



โรงเรียนอาทิตย์นวดแผนไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

Special workshops at Sunshine Massage School

THAI MASSAGE – WESTERN THERAPEUTICS

This course uses the techniques of Traditional Thai Massage and the knowledge of western anatomy to define and determine the underlying causes of physical ailments. We will explore the following areas: knees, hips, back, shoulders and the neck. We will define how each area works / supports the body, the way they are constructed, their unique vulnerabilities, and approaches for supporting healing for these common conditions and exercises that can help to keep these conditions from recurring.

The intended audience: Experienced Traditional Thai Massage practitioners that are looking to gain more working knowledge of how anatomy and Traditional Thai Massage can work together.

- Physical ailments reviewed and covered:
- Frozen shoulder
- Bulging and ruptured disk
- Rotator cuff
- Neck conditions
- The 'catch' (inner groin discomfort)
- Hamstring pulls

NO PRIOR ANATOMY TRAINING IS REQUIRED.

5 days / 30 hours

Price Baht 7,500.-

1 to 5 December 2008
2 to 6 March 2009