

Course Curriculum

Level I - 5 Days

Back-Lying Position:

- Feet and Ankles,
- Energy Lines in the Legs, Leg Stretching,
- Abdomen, Chest, Arms,
- Neck, Head and Face Massage

Level II - 5 Days

Advanced Positions:

- Side - Lying
- Lying on Abdomen
- Sitting

Level III - 5 Days

Specific Therapies:

- for Back Pain, Knee Pain, Shoulder Pain and Headache
- Herbal Compression

Course Schedule

- Classes are held at each level Monday through Friday 9:00 a.m.- 4:00 p.m.

Cost and Requirements

- 3000 Bhat per week payable on the first day of each week
- 2 passport size photos for record and diploma



LEARN THE ANCIENT MASSAGE OF THAILAND

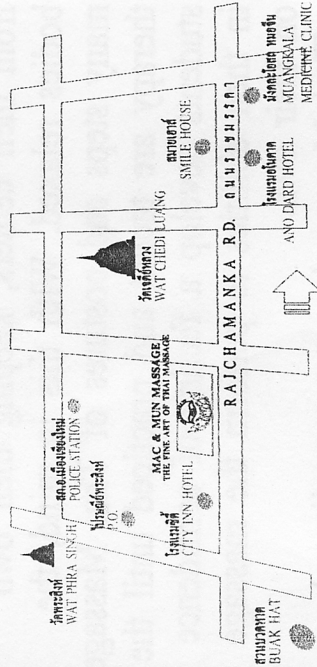
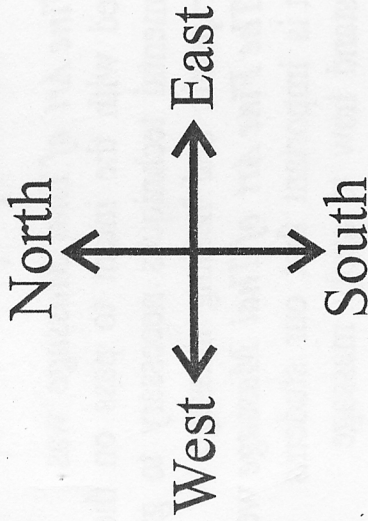
5-10-15 DAY COURSES
IN BASIC AND ADVANCED
MASSAGE TECHNIQUES

WITH THERDCHAI CHUMPHOOPONG (MAC)
114/4 RAJCHAMANKA RD. T.PHRA SINGH
A.MUANG CHIANG MAI 50200 THAILAND

Tel: 053-275306

Mobile: 01-3872579

E-mail : mactherdchai@hotmail.com



For Taxi :

114/4 ถนนราชมนรุท

อ.เมือง จ.เชียงใหม่

The Fine Art of Thai Massage

Traditional Thai Massage, in practice for over 2500 years, is based on the Ayurvedic principles of balancing one's energy. In both eastern and western healing systems, the idea of maintaining balance or equilibrium in the body is the key to good health.

Thai Massage is based on the idea that there are energy lines, or Sen, that run through the body. These Sen are the passageways for energy, just as blood vessels are the passageways for blood. When these Sen lines become blocked, the energy becomes stagnant and the body loses its balance, allowing disease to set in. In Thai Massage we use stretching, energy work and acupressure to open energy channels, allowing the body to rebalance itself and thus heal itself.

Applying pressure to points along the energy lines combined with gentle rocking, compression, and elongating the muscles with yoga-like stretches serve to relax tight muscles and open stiff joints, allowing energy to flow with less obstruction.

Our Philosophy of Teaching

The Fine Art of Thai Massage was founded with the intent to pass on the fundamental techniques necessary to give a therapeutic and healing massage.

At *The Fine Art of Thai Massage* we feel it is important that our students understand how to apply massage techniques in a rhythmic and meditative way. Students are taught how to work from their centers, keeping their own bodies relaxed. With this in mind, the many steps and postures of Thai Massage therapy are taught and practiced until the students develop a feeling of confidence in their abilities to perform the massage on their own.

Thai Massage is not a complicated form of therapy, but it can be stressful on the practitioner's body if the body mechanics are awkward or off balance. Mac makes sure that his students use their bodies with efficiency so that the massage is relaxing for both the client and the therapist.

