spirit of non-partisanship and with “beginners’ minds”, each of us will be able to explore different perspectives, techniques and approaches to this modality, and make connections with teachers and practitioners from both northern and southern styles.

The main event begins on Friday, June 22 at 8:45 a.m, and the closing ceremony is at 3:45 pm on Sunday, June 24. Optional intensive workshops are on Monday, June 25, from 9 am to 4 pm.

Certificates will be awarded for 24 hours of continuing education to all participants who complete the entire program. THAI members may use these credit hours to advance in levels of membership. Thai massage students and practitioners who have not previously studied with THAI-affiliated instructors automatically qualify to join THAI by attending this conference.

The program includes workshops, presentations, demonstrations, panel discussions and daily supervised practice.

Yoga, silent meditation and t'ai chi are available every morning, and vegetarian lunch is provided on a *dana* (donation) basis. In the evenings, you are free to practice with other participants, socialize or visit numerous restaurants and night spots in the college town of Chapel Hill.

The retreat center and facilities

New Hope Conference & Retreat Center sits on 165 acres of pine and hardwood trees in the Piedmont region of North Carolina. All participants are welcome to walk on the grounds in free time.

We will be using **Oak Lodge** as our primary building. Nearby **May Guest House** has a central room which will also serve as a space for workshops. Please do not enter the bathrooms, faculty bedrooms or kitchen at May Guest House, and do not enter other cabins on the grounds without prior authorization. A map of the grounds is included at the end of this booklet.

No food or drinks are allowed in either of the buildings during the retreat. Please remove your shoes before entering each building.

Local transportation

You are responsible to get to and from Camp New Hope every day, and to the Residence Inn for any evening activities. You are also responsible to return to the airport on Sunday and Monday afternoons. Those who have no way of getting to the airport after the event should reserve an airport shuttle, or ask other participants if they can drive you there. If you need a ride, please make your situation known to one of the THAI volunteers at the retreat.



A note from the Director

Welcome to the first non-partisan retreat & conference for traditional Thai healing arts. By attending this historical event, you are showing your commitment to practice and share traditional *nuad boran* in an atmosphere of open-mindedness and compassion.

With this, our first public event, THAI kept the registration fee extremely low. This has been possible, in part, because all instructors selflessly agreed to teach on a volunteer basis. We had no idea that we would be overwhelmed by people from all over the world who wanted to attend. Unfortunately, many people were turned away because of space restrictions. THAI plans to hold a Retreat & Conference every two years in different places around the USA (and perhaps in other countries too). In addition, THAI hopes to co-sponsor regional workshops and educational events through the coordination efforts of our members worldwide.

Please support THAI in any way you can. Consider making a tax-deductible donation or becoming a THAI sponsor. Help us to spread the word about the benefits of working together under a shared set of standards and values. Volunteer on one of our committees, buy a Jivaka statue to help fund the organization. By working together, we can make a change in the way traditional Thai massage is perceived and practiced around the world, and we can bring a stronger voice and more dignity to this ancient healing art.

Thanks for being here. Enjoy the Retreat!

- Bob Haddad, Director

Dedication to Asokananda & teacher honoring ceremony

June 24th, the third day of this conference, is the second anniversary of the death of Asokananda, an invaluable contemporary teacher of *nuad phaen boran*. Asokananda (Harald Brust) authored the first books on traditional Thai massage that were published in the English language. Several of them were subsequently translated into German, French and Italian. He was a fabulous teacher, and a kind and gentle human being. He tragically passed away at the age of 50 from pancreatic cancer. Some of us have been fortunate to have studied with him, and to learn about ourselves and about Thai massage through his life and teachings. In the few years before his death, Asokananda was very supportive and encouraging of the forming of THAI, and he still guides several of us in our practice and teaching.

On Sunday, June 24th, we will ask all retreat participants to join us in a special celebration to honor Asokananda, and also to honor all our other teachers of traditional Thai massage. We will have a discussion, share our feelings about our teachers, have a period of group meditation, and finish the ceremony by chanting the Om Namoh. Thank you for your participation in this important ceremony.

About the Thai film "The Overture"

On Thursday night at the Residence Inn, you are cordially invited to view the film "The Overture" (*Hoam Rong*), beginning at 8:30 p.m. in the Conference Room on the ground floor.

In this historical drama from Thailand produced by Itthisoontorn Vichailak, a master musician defends his passions and his family's reputation against political interference and artistic challenges. The artist, Sorn, reaches his peak just as the Thai government introduces a sweeping program of post-war "cultural control", as traditional art forms in Thailand were discouraged with the intention of leading the nation to a more "civilized" lifestyle.

Although the plot centers around traditional music in Thailand, it is important to note that traditional Thai massage was also being suppressed at this same historical period in time. Just as Thai musicians were discouraged from studying traditional music, Thai people were being persuaded to seek western allopathic medicine rather than take refuge in traditional Thai medicine.

For those that are unable to view the movie on Thursday night, the DVD will be available for in-room viewing for those staying at the Residence Inn. See faculty members for details.

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SCHEDULE OF EVENTS

Thursday, June 21

- 12 noon - 4 p.m. Membership Committee meetings and retreat preparation
- 6:30 p.m. - 8:30 p.m. Member registration and social gathering at Residence Inn
(snacks and drinks served - food also available at hotel restaurant)
- 8:30 p.m. - 10:30 p.m. Screening of Thai movie "The Overture", Residence Inn (see description, p.7)
- 9:00 p.m. - 10:00 p.m. Faculty meeting

Friday, June 22

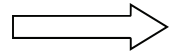
- 7:30 a.m. Doors open at Oak Lodge, Camp New Hope
- 7:30 - 8:00 a.m. Member registration at Oak Lodge
- 8:00 - 9:00 a.m. THAI store open (Thai massage products for sale)
- 7:30 - 8:30 a.m. Individual yoga practice and Thai massage practice at Oak Lodge
8:00 - 8:30 a.m. Outdoor guided tai chi
8:00 - 8:30 a.m. Silent meditation at May Guest House
- 8:45 - 9:30 a.m. Opening ceremony / Om Namō
- 9:45 a.m. - 11:15 pm First workshop (90 minutes)
Group A - Oak Lodge - *Introduction to Jap Sen* - Janice Vitavec
Group B - May Guest House - *Leg Line Variation Techniques* - Rose Griscom
- 11:30 a.m. - 12:30 p.m. Presentation in Oak Lodge: *Ergonomics & Breathwork in Nuad Boran* - Bob Haddad
- 12:45 - 1:45 p.m. Lunch, served outside - *Food and drink on a donation (dana) basis*
- 12:45 - 1:45 p.m. THAI store open
- 2:00 - 3:30 p.m. Second workshop (90 minutes)
Group A - Oak Lodge - *Leg Line Variation Techniques* - Rose Griscom
Group B - May Guest House - *Introduction to Jap Sen* - Janice Vitavec
- 3:45 - 5:45 p.m. Supervised practice
- 6:00 - 6:15 p.m. Closing ceremony, Om Namō
- 6:30 - 7:45 p.m. Social / Contradance at front pavillion

SCHEDULE OF EVENTS

Saturday, June 23

7:30 a.m.	Doors open at Oak Lodge	
8:00 – 8:45 am	THAI store open	
7:30 - 8:30 a.m.	Individual yoga practice and Thai massage practice at Oak Lodge	
8:00 - 8:30 a.m.		Outdoor guided tai chi
8:00 - 8:30 a.m.		Silent meditation at May Guest House
8:45 a.m.	Om Namó	
9:00 – 10:30	First workshop (90 minutes) Group A - Oak Lodge - <i>Sensing Techniques in Nuad Boran</i> - David Weitzer Group B - May Guest House - <i>Point Therapy For Knee Pain</i> - Rose Griscom	
10:45 – 11:15	Oak Lodge - Discussion about THAI and the future of Thai massage	
11:30 - 12:30	Presentation in Oak Lodge: <i>Side Position Specialized Techniques</i> - Hans Lütz	
12:30 – 1:30 p.m.	Lunch - <i>Food and drink on a donation (dana) basis</i>	
12:30—1:30 p.m.	THAI store open	
1:45 - 3:00 p.m.	Second workshop (90 minutes) Group A - Oak Lodge - <i>Point Therapy For Knee Pain</i> - Rose Griscom Group B - May Guest House - <i>Sensing Techniques in Nuad Boran</i> - David Weitzer	
3:15– 5:15	Supervised practice (2 hours)	
5:30 - 6:30	Oak Lodge: Q & A, open discussion for all participants, raffle drawing, Om Namó	
6:30 - 7:00 p.m.	THAI store open	

Schedule continued on next page



Notes:



SCHEDULE OF EVENTS

Sunday, June 24

- 7:30 a.m. Doors open at Oak Lodge, Camp New Hope
- 8:00 – 9:00 am THAI store open
- 7:30 - 8:30 a.m. Individual yoga practice and Thai massage practice at Oak Lodge
8:00 - 8:30 a.m. Outdoor guided tai chi
8:00 - 8:30 a.m. Silent meditation at May Guest House
- 8:45 a.m. Om Namó
- 9:00 – 10:30 a.m. First workshop (90 minutes)
Group A - Oak Lodge - *Thai Abdominal Techniques* - David Weitzer
Group B - May Guest House - *Lifts & Suspensions* - Hans Lütz & Bob Haddad
- 10:45 – 12:00 p.m. Presentation in Oak Lodge: *Applying Intuition in Thai Massage Therapies* - Janice Vitavec
- 12:15 - 1:15 p.m. THAI store open
- 12:15 – 1:15 p.m. Lunch - *Food and drink on a donation (dana) basis*
- 1:15 - 2:45 p.m. 3rd workshop (90 minutes)
Group A - Oak Lodge - *Lifts & Suspensions* - Hans Lütz & Bob Haddad
Group B - May Guest House - *Thai Abdominal Techniques* - David Weitzer
- 3:00 – 3:45 p.m. Asokananda dedicatory, offerings to our teachers, group meditation, Om Namó
- 3:45 - 4:00 p.m. Closing ceremony and awarding of certificates
- 4:15 p.m. Transportation to airport (for those leaving tonight)
- 4:00 – 5:00 p.m. THAI store open
- 5:30 - 7 p.m. Social activity for those staying for Monday intensives

Monday, June 25

- 8:30 a.m. All participants meet at Camp New Hope, Om Namó
- 9: 00 a.m. - 12:00 p.m. Intensives, morning session
Luk Pra Kob / Thai herbal compresses, with Janice Vitavec
Care & Feeding of Your Thai Massage Practice, with Bob Haddad
- 12:00 noon - 1:15 lunch
- 1:30 p.m. - 3:30 p.m. Intensives, afternoon session
- 3:30 p.m. - 4:00 p.m. Om Namó, closing ceremony, certificates
Depart to airports and hotels

Notes:



Thai Abdominal Techniques

David Weitzer

In the Thai tradition, the abdomen is considered to be the most sacred area to do healing work. In recognition of my teacher Pichest Boonethumme, I give great thanks for his teachings and especially for his reluctance to teach abdominal work to new or overeager students. His response to the request for teaching abdominal work is most often “later, later”... and for many, that teaching may seem to be constantly postponed.

