

Course 2: Advanced Concepts in Thai Massage – 8 Hours

1. Course / Workshop Description and Content

This 8-hour advanced-level course is designed for massage therapists with prior Thai Massage training. It builds upon foundational techniques by introducing deeper, more targeted acupressure, complex assisted stretching, and the therapeutic use of Thai herbal compress therapy. Participants will focus on applying Thai Massage to address common musculoskeletal complaints such as lower back pain, shoulder tension, and restricted mobility. Emphasis is placed on treatment planning, clinical reasoning, energy line precision, and therapist self-care. This in-person course includes demonstration, hands-on practice, case discussions, and supervised feedback. A printed workbook/manual is provided.

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

- Advances therapeutic Thai Massage techniques for complex client issues
- Expands treatment options for chronic pain and postural dysfunction
- Enhances understanding of clinical application of Thai stretching and pressure
- Introduces Thai herbal compress therapy to support tissue recovery and energy balancing
- Reinforces therapist self-care, posture, and sustainability

Anatomy Review:

- Musculoskeletal anatomy related to low back, hips, shoulders, and neck
- Trigger points and fascia-related restrictions
- Mapping of advanced Sen line routes

Contraindications Covered:

- Acute herniation or spinal disc issues
- Advanced osteoporosis
- Skin allergies to herbs
- Autoimmune flares (e.g., RA, lupus)
- Pregnancy (due to intensive stretching)
- High cardiovascular risk

3. Prerequisite:

Completion of *Course 1: Basic of Traditional Thai Massage* or equivalent foundational Thai Massage training.

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 workshop
- Method: Demonstration, group discussion, and hands-on practice
- Materials Provided: Printed workbook with diagrams
- Class Size: Max 10–12 students

6. Learning Outcomes

- Perform advanced stretches and acupressure accurately
- Use herbal compresses safely and therapeutically
- Address specific client conditions through treatment planning
- Modify techniques for diverse needs
- Apply advanced body mechanics and leverage
- Integrate techniques into a flowing treatment
- Communicate goals and assess effectively

7. List of Topics Covered

Topic	Description
Review of Fundamentals	Review of basic posture and Sen line theory
Therapeutic Application	Targeting specific conditions
Advanced Stretches	Deep techniques for prone, side-lying, and seated positions
Deep Acupressure	Trigger points and muscle-specific compression
Herbal Compress Therapy	Preparation, ingredients, and safe usage
Treatment Planning	How to sequence an advanced session
Practice & Supervision	Hands-on partner work with feedback
Case Studies	Real-client adaptation discussions

8. Detailed Course Timeline

Time	Content
09:00–09:30	Intro & Review
09:30–10:00	Treatment Goals for Common Conditions
10:00–11:00	Advanced Stretches Demonstration
11:00–12:00	Deep Acupressure Practice
12:00–13:00	Lunch Break
13:00–14:00	Herbal Compress: Theory & Application
14:00–15:00	Hands-on Advanced Sequence Practice
15:00–15:30	Case Study Discussions
15:30–16:00	Final Review, Q&A, 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

Calgary, Alberta

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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.

