

Course 3: Thai Foot Reflexology Massage – 6 Hours

1. Course / Workshop Description and Content

This 6-hour hands-on course provides massage therapists with comprehensive training in Thai Foot Reflexology, a traditional healing practice focused on stimulating reflex zones on the feet to promote full-body balance and systemic wellness. The course covers reflex zone theory, mapped anatomical connections, and hands-on techniques using thumbs, fingers, knuckles, and a traditional Thai wooden stick. Students will learn a full routine for Thai foot reflexology, as well as client comfort measures, hygiene protocols, and proper therapist posture. A printed guidebook is included.

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

- Adds a new modality to offer as a stand-alone service or integrated into treatments
- Provides deeply relaxing therapy with systemic effects
- Enhances client satisfaction and promotes regular maintenance sessions
- Minimizes therapist strain through tool-assisted pressure delivery

Anatomy Review:

- Overview of foot structure: bones, muscles, nerves
- Introduction to foot reflex zones and corresponding organs/systems
- Review of circulatory and lymphatic stimulation through foot work

Contraindications Covered:

- Severe diabetic neuropathy
- Open wounds or recent surgery on feet
- Plantar warts or contagious foot infections
- Pregnancy (reflex points that may stimulate uterine contractions)
- Severe cardiovascular instability

3. Prerequisite:

None. Suitable for all levels, including beginners and experienced therapists.

4. Referenced Texts

Wat Pho Thai Traditional Medical School (Bangkok, Thailand)

Official Thai Foot Massage Manual – Details technique and reflex point maps used in clinical Thai foot reflexology.

Ann Gillanders

"The Essential Guide to Reflexology" – Offers insight into Western and Eastern foot reflex maps and health connections.

Barbara and Kevin Kunz

"Complete Reflexology for Life" – Integrates reflex zones with holistic health support. Contains charts and illustrations.

Hanne Marquardt

"Reflexotherapy of the Feet" – Renowned in clinical reflexology circles. Explains theory and method from a Western medical lens.

Thai Healing Alliance International (THAI)

Training Modules for Thai Reflexology Standards – Curriculum guidance from leading international Thai therapy body.

5. Delivery Method

- Format: In-person workshop
- Approach: Demonstration, practical repetition, supervised feedback
- Materials Provided: Thai stick tool and printed reference manual
- Class Size: Up to 12 students per instructor

6. Learning Outcomes

- Perform a full 45–60 minute Thai Foot Reflexology session
- Map foot zones and relate them to internal systems
- Use Thai reflexology stick effectively and safely
- Support relaxation, circulation, and balance through foot work
- Maintain proper hygiene and therapist posture
- Identify and respect client-specific contraindications

7. List of Topics Covered

Topic	Description
History & Theory	Origins of Thai Foot Reflexology and comparison to Western
Foot Reflex Zones	Mapping foot areas to body systems
Anatomy of the Foot	Bones, muscles, nerves, and circulation
Thumb-Walking & Stick Use	Techniques for applying pressure using hands and tools
Routine Practice	Guided step-by-step sequence
Sanitation & Comfort	Client preparation, hygiene, and contraindication review

8. Detailed Course Timeline

Time	Content
09:00–09:30	Welcome, Intro, History and Theory
09:30–10:00	Anatomy and Reflex Point Mapping
10:00–11:00	Thumb Walking, Knuckle Pressure, Stick Use
11:00–12:00	Guided Sequence: First Half
12:00–13:00	Lunch Break
13:00–14:00	Guided Sequence: Second Half
14:00–15:00	Partner Practice with Feedback
15:00–15:30	Client Comfort, Safety, and Sanitation
15:30–16:00	Review, Q&A, and 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.