Abdominal work is not a therapy in and of itself in most cases, but rather part of a holistic and balanced interaction. Abdominal work shows up wherever and whenever it is needed in the course of a session, or possibly not at all.

Please be gentle, move slowly and with a deeply mindful awareness when touching the abdomen. This workshop is an introduction only and I consider it to be somewhat like “take-out food.” It is reasonable to suggest that experience and patience are the most reliable ways to develop the ability to really help people in their healing process. It is important to warm up the lower body first in order to minimize irritations or defensive reactions. This work can help integrate energy flow. When a difficulty seems better at first but then returns quickly, this work can be a key part in bringing about lasting benefit. When there is an upper body “block” this work can be key in getting the flow going again so that subsequent releases may be better tolerated.

The best way to apply this work is to touch many, many people and really develop “sensing” over time. Do not expect to become a quick expert; each of us is unique. Protect yourself from becoming a sponge for the energies released. Practice good posture, good body mechanics, well balanced breathing and puja. Give up your expectations and let go of pride and self-judgment. Try to be fully present at all times.

Palm Circles

Palm Circles: Let your hand be relaxed, soft and light. Move in a clockwise direction and allow your wrist to flex to follow the shape of the body. As you travel around the navel notice any changes in consistency such as bulges or tight areas. Avoid deep pressure.





Push

As the client exhales, let the heel of your hand dip into the most lateral area just inside the A.S.I.S (Pelvic bones). Use light pressure at first as you press down and then push to traction medially. Release pressure on the inhale breath.



Pull (scoop)

As the client exhales, dip the tips of your fingers into the most lateral area just inside the A.S.I.S (Pelvic bones) . Use light pressure at first as you scoop down and then pull to traction medially. Release pressure on the inhale breath

Elbow points with bent leg

Support your weight with your outside hand. Place your elbow just inside the A.S.I.S. and keep your forearm parallel to the floor. As the client exhales, release your weight slowly and gently. As soon as you or the client feel any resistance decrease pressure and slightly and pause for a few breaths. Only increase pressure or depth as the body relaxes to allow you in. Release on the inhale slowly. Follow the bone structure closely and stay lateral as you repeat for points 2, 3 and 2 and 1 again.



Medial push with bent leg

Support your weight with your outside hand. As the client exhales, dip the heel of your hand into the area just inside the A.S.I.S. and traction medially. Press gently at first and stay for a few breaths.



Thumb points in lunge position

Stand on one knee and cross the near leg over midline of body. Support with your knee inside the knee joint as you place your thumb gently just inside the A.S.I.S. and press slowly as the client exhales. Follow the points in step #3.

Side lying elbow press



Notes:



Sensing techniques in *nuad boran*

David Weitzer

No matter which style of healing you practice, “sensing” is a pivotal area of development. I am humbled each year as I return to Thailand and am reminded that there is so much to learn - as well as a lot to unlearn. Technique can be useful only to a point. Guidance is constantly available if we can just open ourselves, relax our bodies, and connect with our clients on subtle levels.

“Warming” and “checking” help us to feel where blockages are. In a holistic and well-rounded Thai session we begin to discover how different blockages relate so we can follow the energy. In order to effectively backtrack and recheck we need to be able to establish a “baseline” first, so that when we return to a blockage we can tell if there has been a change or improvement.

Apply light pressure with the flat area of the fingers, and move around with a patting motion or gentle squeezes after warming with palm presses etc. If you feel more pressure is needed in order to read deeper, then use fingertips with light pressure and move the skin over the tissue perpendicular to the fibers or tendons. It can be useful to compare the same spot on the other side of the body. Use good posture and body mechanics so you can be mindful and attentive. Strong pressure tends to obscure the more subtle information and so it is better to use more pressure to achieve “releases.”

After application of a release or a series of releases, use the same approach when rechecking. As you expand your “checking” you may find that energy has moved to a new area. You may have to move ahead and then return - or even backtrack further - in order to move more of the blocked energy. This cumulative and progressive approach can make a big difference, and can allow a client to receive lasting benefits instead of returning with the same difficulty each time.

Palming lateral leg

Lean from your center, elbows straight while “Warming and Checking”. Keep up on the lateral quads with the base of your palm, avoid bending your wrist back. Let the leg be medially rotated 50% of the clients range. Notice differences in softness and quality of the fibers.



Check quads with flat fingers

Check quads with flat fingers: Get into a relaxed position. Flatten your fingers and use a large surface area, keep the pressure light at first. Notice how the feeling changes when you increase the pressure. Move up and down the leg. (you can also move across the fibers to get more information).



Check quads with a squeeze

Keep the fingers flat and let the thumb make contact at the first joint. Keep the pressure light and move up and down the thigh along the lateral quads.

Check Pectoral Wind Gate

Position the arm at 90 degrees to the midline of the body. Keep the fingers flat at first and use light pressure in the space between the humerus and the ribcage. Avoid pressure on bone structure. Move up close to the clavicle onto pec minor and then move down along pec major (you can also move your fingers across the fibers to get more information) .



Pressure Point Therapy For Knee Pain

Rose J. Griscom

In this Knee Pain Pressure Point Therapy class we will provide a quick overview of acupressure points which can relieve knee pain. This material is taken from ITM-Chiang Mai. Knee Therapy is often done in conjunction with the basic massage session, or within a Sen Therapy treatment (such as Ittha - Pingkhala, Kalathari, or Sahatsarangsi - Thawari). ITM-USA teaches a specific Knee Pain Therapy which incorporates working these pressure points into a 45-minute routine with beneficial stretches.

The general method of working the pressure points is to thumb press (TP) each point 3 times, soft-medium-hard, holding for 5-10 seconds each, releasing with a thumb circle (TC). Intensity is increased if you can simultaneously traction and flex or extend the joint. Warm the area with palm presses (PP) before attempting deep TPs. When working the leg lines, you can spend extra time with TP on the Knee Pain points lying along the respective lines, especially Outside Line 1 and 2, and Inside Line 1. You can also spend more time with TP or finger presses (FP) around the patella.

If there is inflammation, Chongkol says to “move the energy to the joint, hold the point until you feel heat, otherwise too much”. You can also apply a hot towel or herbal compress to the knee before or after treatment.

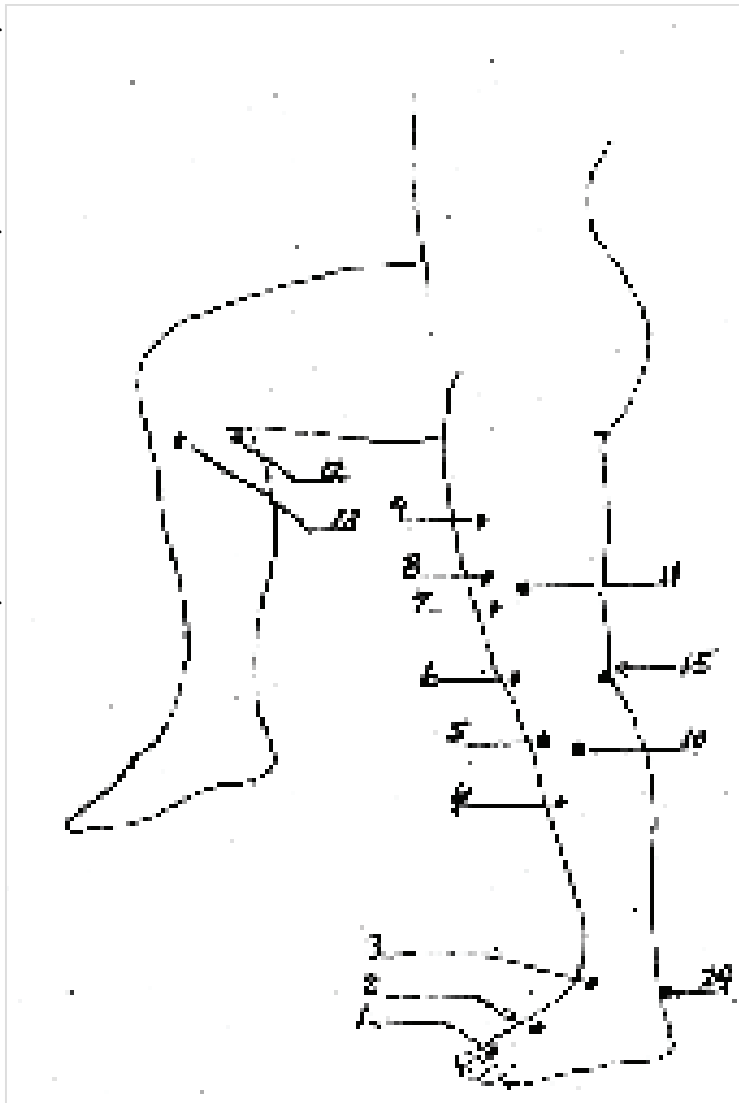
Remember mindfulness. Study diligently and bring honor to traditional nuad boran.

Notes:



Identification of points:

1. At the base of and between the second and third toes (*ie, joint of phalange and metatarsal*).
2. One thumb-length up from Pt. 1 on the top side of the foot, in the channel between the bones (*ie, at the meeting of metatarsals*).
3. Same as TCM St. 41 (*ie, hollow at front of ankle, base of tibia*).
4. On the first outside line of the leg, Pt. 4 is four finger-widths below the bottom edge of the patella, at the end of the Line 1 below the knee (*ie, in the depression of the tibia shelf*).
5. At the lower border of the patella, just lateral to the center.
6. At the upper lateral corner of the patella, the beginning of Outside Line 1 above the knee.
7. On Outside Line 1 of the thigh, four finger-widths up from Pt. 6 (*ie, the border of rectus femoris and vastus lateralis*).
8. One-half thumb-length above Pt. 7, along Outside Line 1 of the thigh.
9. One thumb-length above Pt. 8, along outside line 1 of the thigh.
10. At the end of Outside Line 2 below the knee (*ie, top of groove between tibia and fibula*).
11. On Outside Line 2, up one thumb-length from the start of the line on the thigh (*ie, lateral edge of the quadriceps, above the iliotibial band*).
12. In the depression of the posterior side of the knee joint. It is felt as the extremity of the groove when the knee is bent, (*ie, the medial side of the medial tendon, gracilis*).
13. At the end of Inside Line 1 below the knee (*ie, base of the head of fibula*).
14. On the Achilles tendon on the center line of the leg above the calcaneous.
15. On the posterior side of the knee joint, at the center of the crease behind the knee.



