

THAI MASSAGE BASICS: PRONE AND SIDELYING FORM

Sat April 28

10 - 5pm 6 CE's

Sun Sept 23

10 - 5pm 6 CE's

This course provides the therapist with a good introduction or review of core Thai massage work in prone and sidelying positions that is simple and highly effective at achieving results. We will be working less with our hands and more with our feet, forearms, knees and fists to create slow, rhythmic bodywork to loosen joints, relieve discomfort and improve movement. Compression, traction, tapotement and stretching will be carefully applied within the client's safety boundaries. Emphasis is on proper body mechanics for the practitioner and knowing how to vary the techniques for the client's anatomy. When performed properly, Thai Massage feels wonderful as it relieves stress and pain.

Contraindications and physical considerations for clients will be discussed while we work. Students will learn how to safely work within a client's range of motion. Adaptations will be shown for working with clients with limitations. Proper ergonomics with alternatives for working comfortably will be taught. At the end of this course the student can expect to know enough material to give a balanced 45 minute Thai massage in prone and sidelying position.

We will be working on mats on the floor.

You will need to bring: two pillows and a blanket

Wear loose, comfortable clothes.

Instructor: Julia Smith, LMT, CTI, RMTI
Licensed Massage Therapist, State of New Mexico
Registered Massage Therapy Instructor, State of New Mexico
On the faculty of Crystal Mountain
Instructor: Soap note charting, Thai Massage for the table
NCBTMB continuing education provider in Thai Medical Massage, 2005
Certified Vinyassa yoga instructor, 2005
Certified Soma Veda Thai Massage, 2003
Certified Medical Massage Instructor, 2003
Nationally certified in Therapeutic Massage and Bodywork, 2001
Completed Thai Massage Training with Maxine Shapiro, 2001
Graduate of the Boston Shiatsu School, 2001



NCBTMB Approved Provider # 450031-06

For more information about Julia, go to: www.juliasmith.com

Cost: \$120 + tax

Location and Registration:

Crystal Mountain School
of Therapeutic Massage
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