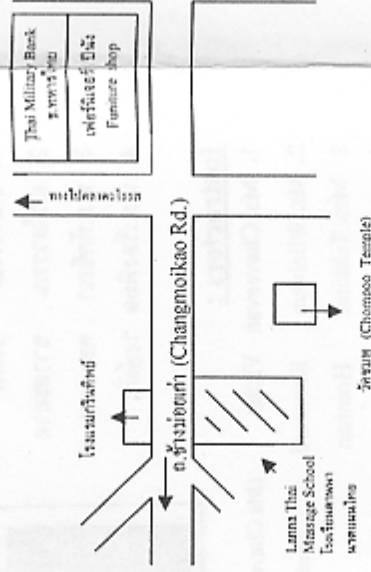


About The Instructor

The founder and director of *The Fine Art of Thai Massage*, Therdchai Chumphoong, known to his students as Mac, was literally born into massage. Mac's mother is a massage therapist and has been using the healing art of Thai Massage all of her life. At the age of seventeen, Mac began his formal study at the Foundation of Dr. Shivagakomarpaj Thai Traditional Hospital in Chang Mai. After completing his education there, he stayed to teach and practice for three years. Mac then went on to teach at the International Training Massage school for five years. Mac's mother, Pensri, studied at Wat Po and worked at the Old Medicine Hospital for many years.

Mac opened *The Fine Art of Thai Massage* with the intent and desire to work in a more personal and direct atmosphere for the students. Classes are small, allowing each student to receive personal attention and instruction.

แผนผังแสดงที่ตั้ง



สนใจติดต่อขอทราบรายละเอียดได้ที่

โรงเรียนลานนาวดแผนไทย

47 ต.ช้างม้อบเก่า อ.3 ต.ช้างม้อบ

อ.เมือง จ.เชียงใหม่ 50300

โทร. / โทรสาร (053) 232547 , มือถือ (01) 3869672

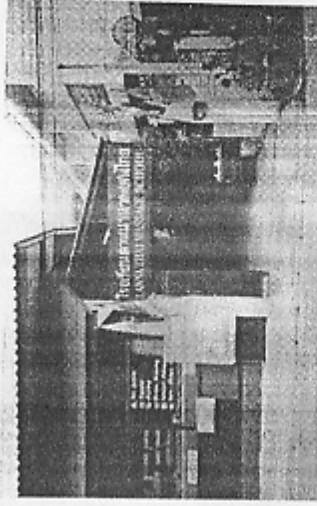
ADDRESS :

47 Old Chang Moi Soi 3 Road, Chang moi, Muang,

Chiang mai Thailand. 50300

Tel. / Fax (053) 232 547 Mobile : 01 – 3869672

Email : Lannamassageem@yahoo.co.th



“โรงเรียนลานนาวดแผนไทย”

(ในความควบคุมของกระทรวงศึกษาธิการ)

ได้ผ่านการรับรองหลักสูตรผู้ให้บริการ

สถานประกอบการเพื่อสุขภาพ

กรมสนับสนุนบริการสุขภาพกระทรวงสาธารณสุข

LANNA THAI MASSAGE SCHOOL

(Under the supervision of the Ministry of Education)

ChiangMai Provincial Public Health Office,

Ministry of Public Health

*** We also provide Thai Massage Training

Courses under the Supervision of the Ministry

Of Education ***

Thai Massage for Relaxation both Body & Soul,

Body physical Improvement,

Revitalization and Rejuvenation :

COURSE OFFERING :

◆ THAI MASSAGE

◆ FOOT MASSAGE

◆ THERAPY THAI ROYAL MASSAGE

◆ BALANCING BODY EXERCISE PROGRAM

More information please contact : (053) 232 547

LANNA THAI MASSAGE SCHOOL

UNDER THE SUPERVISION OF THAI MINISTRY OF EDUCATION
AND THAI MINISTRY OF PUBLIC HEALTH.

We offer Thai Massage training courses for body physical
Improvement And relaxation both body and soul.

Course Offering :

- | | | |
|------------------------|---------------------|------------|
| 1. Thai Massage Course | : 3 days (18 Hrs.) | 3,500 Baht |
| 2. Foot Massage Course | : 2 days (12 Hrs.) | 2,500 Baht |
| 3. Full Massage Course | : 10 days (60 Hrs.) | 7,500 Baht |

☆ Thai Massage ☆ Foot Massage

- | | | |
|---|------------------|------------|
| 4. Practical | : 1 day (6 Hrs.) | 500 Baht |
| 5. Balancing Body Exercise Program 1 day (6 Hrs.) | | 1,000 Baht |
| 6. Intensive Course | : 1 day (6 Hrs.) | 1,500 Baht |

☆ Thai Massage for Relaxation

Free handbook , lunch, certificate

Study Time :

- Daily 09.00 am. – 04.00 pm. (one hour break for lunch)
- Holiday on Sunday

Examination Practical Test before get the certification.

Application 3 photos with passport copy.

Remark :

No money refund in any condition

Interested person please ask for more information
at "Lanna Thai Massage School"

Contact :

Address : 47 Chang Moi Kao Soi 3 Rd.,
Amphur Muang, Chiang Mai, 50300 THAILAND.
Tel : / Fax : (053) 232 547, Mobile : (01) 386 9672
Email : lannamassage@yahoo.com