How to work the points

(Points on the foot can easily be worked while sitting at the client's feet in front position.)

TP Pt. 1 (on top of foot between second and third toes). Hold the point, and flex the toes forward to increase the pressure. Release with TC. Repeat 3 times. Can be done simultaneously on both feet, or one foot at a time.

TP Pt. 2 (up 1 thumb-length). Hold the point and flex toes forward. Keep pressure toward the bones. Repeat 3 times. Can be done simultaneously on both feet, or one foot at a time.

TP Pt. 3 (at ankle hollow, St. 41). Hold the point with TP or DTP, and flex the foot forward (dorsiflexion) to allow the thumbs to sink into the point. Use deep pressure. Alternately, TP Pt. 3 as flex the foot upward, then slowly press the foot down (plantar flexion), opening the joint. As you feel this opening, press deeply into the hollow. Release with TC. Repeat 3 times. You can also work this point while thumbing the outside leg lines.

The pressure points lying along the leg lines can be worked while thumbing the lines, in either Front or Side Position. Sitting to the client's side while working one leg at a time allows easy access to the points plus the ability to add movement.

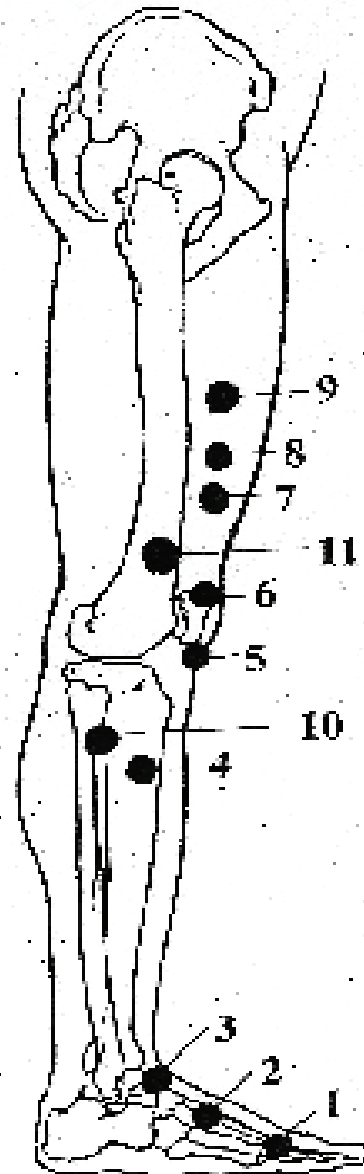
TP Pt. 4 (end of Outside Line 1 below the knee), 3 times. To increase intensity, rotate the foot inward as you TP, using either your hand or foot to rotate near the ankle. Repeat 3 times.

TP Pt. 5 (lower edge of the patella). Direct the pressure toward the patella, as if you were directing the pressure toward the center of the knee. Rotate the foot inward as you press. Repeat 3 times.

You may also thumb or finger press around the lower border of the patella, or cup the hand so that the patella is under the palm of the hand and rotate. You can also thumb slide across the patella by moving toward the center while shifting around the patella border.

TP Pt. 6, Pt. 7, Pt. 8, Pt. 9, each 3 times, releasing with TC. Apply pressure down and in, directing energy toward the knee, working up along Outside Line 1. To increase intensity as you TP, rotate the foot inward, or flex the foot upward (dorsiflexion).

TP Pt. 10 (end of Outside Line 2 below the knee). Apply pressure toward the knee. Rotate the foot inward as TP 3 times, release with TC.



TP Pt. 11 (one thumb length above the knee on Outside Line 2). TP 3 times, release with TC. Direct the pressure toward the knee. Rotate foot inward or flex foot as you press.

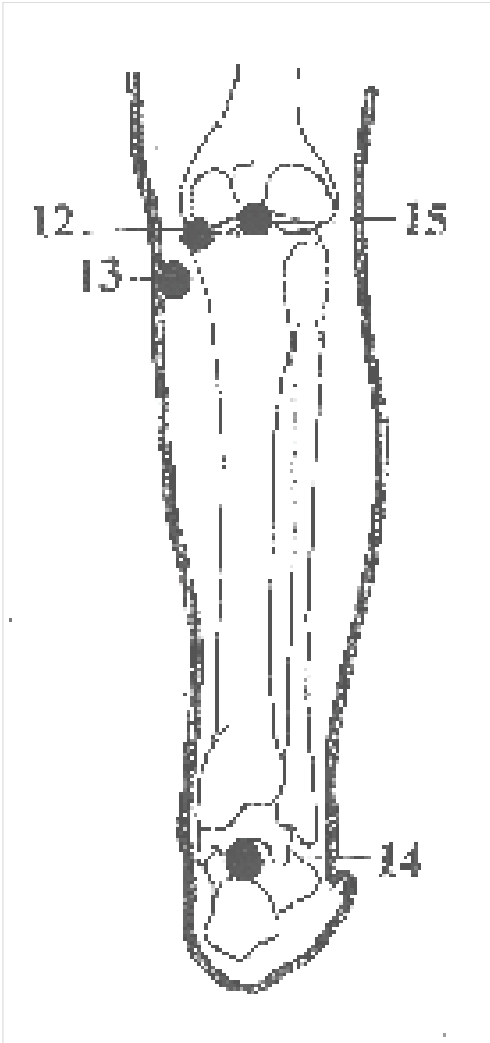
TP Pt. 13 (at the end of Inside Line 1 below the knee), 3 times, deeper each time, releasing with TC. Can also be accessed when the knee is placed upright with the foot on the floor (as in “Lemon Squeeze Thigh”).

TP Pt. 14 (on the Achilles tendon). Press firmly and as you release the point, make a slight upward movement of your thumb (“flicking”). Or, press simultaneously on either side of the attachment and squeeze upward together (“plucking”). Repeat TP/finger press at least 3 times. Can be accessed while thumbing the leg lines, or when the knee is placed upright with the foot on the floor, or during the “Achilles Stretch”.

TP Pts 5 & 6, and all around the border of the patella. Can be worked while thumbing or palming the leg lines, or with the knee placed upright and holding the leg steady between your knees. Can work with one hand at a time all around the patella, or both hands together moving in opposite directions. Keep the pressure directed toward the center of the knee. Work slowly and deeply. You can also thumb slide around the patella border. Or cup the patella in the palm of the hand and circle deeply. Or use the ‘tiger’s claw’ to cup the patella and circle.

TP Pt. 12 and/or Pt. 15 (in the crease behind the knee), 3 times each. Use thumb or fingers to reach the points. Can be worked with the knee placed upright, using both hands simultaneously to reach behind the knee and FP. You may also support the knee with one hand, using the other hand to lift the leg up and bend and straighten the leg several times as you press the points.

These two points can also be worked during some stretches, such as “Knee to Opposite Shoulder”, or “Foot Press Back of Thigh” (using the toe to press Pt. 15). While in Back Position, you can sit with the client’s legs resting across your thighs and TP the points while lifting your body to bend and straighten the legs.



Leg Line Variation Techniques

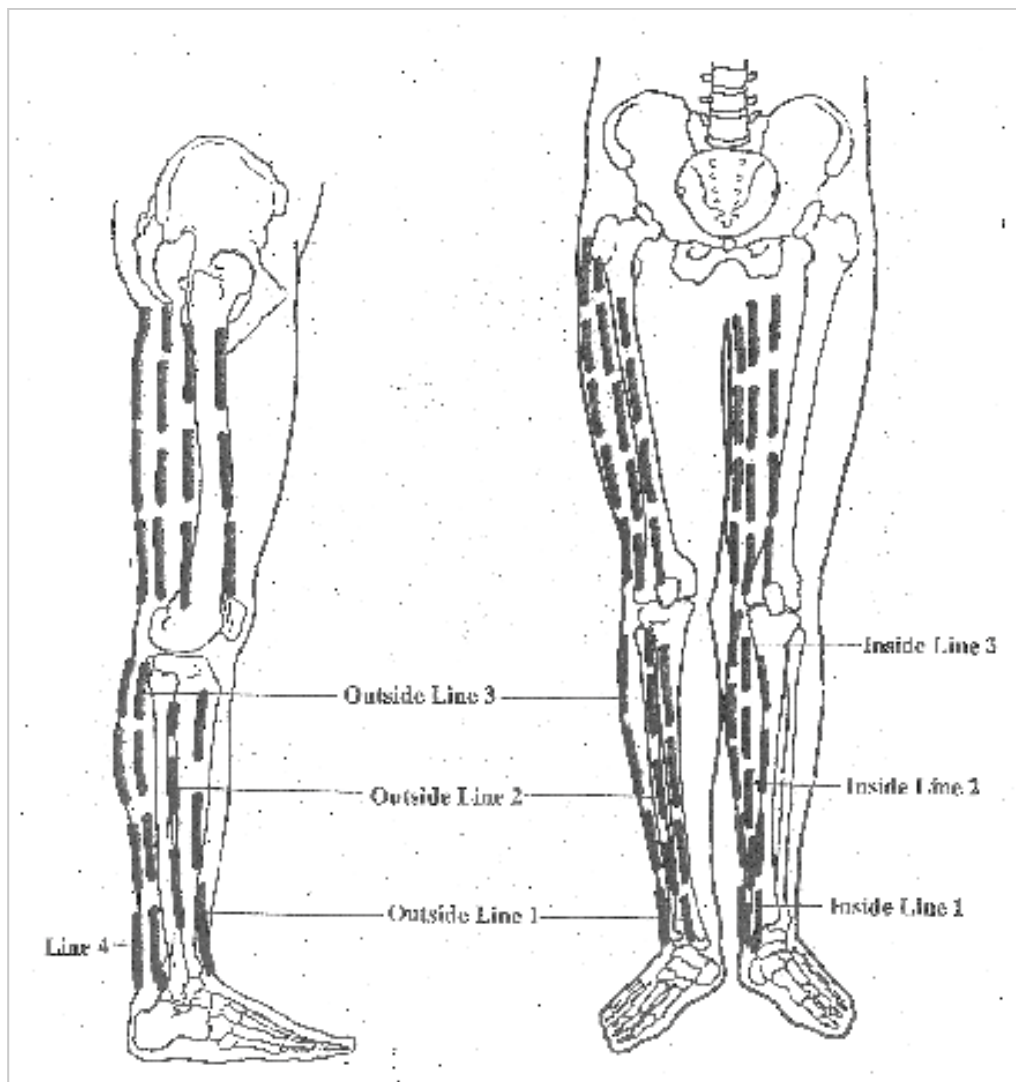
Rose J. Griscom

Thai Massage places great emphasis on working the energy lines of the legs. This is due to a large extent because the leg lines are extensions of the major sen lines of the body. Thus, by thumbing or palming leg lines, the therapist directly affects the underlying energetic system of the body. Of course, the muscles, fascia, circulation, and lymphatic flow are also affected by thumbing and palming, as well as by the compression and extensive range of motion.

