

Course 1: Basic of Traditional Thai Massage – 16 Hours

1. Course / Workshop Description and Content

This comprehensive 16-hour in-class course introduces participants to the fundamental principles and full-body techniques of Traditional Thai Massage. Rooted in ancient Thai healing traditions, this practice blends acupressure, assisted yoga-style stretching, and rhythmic compressions to enhance physical and energetic balance. Students will receive detailed instruction in body mechanics, the therapeutic use of Thai massage positions (supine, prone, side-lying, and seated), and a complete sequence of full-body treatment techniques. The course is hands-on, includes demonstration, guided practice, and feedback. A printed textbook/manual is provided.

2. Outline of the Benefit to Massage and Any Anatomy Review or Contraindications to Treatment Benefits to Massage Therapists:

- Adds Traditional Thai Massage to the therapist's repertoire
- Enhances client flexibility, posture, and range of motion
- Reduces therapist strain by teaching safe body mechanics and efficient use of body weight
- Introduces new service offerings (floor-based therapy without lotion/oil)

Anatomy Review:

- Introduction to Thai Sen lines and their relevance to energy flow and musculoskeletal connections
- Review of major joints and muscle groups involved in stretching techniques (e.g., hips, shoulders, spine)
- Understanding therapeutic touch pressure zones and muscle compressions

Contraindications Covered:

- Recent surgery, injury, or fractures
- Pregnancy (modifications required)
- Severe varicose veins, thrombosis
- Acute inflammation or fever
- Osteoporosis (caution during stretches)
- Contagious skin conditions

3. Prerequisite:

None. Open to massage therapists and bodyworkers of all levels.

4. Referenced Texts

Bob Haddad *"Thai Massage: Sacred Bodywork"*

Publisher: Findhorn Press, 2021

A comprehensive and modern guide to Thai Massage, emphasizing therapeutic practice, ethics, and energy line applications.

David Roylance *"Thai Massage: A Traditional Medical Technique"*

Publisher: Inner Traditions, 2004

Focuses on the traditional roots and therapeutic application of Thai Massage.

Kam Thye Chow *"Thai Yoga Therapy for Your Body Type: An Ayurvedic Tradition"*

Publisher: Inner Traditions, 2004

Connects Thai Massage with Ayurvedic body typing and personalized therapeutic routines.

C. Pierce Salguero *"Traditional Thai Medicine: Buddhism, Animism, Ayurveda"*

Publisher: White Lotus Press, 2004

Explores the broader theoretical foundation of Thai healing arts.

Robert Reid *"The Art of Thai Massage"*

Publisher: Lotus Publishing, 2015

An illustrated manual offering clear sequences and adaptations for Western clients.

Wat Pho Thai Traditional Medical School (Bangkok, Thailand)

Official Thai Massage Manual (available in English through authorized school distributors)

Thai Healing Alliance International (THAI)

Practitioner Curriculum Guidelines & Training Materials

5. Delivery Method

- Format: In-person (classroom)
- Approach: Demonstration, supervised practice, student participation
- Materials Provided: Printed textbook/manual with diagrams
- Class Size: Small group (max 10–12 students)

6. Learning Outcomes

- Perform a full-body Thai Massage (60–90 min) confidently
- Apply correct therapist body mechanics
- Adapt techniques for client needs
- Recognize and work along Sen lines
- Assess for contraindications and perform safe intake
- Create a rhythmic, flowing treatment sequence
- Integrate breath and mindfulness
- Transition smoothly between positions
- Provide a professional, clean treatment experience
- Accept and apply instructor feedback

7. List of Topics Covered

Topic	Description
Introduction to Thai Massage	Origins, history, and philosophy
Sen Lines and Energy Flow	Understanding Thai energy pathways
Therapist Body Mechanics	Safe posture, balance, and ergonomics
Supine Techniques	Techniques with client face-up
Prone Techniques	Techniques for back-body
Side-Lying Techniques	For hips, spine, mobility-limited clients
Seated Techniques	Focus on shoulders, neck, upper back
Flow and Transitions	Fluid connection between positions
Client Assessment	Screening and safety considerations
Full-Body Routine	Integrated sequence of all techniques
Guided Practice	Repetition and correction with feedback
Certification Review	Q&A, final assessment, certification

8. Detailed Course Timeline Day 1 (8 Hours)

Time	Content
09:00–09:30	Welcome, Intro
09:30–10:00	History, Philosophy, Sen Theory
10:00–10:30	Therapist Body Mechanics
10:30–11:30	Supine Techniques: Legs & Feet
11:30–12:30	Supine Techniques: Arms, Hands, Abdomen
12:30–13:30	Lunch Break
13:30–14:30	Prone Techniques: Legs & Back
14:30–15:15	Prone Techniques: Shoulders, Glutes
15:15–16:00	Side-Lying Techniques

Day 2 (8 Hours)

Time	Content
09:00–09:30	Recap
09:30–10:30	Seated Techniques
10:30–11:30	Transitions and Flow
11:30–12:00	Contraindications & Assessment
12:00–13:00	Lunch Break
13:00–14:30	Full-Body Routine: Guided Practice
14:30–15:30	Partner Practice: Supervised
15:30–16:00	Final Q&A, Feedback, Certification

9. Previous Approval of Course / Workshop

This is the first submission of this course for Continuing Education Credit (CEC) approval.

10. Instructor Credentials *(Please refer to the next page for instructor credentials)*



SONIA SUPVARODOM

Owner / Lead Therapist

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Professional Summary

With over a decade of experience in massage therapy, I began my career as a clinic owner in Toronto and currently manage multiple successful locations in Calgary. My background spans clinical practice, business operations, staff development, and formal instruction. I emphasize evidence-informed, results-oriented treatment, and take pride in supporting the growth of fellow therapists through practical training and mentorship.

Experience

Massage Instructor

Cambrooks College – Calgary, AB

January 2025 – Present

- Deliver theoretical and practical massage therapy instruction to students.
- Support curriculum development and ensure alignment with professional standards.
- Mentor future massage therapists with hands-on guidance and academic support.

Owner / Lead Therapist

Nuad Thai Therapeutic Inc. – Calgary, AB

2020 – Present

- Founded and currently operate 3 successful clinic locations.
- Provide therapeutic massage services and oversee day-to-day clinic operations.
- Lead in-house training and mentorship for new hires and staff development.

Massage Therapist / Clinic Owner

Toronto, ON

2013 – 2018

- Ran a successful massage therapy business, building a loyal client base.
- Specialized in therapeutic, deep tissue, and relaxation massage.
- Managed all business aspects including scheduling, billing, and marketing.

Internal Instructor & Staff Trainer

Private Practice – Toronto, ON / Calgary, AB

2022 – Present

- Designed and conducted internal training sessions to enhance team skills.
- Focused on treatment techniques, client communication, and clinic protocols.

Professional Affiliations

Natural Health Practitioners of Canada (NHPC)

Member since 2021

Education & Certifications

Massage Therapy Diploma

Alberta College of Massage Therapy (ACMT)

Currently pursuing opportunities to contribute to continuing education in massage therapy through accredited associations.

