

# Traditional Thai -Yoga Massage Practice, History and Theory, with Elyse Briggs, ERYT-500, BCTMB, RTT

*\*50 Hour  
Certification Course*

*\*Or, take each Module  
individually*

## *Thai Module I~8 Hours*

*A 30 posture, one hour routine will be taught. Designed for continuing Thai Massage students or those who just want 'a taste of Thai.'*

### **NOTE\*\***

*Within the following Modules II, III and IV, over 150 postures will be taught along with the introduction to Sen (Energy Lines) work. Prior knowledge of Thai Massage techniques are helpful but not required. It is suggested that Modules II, III and IV be taken together for a more thorough and complete understanding*

## *Thai Module II~8 Hours*

*Practice, History and Theory,  
Anterior body.*

*Demonstration and student application.*

## *Thai Module III~8 Hours*

*Practice, History and Theory,  
Sidelying/Posterior body.*

*Demonstration and student application.*

## *Thai Module IV~8 Hours*

*Practice, History and Theory,  
Posterior body/Seated postures.*

*Demonstration and student application.*

## *Thai Module V~8 Hours*

*Sen: Exploring the Energy Lines of Traditional Thai Massage: Practice, History and Theory*

*Excellent for tackling specific problems through Thai bodywork. Modules II, III, and IV are reviewed for greater skill and understanding by the exploration of the Theory of the Sen (Energy Lines). Hands on practice with specific therapies including procedures for relief of back pain, shoulder and scapula pain, headache, knee pain, numbness in legs and arms will be explored. Prior knowledge of Thai Massage techniques are helpful, but not required.*

## *Thai Module VI ~8 Hours*

*Supervised student application:*

*There will be opportunity to ask questions, present concerns and experiment with new postures. Experience hours of continuous, supervised practice while working out "kinks".*

**Three Weekends:**

**October 12 - 27, 2019**

**Saturdays: 10:30am-6:30pm**

**Sundays: 9:00am-5:00pm**



**Elyse Briggs, RTT, E-RYT500, BCTMB\*** is

*\*Board Certified by the National Certification Board for Therapeutic Massage and Bodywork, California State Certified (CAMTC) and a registered THAI Therapist. She is a nationally registered teacher of both massage and yoga therapies. Elyse has had the unique opportunity to*

*have traveled, studied and taught extensively in Bangkok and Chiang Mai, Thailand and throughout Mexico.*

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# Thai-Yoga Massage (Nuad Bo-Rarn)

\*50 Hour Certification Course or Individual Modules

Instructor, Elyse Briggs, BCTMB, CMT, RYT, RTT

**N**UAD BO-RARN, the Traditional Massage of Thailand, is an ancient form of therapeutic bodywork first practiced over 2500 years ago in the nation of Thailand and blends gentle rocking, rhythmic acupressure and deep assisted stretches to open, exercise and tone all the systems of the body. Thai Massage relaxes, refreshes and revitalizes, both giver and receiver, and facilitates mind/body/spirit balance. Joints are loosened and opened through manipulation, muscles are stretched, internal organs are toned, vitality is increased and a deep state of relaxation can be achieved. Performed on a floor mat in loose comfortable clothing, both practitioner and client shift through four traditional positions; front, back, side and seated. Thai Massage is often referred to as 'Yoga for two' and practiced in a meditative state. Please wear loose comfortable clothing.

## Course Description and Agenda:

**Module I**      **Saturday, October 12, 2019 ~ 10:30AM - 6:30 PM.** Introduction: History and Theory. A 30-posture, one hour, basic routine will be taught. Designed for continuing Thai Massage students or those who just want ~a taste of Thai~

**Module II**      **Sunday, October 13, 2019 ~ 9:00AM - 5:00 PM.** Traditional Thai Massage: Practice, History and Theory, 8 Hours - Anterior body. Demonstration and student application.

**Module III:**      **Saturday, October 19, 2019 ~ 10:30AM - 6:30 PM.** Traditional Thai Massage: Practice, History and Theory, 8 Hours - Side-lying and Posterior body. Demonstration and student application.

**Module IV:**      **Sunday, October 20, 2019 ~ 9:00AM - 5:00 PM.** Traditional Thai Massage: Practice, History and Theory, 8 Hours - Seated positions. Demonstration and student application.

**Module V (Sen)**      **Saturday, October 26, 2019 ~ 10:30AM - 6:30 PM.**  
Excellent for tackling specific problems through your Thai bodywork. Modules I - IV are reviewed for greater skill and understanding by the exploration of the Theory of the Sen (Energy Lines). Hands on practice using these energy meridians is experienced and principle specific therapies including procedures for relief of back pain, shoulder and scapula pain, headache, knee pain and numbness in legs and arms are explored and practiced.

**Module VI**      **Sunday, October 27, 2019 ~ 9:00AM - 5:00 PM.**  
**Thai Massage Practicum:** Full Body Thai Massage Practice and Exam  
Fine tune your skills. There will be opportunity to ask questions, present concerns and experiment with new postures. Experience several hours of continuous, supervised practice while working out any "kinks" you may have. This, plus documented homework hours, would complete your 50 hour requirement and a certificate of completion will be presented to you upon your fulfillment of all requirements.\* *You must complete 50 hours to receive your certification.*  
*(If a make up class is required, we will make appropriate arrangements. We all have busy schedules :)*



*Workshop Fees:*

*50 Hours: \$800*

*Individual Module(s) I-V: \$150 each*

*Cash or Checks accepted and payable to: Elyse Briggs*