The goal of this workshop is to practice a range of different ways to work the leg lines. The techniques are primarily taken from ITM northern style, but bits of southern style may be found too.

Each technique affects energy in slightly different ways. Some of those differences will be explored in this workshop, but it takes practice and lots of experience to comprehend fully.

Remember to breathe, have fun, and enjoy the gift of Thai massage!



Leg Line Location

While there is some disagreement between various schools of Thai Massage on the exact location of the leg lines, for this class, we will use the locations within the ITM style of teaching as described and shown below.

INSIDE Leg Lines-

Inside Line 1 (Sen Sahatsarangsi/Thawari): Starting just off the medial malleolus at the hollow, Inside Line 1 travels up the calf in the seam between muscle and bone just off the edge of the tibia, to just below the knee. Skipping over the knee, the line continues from the inside upper corner of the patella (medial superior aspect) up along the top of the thigh within the *quadriceps* muscle group, along the medial edge of *rectus femoris*, to end at the inguinal crease.

Inside Line 2 (Sen Kalathari): Starting at the center of the hollow off the medial *malleolus*, Inside Line 2 travels up the calf in the seam between muscles, along the medial edge of *gastrocnemius*, to the soft tissue just below the knee. Skipping over the knee, the line continues at the distance of one thumb-length from the corner of the patella (in the soft tissue at the hollow at the base of the femur) up the thigh along the muscle seam between the quadriceps and adductors, to end at the femoral triangle in the inguinal crease.

Inside Line 3 (Sen Ittha/Pingkhala): Starting close to the Achilles tendon in the hollow at the medial *malleolus*, Inside Line 3 travels up the calf along the top side of the center muscle seam of *gastrocnemius*, to the soft tissue below the knee. Skipping over the knee, the line continues at the distance of two thumb-lengths from the corner of the patella (in the soft tissue just superior to the tendon attachment) up the inside of the thigh along the muscle seam of *gracilis* within the adductors, to end at the inguinal crease.

OUTSIDE Leg Lines-

Outside Line 1 (Sen Sahatsarangsi/Thawari): Starting at the front of the ankle in the hollow at the base of the tibia (TCM St. 41), Outside Line 1 travels up the seam between muscle and bone just lateral to the edge of the tibia as it protrudes on the shin. Stopping in the soft tissue just below the knee and skipping over the knee itself, the line continues from the outside upper corner of the patella (lateral superior aspect) up the top of the thigh within the quadriceps muscle group, along the lateral edge of *rectus femoris*, to the inguinal crease.

Outside Line 2 (branch of Sen Kalathari): Measuring from the lateral *malleolus* about four-fingers width up, Outside Line 2 starts in the soft tissue and travels up the muscle seam between the tibia and fibula, lateral to *tibialis anterior*, to the soft tissue just below the knee at the head of the fibula. Skipping over the knee, the line continues the distance of one thumb-length from the corner of the patella (in the soft tissue at the hollow at the base of the femur) up the thigh along the muscle seam between the quadriceps and *iliotibial* band, to end below the *greater trochanter* at the top of the femur (this point can be felt as a dimple if the leg is abducted).

Outside Line 3 (Sen Ittha/Pingkhala): Starting just above the Achilles tendon in the hollow at the lateral malleolus, Outside Line 3 travels up the calf along the muscle seam formed by the lateral edge of *gastrocnemius*, to the soft tissue below the knee at the head of the fibula. Skipping over the knee, it continues at the distance of two thumb-lengths from the corner of the patella (in the soft tissue just superior to the tendon attachment) up the thigh along the muscle seam between the *iliotibial* band and the hamstrings, to end behind the greater trochanter at the top of the femur.

Back of the Leg-

Line 4 (branch of Ittha/Pingkhala): Starting at the Achilles tendon attachment at the calcaneus, Line 4 travels up the muscle seam in the center of the back of the leg (*gastrocnemius*), skips over the soft tissue behind the knee, and continues up the center of the back of the thigh, within the hamstrings muscle group, to just below the *ischial tuberosity* at the gluteal fold.

TP walking (thumb chasing thumb)

TP together (both thumbs moving simultaneously)

DTP together (thumb on top of thumb)

TP on both legs simultaneously, walking or together, Inside or Outside Lines

TP on each leg separately

TP up and down the same leg line, walking one direction, together the other direction, Inside or Outside

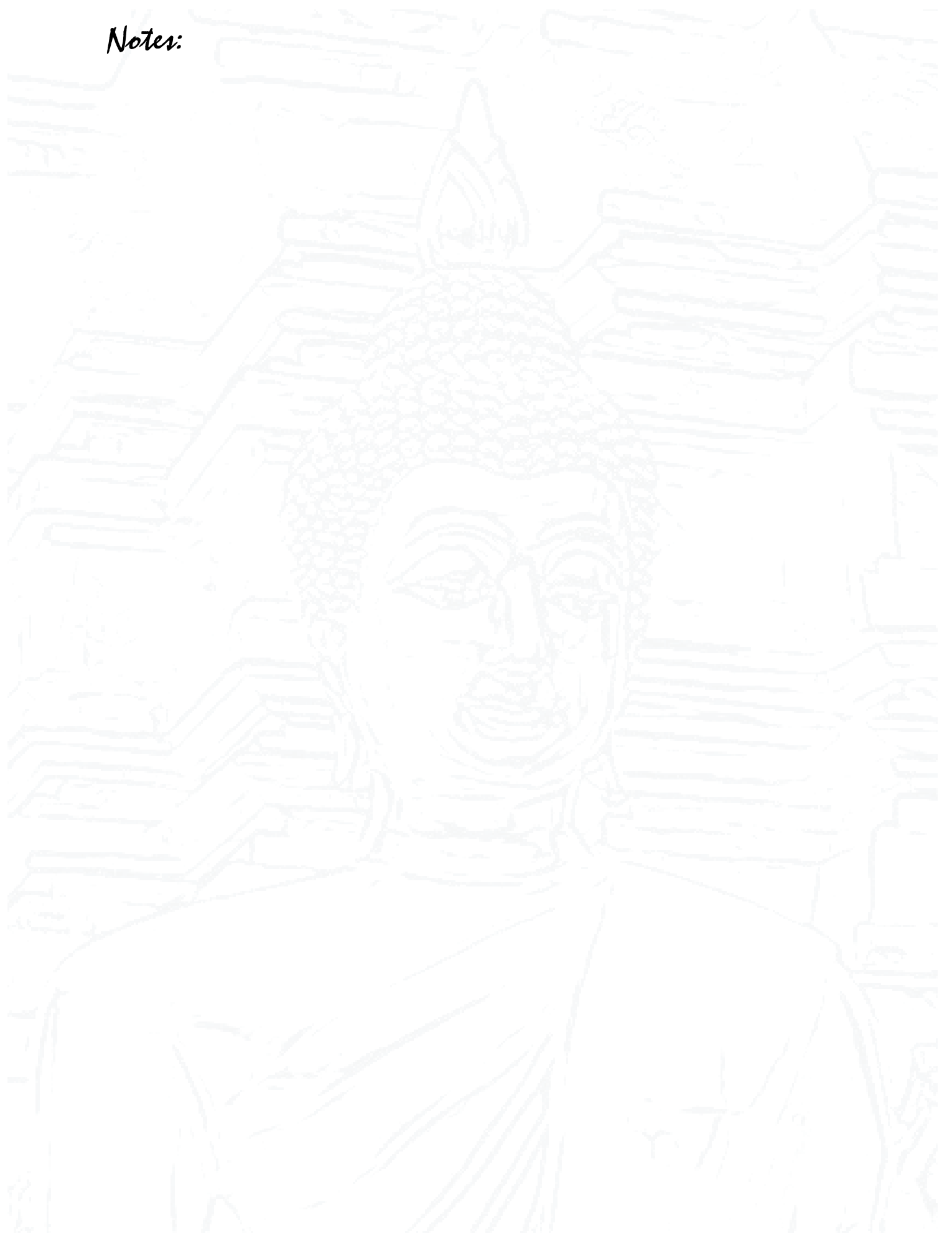
TP up one line and down another, walking or together

TP/FP Inside and Outside lines simultaneously, walking or together

Slow vs. fast

TP the Lines from Front, Side, or Back Positions, repeating or substituting

Notes:



Lifts & Suspensions in *Nuad Boran*

Hans Lütz
and Bob Haddad

Here are a few advanced lifts and suspensions that can be used during the course of a Thai treatment. You should only use these techniques if: a) you have practiced them thoroughly and you feel you can maintain the strength and balance required, and b) if your client is flexible and “open” enough for these moves. Make sure that you practice for a long time before you ever attempt any of these poses in a real session. Always work with the breath, inhaling as you lift. Beware of any contraindications for your client. Never do these exercises with clients that are much larger or heavier than you, or that are inflexible,

Assisted bridge

Stand in front of your client and bend her knees toward her chest. Place their feet against your knees, open your feet wide and bring your knees together in a “duck squat.” Stand as close to the receiver’s buttocks as possible. Lean forward and grab firmly around your partner’s legs. Lift her knees upward, toward your face, and then lean back, as if you were about to sit on the floor. Stay balanced there, a few inches above the floor, and hold for 10-15 seconds. To release, slowly come to a standing position, allowing her back to reach the floor. This posture benefits the kidneys, opens the chest cavity and stimulates *sen sumana*.



Back lift in supine - emotional release

Clasp your hands underneath your partner’s lower back, keeping your knees slightly bent. Establish oppositional breathing with your partner and relax through several cycles of deep breathing. If it is the first time your partner is receiving this move, you might remind her to stay loose and to not “help” you as you lift her. Then, on the proper exhale (your inhale) lift her off the ground and hold her for 5-15 seconds, or at least through 2 complete breaths. Use your legs to lift, not your arms. Keep your back aligned as you move upward. Wedge your elbows into your thighs for added support. Release your partner as she exhales.



Dangling suspension

Client sits in cross leg position, and her interlaced hands are placed on the back of her head (not on the neck!). Squat down and place your knees in the kidney area. Hold your client's arms from below her upper arms (1). Lean back and pull her onto your knees (2). In one movement, lie down on the floor and lift your client off the ground and let her rest on your lower legs (3). When you feel stable, ask her to straighten out her arms and legs. Hold for 1-20 seconds (4). Ask her to relax her legs and then gently swing her from right to left with your arms. To get out, gently lower your legs and with one movement let her drop back to the ground while at the same time pushing her into a sitting position. (5,6). Remove your feet from under her legs and continue your work.



Straight suspension

Similar to the previous pose, but the client keeps straight arms and legs. To get extra lift, start with the client bent forward a little bit and get on your tip toes. In one movement, fall back toward the floor as you lift your legs upward to suspend her legs. When you feel stable, ask her to unlock her hands and put them straight behind her head. (You will have to adjust your grip so that you are supporting her upper arms, rather than her shoulders.) Exit as with the previous pose.



The pyramid

Follow the same set-up as the previous pose, and suspend your client while her hands are clasped behind her head. With a gentle and swift upward push, move your hands so that you are supporting the outside shoulders. Ask your client to straighten her legs close together and to bring her arms completely backward. Then lower her upper and lower trunks by slowly compressing your body inward and downward. You client will be in a pyramid, experiencing a fabulous supported back bend. Breath deeply with your client for 5-10 seconds before exiting.



Sit-ups in a boat

This is a great exercise to strengthen the stomach muscles and a good exercise to prevent inguinal hernia. Put your client's feet in your groin. Get a tight grip around your patient's thighs and maintain a firm and stable grip. Squat and lean back, holding her legs firm and tight (3,4). While she is lifted off the ground. Tell her to clasp her hands behind her head and encourage her to sit up and lie back again if she is comfortable doing so (5). If it is too difficult for her to bring her hands behind her head, it can also be done with the hands to the side.



Piggy-back stretch

Here is a fun way to give your client a back stretch, if it doesn't deviate too much from your progression of poses and techniques. It should only be done with flexible people, and with those that do not have serious back problems.



Notes:



Introduction to “Jap Sen” (Nerve Touch)

Janice Vitavec

(Mama) Lek Chaiya long ago developed her own style of Thai massage, somewhat unlike any other teachings in Thailand. She calls this form of massage "Nerve Touch" since it is distinguished by a deep tissue approach to muscles, tendons and nerves for full body massage and specialized therapies.

Nerve Touch applies stronger pressure using knees, elbows, feet, heels and thumbs. In Lek Chaiya's style of massage there is a rolling over or "gentle twanging" of the muscles and nerves for deep release of tension and therapeutic benefit for many conditions, especially back pain, carpal tunnel syndrome, migraines, numbness and paralysis.

The techniques in this workshop are meant to give the student a basic introduction to the “jap sen” style of nuad boran.



Thumb circles on ankles

Kneel between your client's feet.

Rotate thumbs below the client's ankles 3 times in each direction

Rotate Ankle

Grip client's ankle using 4 fingers on the acupressure point at the top of the ankle joint (Stomach 41 - vajra) and thumb under the inside of the ankle.

Your outside hand rotates the foot 5 times in each direction.

Push into ball of foot and lean back for full range of motion.





Thumb roll outside line 1 on shin

Your inside hand holds the knee.

Roll or “twang” your thumb from outside line 1 outside over the ridge of the *tibialis anterior* muscle. Do this 3 times at each point down to the ankle and up to the knee again.

Palm press inside of thigh

Assume a half kneeling position, and place your inside knee below client’s foot.

Press and roll with the heel of your palm over the inside muscles (*gracilis and sartorius*) 3 times at each placement. Move up and down the thigh.



Heel roll tendon at center of hamstring

Assume a sitting position inside your client’s legs. Position client’s leg at a 90 degree angle and place their foot over your outside leg. Tuck toes underneath and lock their heel with your hand. Place your inside hand under the knee of the client’s straight leg for traction. Use the heel of your inside foot to gently roll or “twang” over the tendon at the center of the hamstring. Do it 3 times at each placement, up and down the thigh as many times as needed until you feel the tendon softening and releasing. Gradually increase the depth and pressure used.

Rotate hip

Place your outside hand on the thigh beneath the knee, and your inside hand on the top of the foot. Apply pressure downward on the foot and towards the client's head. With equal pressure rotate the hip 5 times outward only.

Rest your knee against their knee for support.



Leg bent outward

To bend the client's leg out, push the knee up and turn the foot out gently and then bring the knee down towards the mat. Place your thigh under client's knee if they need support

Place one hand on top of thigh and one hand above knee. Move top hand down and up the thigh at 4 points.

Finish with an extra technique by placing your top hand under the waist (beside the spine) and lean back, Simultaneously press the knee downward gently.

REPEAT SEQUENCE FROM 'ROTATE ANKLE' TO THIS TECHNIQUE ON THE OTHER LEG (Bottom, p.30)

Palm press thighs

Palm press thighs (with straight fingers). Press inward just below the I.T. band, lift the muscle up, and then press down and outward on the quads. (IN-UP-DOWN)

Open the wind gate (stop blood flow) unless contraindicated.





Sen lines on arm

Extend arm from client's body 90 degrees.

Twang across center tendon with thumb, alternate with grasping and lifting inside and outside tendons, 3 times each point.

Thumb roll over energy line on upper arm (below the bicep muscle) until you reach the shoulder points.

Shoulder (Pectoral) Points

3 Points on the front of the shoulder correspond with the 3 inside energy lines of the arm.

Line 1 corresponds with the thumb. It moves from the thumb along the muscle close to the radius, to the acupressure point at the inside crease of the elbow. Then it follows above the bicep muscle to point 1 on the shoulder.

Line 2 corresponds with the middle finger. It moves from the center of the wrist up the center of the forearm up to the elbow. Then it follows up to point 2 on the shoulder.

Line 3 corresponds with the pinky finger. It moves along the muscle close to the ulna, to the acupressure point at the outside crease of the elbow. Then it continues below the bicep muscle to point 3 on the shoulder.



Outside lines of arm

Bend the arm upward at a 90 degree angle.

Hold the client's hand with your inside hand. Firmly "twang" over the middle outside energy line and tendon with all of your fingers. Do it 3 times at each spot, moving up and down the sen line.

Two inside lines

Still holding the client's hand with your inside hand, move their arm away from you. Roll or twang with your thumb across the middle tendon until you reach the elbow. Move up and down along the line.

Then roll or twang across the tendon in line with the pinky finger until you reach the elbow. Move up and down the line.





Stretch the wrist

Interlace fingers with your client (your hand should be facing downwards). Hold her forearm with your other hand.

Stretch the wrist down and then straighten her hand and lean back. Move up 3 positions on the forearm and return down again.

REPEAT FROM “SEN LINES ON ARM” (p. 33, top) ON THE OTHER ARM

Head to knee stretch

Place the client’s feet on top of your thighs and hold their wrists.

Slowly pull client toward you 5 times. (You can step back with one foot if you need more balance)

To release, slowly step back letting the client’s feet gently fall between your legs.



Shoulder release

Stand behind your client. Grip and pull with flat fingers the front of the tendon at the top of the trap muscle and roll over the tendon while stretching the head forward.

Repeat this 3 times on each shoulder.

17) Shoulder & neck stretch

While standing behind your client, press down with one hand on shoulder and press head in opposite direction.

Work 3 points on shoulder.

Maintain pressure 60% on shoulder and 40% on head





Forward stretch

Place palms on the upper back and push forward.
Work 5 points down the back and up again.

Lay Back

Bring the client back to rest lying on the balls of your feet, and let your toes bend back ward.

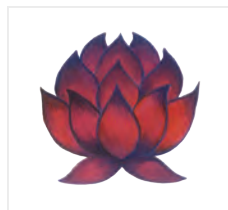
Client then reaches above their head and holds your waist. Lean back and push forward with the balls of your feet simultaneously.

Foot placement 1: At the waist



Foot placement 2: Center of the back

Foot placement 3: Directly in between the center of the shoulder blades



Presentation:

Side position therapy points & specialized techniques

Hans Lütz

This is an old collection of six important Thai pressure points which are helpful for the general well-being of your client. The points may be worked individually at any time during a complete session, working progressively from bottom to the top.



1. Center of the back of the knee

Indications: Knee pain, lower back pain, sciatica, leg paralysis, numbness of the leg, impotence, urinary tract infections, skin diseases, stomach distension, calf muscle cramps, allergies.



2. Last point before the knee on the calf of the outside leg

Indications: Knee pain, leg paralysis, nausea, constipation, gastritis, stomach ulcers, diseases of the pancreas, diarrhea, insomnia, hypertension, shock, fever, stomach cramps, vomiting, acne, allergies, itching, menstrual pain, excessive menstrual bleeding, irregular menstruation, varicose veins.



3. On the dorsum of the hand in the center of the web between thumb and index finger.

Indications: Major anaesthetic point, headache, toothache, abdominal pain, constipation, tonsillitis, facial paralysis, cold diseases, fever, intestinal disorders, lung diseases, pain in thumb and forefingers, pain in the wrist joint, circulation problems, neck pain, stiff neck, sinusitis.



4. On the lower arm, two finger widths back from the wrist.

Indications: Headache, cough, bronchitis, nasal obstruction, sore throat, stiff neck, asthma, facial paralysis, trigeminal disorders (facial sensory nerve), skin disorders.



5. Three finger widths back from the wrist.

Indications: Mental disorders, anxiety, epilepsy, insomnia, hysteria, shock, nausea, angina pectoris, vomiting, morning sickness, sore throat, chest pain, gastric distension, cardiac arrhythmia, varicose veins.



6. Center of the upper lip, below the nose.

Indications: Shock, coma, sunstroke, respiratory failure, faint, epilepsy, facial paralysis. The 'unconsciousness' or 'wake up' point.

This sequence of exercises which start in the side position demonstrate the amazing creativity which can be used when the therapist follows his intuition. The grace and flow of this sequence are typical of the way the late Asokananda worked and taught. Exercises for back problems **1 & 2** - Opening the hips **3 & 4** - Flowing into a one handed stomach massage **5** - Then into a wonderful leg stretch **6** - into a complete turnaround of the patient **7 & 8** , where you can work backlines, sacrum or the third leg line, and where you can use elbows or lower arms to work on a patient **9-14**





Presentation:

Ergonomics and Breathwork in Nuad Boran

A few guidelines for safe and effective practice

Bob Haddad

Proper body mechanics and breathing awareness are of utmost importance in a Thai therapy session, yet they are not taught on a wide scale. Whenever I see people giving Thai massage with a drooping back or bent arms, I know they have yet to develop good ergonomics. Bad habits can be hard to break, but continued practice using postures that are not ergonomically sound can lead to unnecessary strain and even permanent physical damage.

Calm and deep breathing can help bring about an effortless and relaxing session for both the recipient and practitioner. It is sometimes helpful to remind the receiver to breathe, especially before dramatic body movements and yoga positions such as plow, cobra and spinal twists. Generally, receivers should be exhaling as they are stretched, moved and released back to starting position, and practitioners should inhale as they lift or get a client into position. It is important that neither the client nor the practitioner hold their breath while stretching or dramatically moving the body. Ingestion of air empowers and stabilizes our bodies, and feeds us sustenance.

This presentation is designed to help you understand elements of body mechanics (ergonomics) and breathing techniques that you might refine in your own personal and professional practice.

Use your bodyweight, not muscle power

Nuad Boran is one of the few healing modalities that allows therapists to work at an appropriate level for each client. For the therapist, a Thai session can be relatively effortless when you learn to use your body weight and utilize gravity efficiently. Never rely on muscle power or arm strength. If at any point during a session you find yourself using your muscles, immediately stop, and try it a different way. Remember to keep your shoulders relaxed, your back straight, and to exhale as you apply pressure.



Move your body positioning often & work only within your reach

It's important to not remain in fixed positions for too long when you work. When thumbing, palming and compressing, move your body as you work, adjusting your legs and knees and alignment whenever necessary. Keep your bodyweight directly above the extensions of your arms, and stay focused in your *hara* (center). Don't overextend yourself by reaching far away to execute a movement. Instead, move your body to be closer or more in alignment with the client before beginning the move.



- Always ground yourself from the second chakra (*hara*) slightly below the navel, and let that area be the very center of all your movements.
- Keep your movement confined to what is within your reach, and take care to not hyper-extend your body (or your client's body) while executing postures and techniques.
- Always keep your spine straight and your head in straight-ahead alignment. Avoid curving your back forward while lifting. Keep your arms straight when pulling and compressing.
- Remember to inhale when exerting pressure or lifting. Never hold your breath. Always be aware of the receiver's breath patterns, and encourage their deep breathing when necessary. Try to time your moves in accordance with the receiver's inhalations and exhalations.
- Allow for short moments of rest when appropriate, and allow the client time to transition from one posture to the next, especially after the deeper ones.

Protect your wrists

When performing butterfly palm presses, whether on the shoulders, on the thighs or the back, try to keep the inner parts of your elbows facing each other, with the creases of your arms facing forward.

When you're palm pressing, direct your energy through your arms and into the heel of your hand, and then spread the pressure throughout your palm, to broaden the contact point. Failure to spread the pressure may create a sharp sensation to your client, and may also result in injury to your wrists.

Always keep your wrists at a comfortable angle, about 80 degrees, maybe a bit less. Working beyond that angle may pinch nerves or overstretch your ligaments. Maintain your body weight directly over your arms, as you lean in to apply pressure.



Keep your back straight

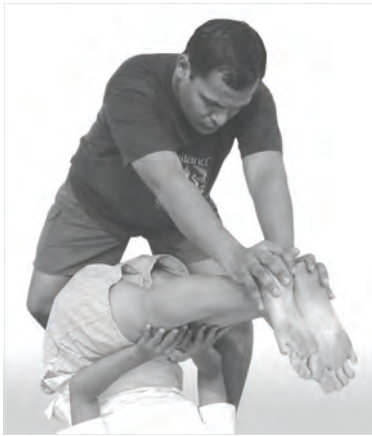
Keep your spine in proper alignment. By engaging your core muscles as you move, you can protect your lower back. This is especially true when you use your feet to work thighs or the lower back. Remember to keep your head up, and to keep your neck aligned with your spine. Eliminate or modify any moves that require you to bend over and to round your spine, whether from a standing or a sitting position.



Breathe ! (and be aware of your client's breathing patterns as you work)

In general, your clients should exhale when you apply pressure to them, or when you dramatically move their bodies from one position to another. They should inhale when you release the pressure, or return their bodies to the starting position. The therapist, however, should inhale as he lifts her into position, because the increased amount of oxygen to his body will give him more strength as he engages his core muscles. Both people should exhale when the client is lowered to the floor. Under no circumstances should you ever hold your breath when giving or receiving a Thai massage session.

Whenever you begin a session, take some time to focus on your client's breathing patterns, and regulate your own breathing so that you are in tune with her body. From time to time during the session, look at the rise and fall of your client's abdomen, so you know when to apply your movements.



Presentation:

Applying Intuition in Advanced Thai Massage Therapies

Janice Vitavec

*This is an experiential workshop which will guide you through a process of techniques to expand your conscious awareness beyond self and into the realms of intuition and Thai bodywork as a healing art. What is Intuition? Frances Vaughan, a transpersonal psychologist, describes intuition in her book, *Awakening Intuition*, as “a way of knowing...recognizing the possibilities in any situation.” The Swiss psychiatrist Carl Jung defined intuition as the function that “explores the unknown, and senses possibilities and implications which may not be readily apparent.” Webster’s dictionary defines intuition as “direct knowing or learning of something without the conscious use of reasoning; immediate apprehension or understanding.”*

Intuition is a clear knowing without being able to explain how one knows. It is knowledge gained without logical or rational thought.

In this presentation we will touch on the issues below and discuss their relevance to working with our clients in nuad boran.

- *Knowing what to do in a given situation without thinking*
- *Honing our ability to arrive at a decision without any “logical” steps*
- *Using hunches or random thoughts as a basis for conviction*
- *Following a “gut feeling” to make decisions that may go against the norm*
- *Knowing without conscious awareness*
- *Answering questions by internal judgment, without reference to outside facts or sources*
- *Developing a sense of knowledge through the subconscious, rather than through linear cognitive analysis*

To prepare for this discussion, begin to think about how you would define intuition and contemplate some specific instances where your intuition powerfully guided you.

Notes:



Instructors & Presenters

THAI Retreat & Conference, June 22- 25, 2007

Rose Griscorn

Rose is an experienced teacher of northern style *nuad boran*, practicing and teaching extensively since 1994. She follows the ITM / Old Medicine Hospital protocol as taught by Chongkol Setthakorn and the late Arthur Lambert. As director of ITM-USA, Rose conducts workshops and maintains a private practice in New Jersey. She also trains therapists at spas and sells Thai massage products. Rose brings enthusiasm, experience, compassion, and knowledge to her classes.



Bob Haddad

Bob has been studying *nuad boran* since 1999. He has studied with many teachers in Thailand, the USA and Europe, but he counts Asokananda and Pichest Boonthumme as his true mentors. Concerned by an apparent lack of adequate study and practice experience in the field, he drafted the charter for THAI in 2004, and now serves as the organization's Director. Bob maintains a private practice in North Carolina, and teaches *nuad boran* in the USA and in Latin America.

Hans Dieter Lütz

Hans has studied Chinese Martial Arts for 21 years, and teaches T'ai Chi Ch'uan, Kung Fu and Chi Shu (throwing art). He began his fascination with traditional Thai yoga massage in 1997 with Vera Lier, and then met Asokananda in 1998. From 1998 - 2004, he studied over 600 hours of advanced training with Asoka, mostly on his tours through Europe. In 2003, he was placed on Asokananda's authorized teacher list. He currently teaches and maintains a private practice in Bonn, Germany.



Instructors & Presenters

THAI Retreat & Conference, June 22- 25, 2007

Janice Vitavec

Janice has been studying and teaching Thai healing arts since 1996. Her work is strongly influenced by (Mama) Lek Chaiya with whom she first studied in 1997, and whom she has brought to teach workshops in the USA. Janice directs the Spirit Winds School of Thai Massage in California, and organizes healing events based on Thai and other healing traditions. She is a certified Yoga Instructor trained in Bangalore, India.



David Weitzer

David and his wife Janice first discovered traditional Thai massage in 1990 and they have devoted themselves to this ancient healing art as a spiritual practice. David gives thanks to master Pichest Boonthumme with whom he has trained every year since the mid 1990s. David teaches Thai massage at Oregon School of Massage, and also throughout the western USA. His focus is on the spiritual and energetic aspects of healing, and he cares deeply about healing ourselves while we help those whom we touch.

We would like to thank the following for their valuable support and help:

The workshop teachers. Without their selfless work, this retreat would not have been possible.

Preparations and Reception Committee: Naomi Brisman, Paul Fowler, Hans Lütz, Della French, Jill Roberts

Membership Committee members: Kristin Nuttall, Hillary Olsen, Jill Roberts, Naomi Brisman

Transportation & accommodations director: Della French

Travel agent: Cindy Talisman

THAI storekeeper: Francine Petit

Raffle donors: The Body Shop, Durham NC & Klecka Naturals, Chapel Hill, NC

Craig & Theresa at The Residence Inn, Marlene at the Holiday Inn, David Di Giuseppe for coordinating the contra dance, Healing Earth Resources for lending us linens, and the wonderful staff of Camp New Hope for their coordination assistance



Confidential Client Intake Sheet

name _____ date _____

home tel: _____ work tel: _____ e-mail: _____

address: _____

date of birth: _____ profession: _____ referred by: _____

emergency contact info: _____

are you currently taking medication? _____

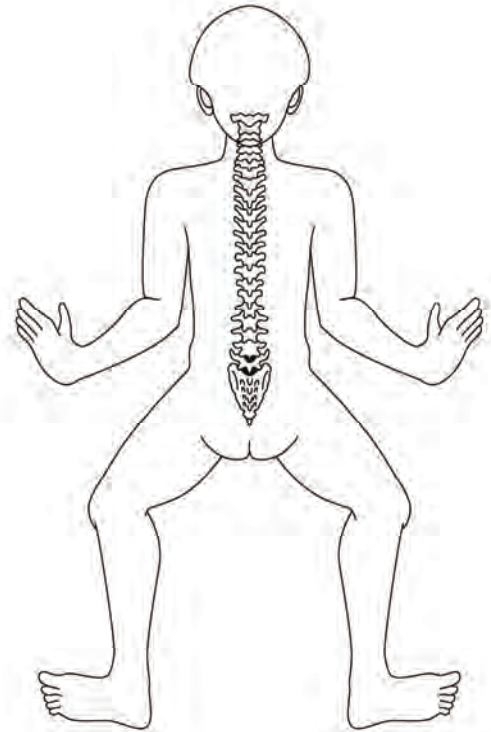
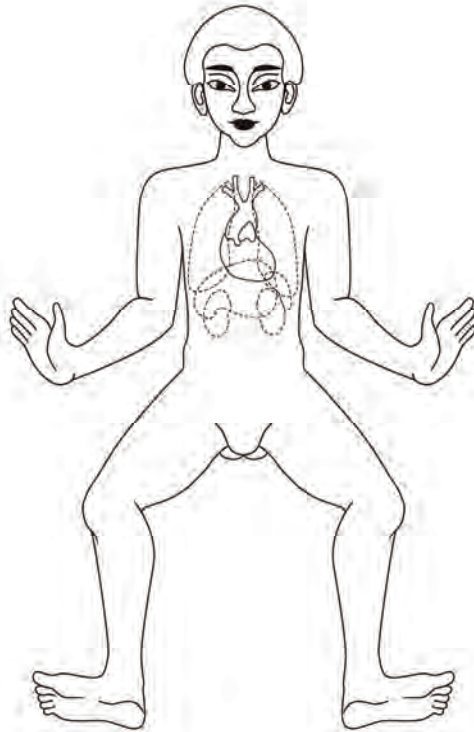
describe any special medical conditions: _____

indicate if any conditions apply: _____ surgeries _____ spinal / disc problems _____ heart problems _____ high blood pressure
_____ osteoporosis _____ hernia _____ fractures _____ arthritis _____ wear contact lenses _____ pregnancy
_____ back pain _____ neck pain _____ broken bones / fractures _____ constipation _____ diarrhea _____ other

describe more fully any of the above conditions:

On the diagrams to the right, circle any problem areas, and indicate as follows:

tension "T"
pain "P"
surgeries "S"



continued next page..

Do you have any restrictions in movement? _____

Are there any movements or stretches you think may be harmful? _____

Do you generally like to hear music during a session? _____

Is it OK to use lightly scented lotion or balm on your face? _____

Do you have any other comments or requests? _____

Client consent and agreement — Please read and sign below

- * It is agreed and understood that Thai therapy is intended for relaxation, and that it is not meant to diagnose, treat or remedy any illness, disease, injury, physical condition or mental disorder.
- * Except in cases of emergency, I agree to pay for all sessions which are not cancelled at least 24 hours in advance.
- * Traditional Thai bodywork is strictly non-sexual. Under extenuating circumstances, either party reserves the right to immediately terminate the session.
- * The practitioner is a Registered Thai Therapist (RTT) in the Thai Healing Alliance, however the practice of all forms of therapy are subject to local laws and ordinances.

signature _____

date _____

***** please do not write below this line *****

Practitioner's notes:

date (d-m-y)		total session time		
First session notes				

date (d-m-y)		total session time		
Second session notes				

Attach additional session notes as needed





Thai Healing Alliance International

Thai Therapy session notes

Client name

date (d-m-y)		total session time		
Session notes				
date (d-m-y)		total session time		
Session notes				
date (d-m-y)		total session time		
session notes				
date (d-m-y)		total session time		
session notes				
date (d-m-y)		total session time		
session notes				

Thai Healing Alliance Ethical Code Agreement

1. DILIGENT STUDY

I agree to keep my practice up to date by seeing clients regularly, practicing, and pursuing my studies through continuing education and refresher courses.

2. PRIVACY & CONFIDENTIALITY

I agree to respect the privacy and the confidentiality of any and all clients from now into the future. I further agree to not disclose to a third party any personal information a client may confidentially share with me.

3. REASONABLE COMPENSATION

I agree to charge a fair price for an excellent service, and to set fees for my services commensurate with my experience and expertise.

4. RESPECT FOR OTHER PRACTITIONERS

I agree to not coerce or manipulate clients of another practitioner to receive my services.

5. MAINTAIN HUMILITY

I agree to market myself honestly within the parameters of my experience, and to represent myself only at the level of membership I maintain according to the policies of the Thai Healing Alliance.

6. SEEK GUIDANCE

I agree to continue to hone my skills as a practitioner by pursuing continuing education, taking courses and workshops, reading, doing research and engaging in work and study with other practitioners. I understand and acknowledge that my practice is a life-long pursuit of knowledge.

7. MAINTAIN DIGNITY

I agree to uphold a high standard of professional ethics, and to avoid any behavior that would tarnish the reputation of traditional Thai healing arts. This includes refraining from any and all sexual massage, and refraining from engaging in Thai massage when either party is under the influence of alcohol or drugs.

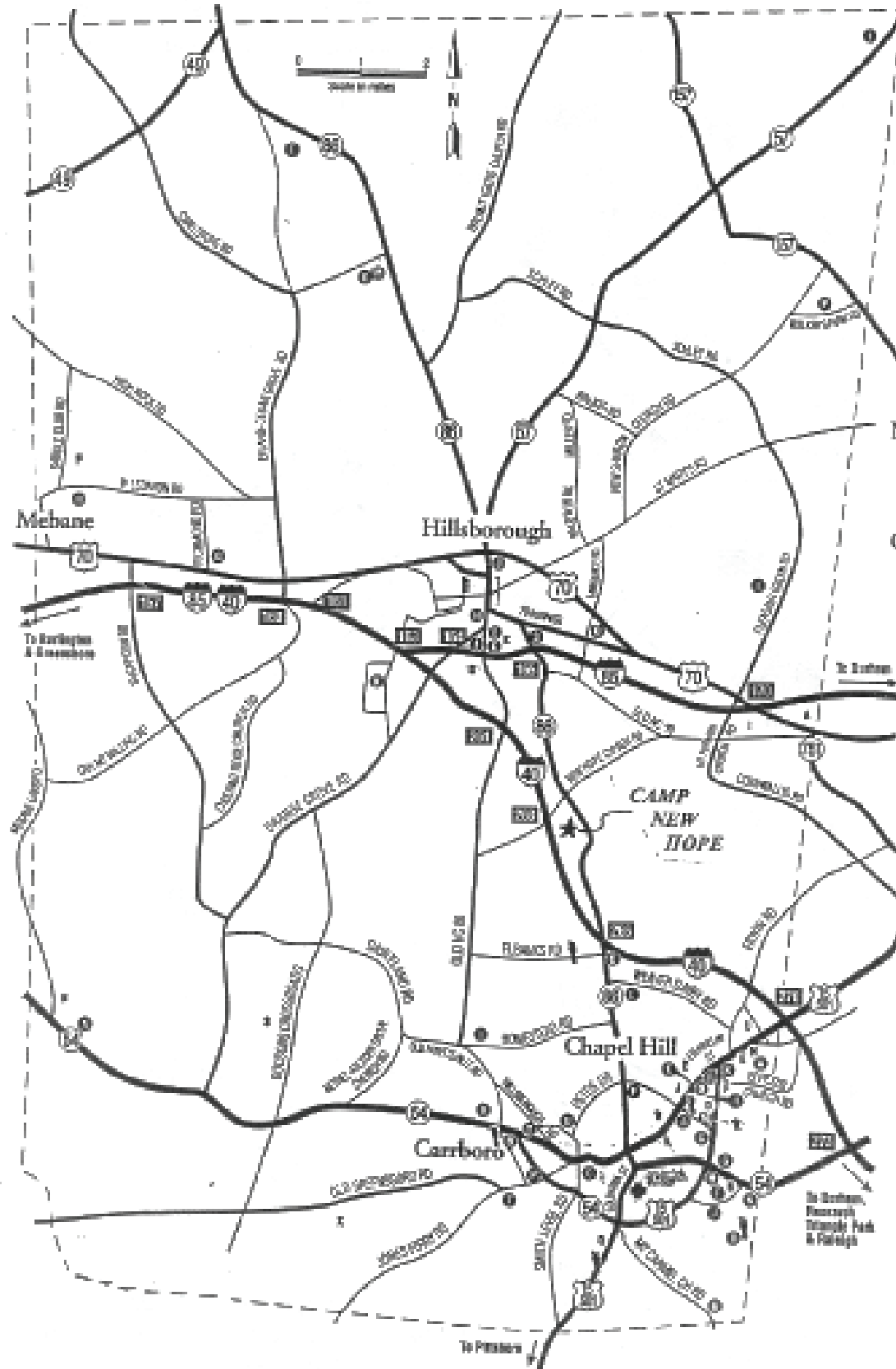
8. PROFESSIONAL INTEGRITY

I agree to not formally teach Nuad Thai to any person unless I am an Instructor or Institutional member of THAI, and engaged in a training course recognized by THAI. I also agree to make clear to my students that the practice of Thai massage is subject to all local laws and ordinances.

9. BE GRATEFUL

I agree to maintain a spiritual approach to my professional healing practice, and to continually work through my practice for the betterment of myself, my clients and mankind.

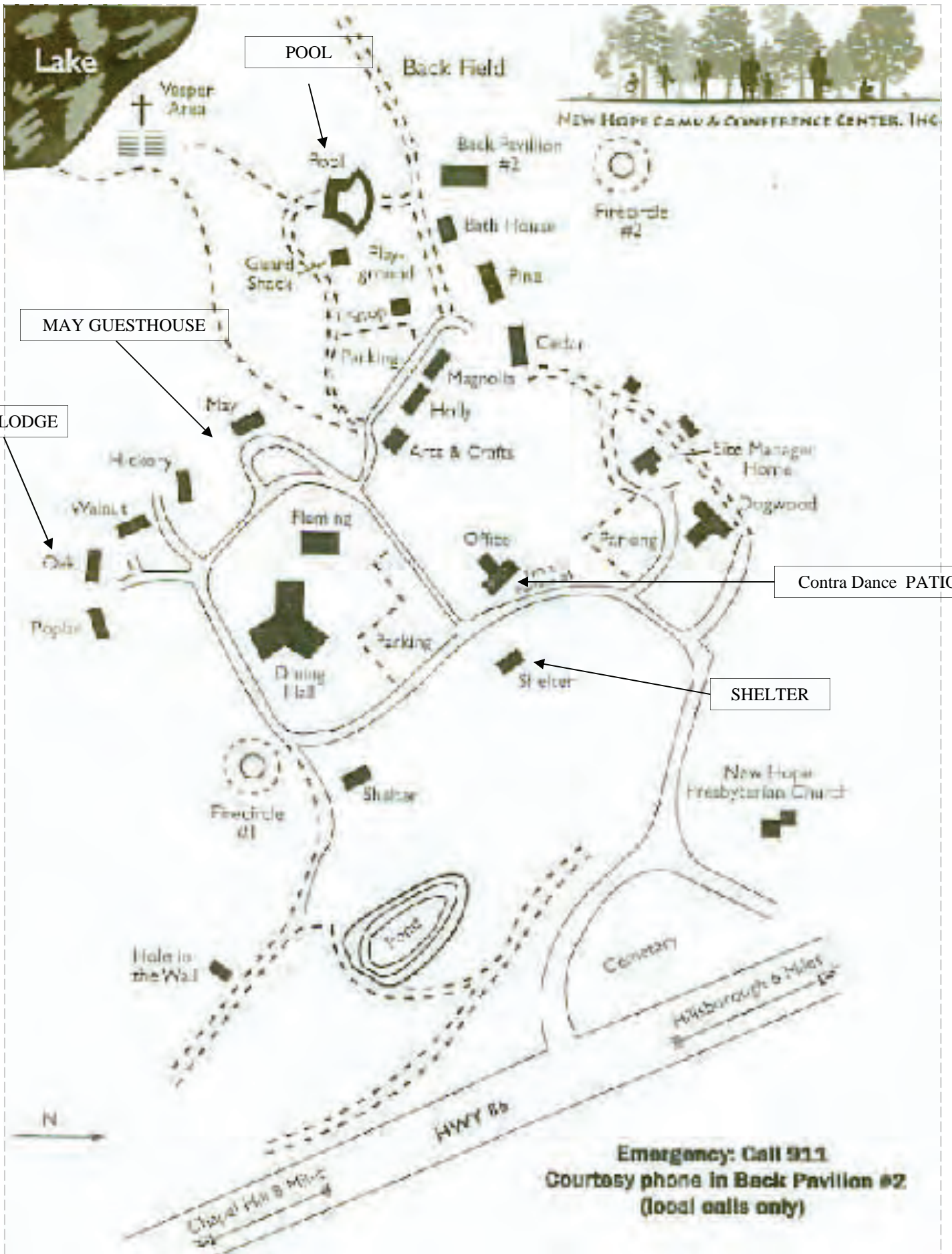
ORANGE COUNTY, *North Carolina*



**New Hope Camp and
Conference Center**

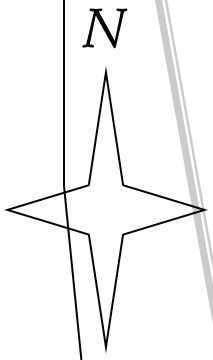
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Chapel Hill, NC 27514

919-942-4716



EXIT 263
On I-40

New Hope Church Road



CAMP
NEW
HOPE

New Hope
Fire Dept.

Hwy 86

Hwy 86

To hotels from RDU airport:

Take I-40 West about 20 minutes, and take exit 270. Take a left off the exit ramp onto 15/501 and proceed about 1.5 miles.
For Residence Inn: take a right onto Erwin Road.
For Holiday Inn: Continue a few hundred feet and you'll come to a "Y". Bear left onto 15/501 South. The Holiday Inn will be on your left.

To Camp New Hope from hotels:

From 15/501. take Erwin Road past the Residence Inn, and make a left onto Weaver Dairy Road. Go all the way to a major intersection (past Timberlyne Shopping Center) and make a right at the light. Cross over I-40 and continue straight. Continue north on Hwy 86 for a few miles and near the volunteer fire station, you will see Camp New Hope on the left. (follow gray arrows on this map)

EXIT 266
on I-40

To RDU Airport

To downtown
Chapel Hill

Hwy 86

Timberlyne
shopping center

Weaver Dairy Road

Old Oxford

Erwin Road

Franklin Street

To downtown
Chapel Hill

WHOLE
FOODS

Franklin Street

R

RESIDENCE INN

To exit 270
of I-40

Erwin Road

15 / 501

15 / 501

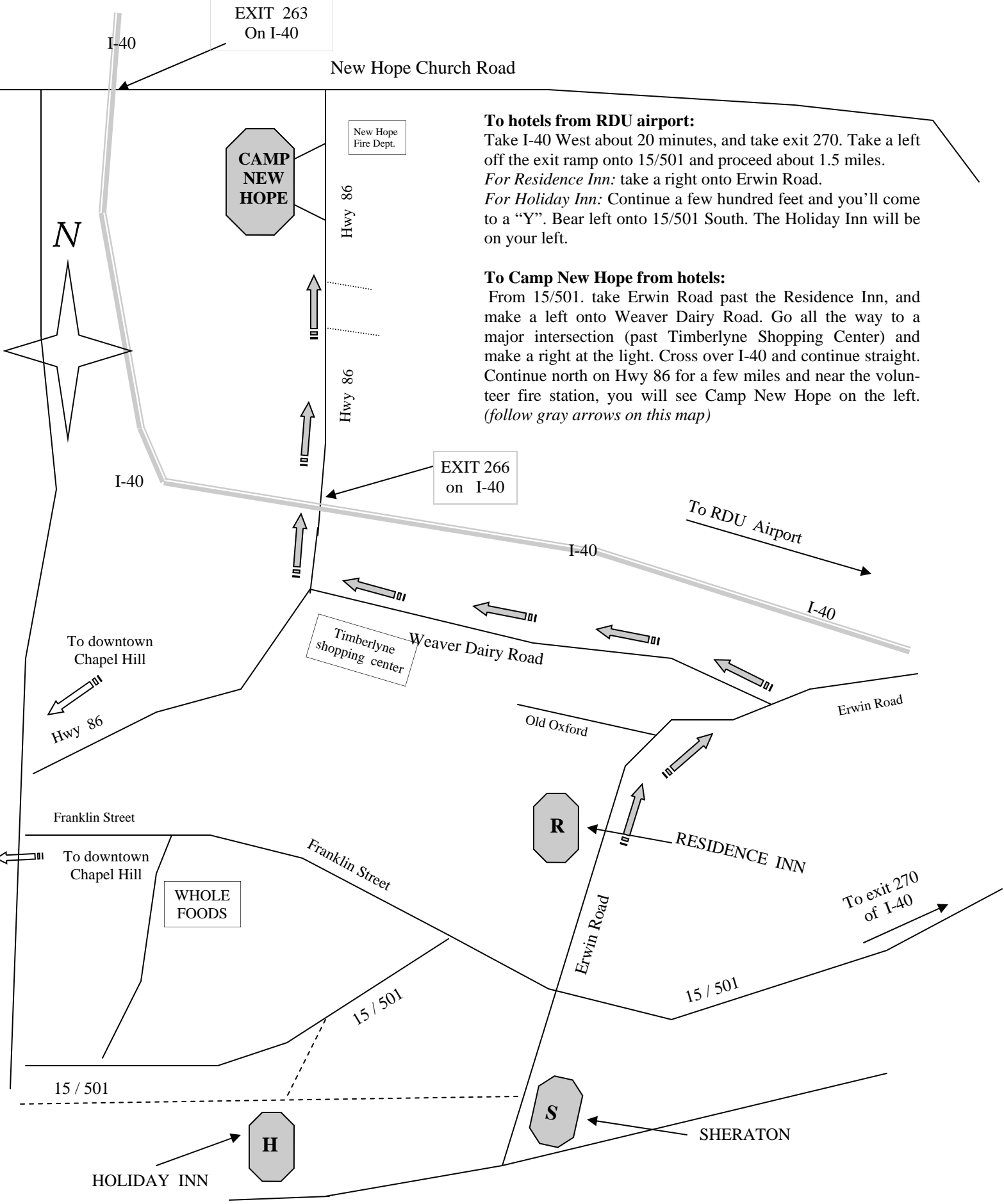
15 / 501

H

HOLIDAY INN

S

SHERATON



Notes:



Chanting the Om Namō

Transcribed for Thai Healing Alliance International

3 Om Na mo Shi va go si-la sa a hang
2
1

3 ru ni pa
2 ka ko sa ta - nang o - sa - ta
1

3 ti so ri
2 pa man tang pa ya jan tan
1 pa su

3 Pa se mi
2 Go-ma-la to ka wan ta
1 pa si

3 ta-so mi
2 ban to me ro-ha ma-na
1 ti su a su ho

3 wa ma - nu na - mu
2 yo - te nang yo - pro - ma mo
1 pi sa pi ta

3 ha na mi
2 yo - nak pa - na - nang pi - nin - si - ang hang
1 pi su

3 na Pu ya na na na na tien
 2 mo ta von vien sa tit sa
 1

3 na na-we na
 2 e ma-ma vien pai-tan-vien
 1 hi

3 na ha ma-ma na Pu ya
 2 vien-ma ku e ma-ma yong mo ta
 1 hi pi

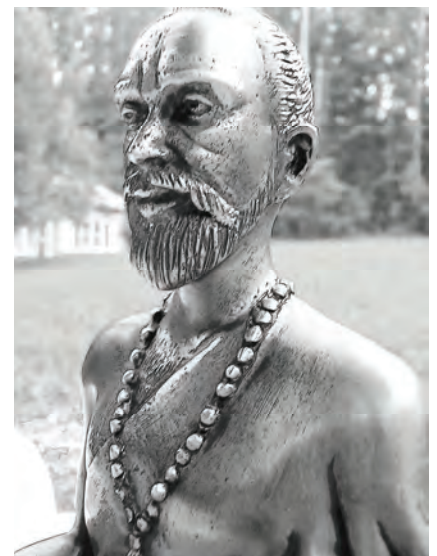
3 na na-wa pa ti vi san
 2 ro-kha ya na ti
 1 a

Most serious practitioners of traditional *nuad boran* are familiar with the traditional prayer that is offered to the founding father, Jivaka Kumarbhaccha. This mantra, passed down over many generations in the Pali language, is often recited aloud by students, practitioners and schools before the start of a Thai massage class, or even silently before beginning a session.

But not many of us know the precise melody in order to chant this prayer. Many long term students and practitioners who have studied where this prayer is chanted (such as with Ajahn Pichest Boonthumme or at the Old Medicine Hospital) may be familiar with the basic tones of inflection, but not the precise melody.

The Thai Healing Alliance has transcribed the melody so it can be made available to THAI members and the greater Thai massage community. It is transcribed from a version sung by Pichest Boonthumme, and is annotated with an easy to use, 3-line format that can be followed by everyone.

— Transcribed by Bob Haddad for THAI



Notes:

