

Nuad Bo-Rarn Practice, History

**50 Hour
Certification Course*

Traditional Thai Massage and Theory

*Elyse Briggs,
RYT, LMT, NCTMB, RTT*

**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.

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Thai Module V~8 Hours

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

Excellent for tackling specific client 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 in 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 demonstrated and practiced. Prior knowledge of Thai Massage techniques are helpful but not required.

Thai Module VI & VII~Two (5) Five Hour sessions Thai Massage Practicum

Supervised student application: There is opportunity to ask questions, present concerns and experiment with new postures. These workshops are designed to provide ten (10) hours of continuous, supervised practice while working out "kinks".

For all workshops:

Bring mats, comforters, blankets and pillows.



Elyse Briggs RYT, NCTMB is a Registered Yoga Teacher, Nationally Certified in Therapeutic Massage and Bodywork, a Licensed Massage Therapist and teacher with a private practice in Glendale, CA, holding certificates in Medical Technology, Massage Therapy and has received her teaching certificate in Thai Massage from Thai Masters while studying for many years in Thailand. Elyse travels yearly to

Thailand with students of Thai Massage providing opportunity to study as she continues her own studies with the Masters.

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Traditional Thai Massage (Nuad Bo-Rarn)

*50 Hour Certification Course or Individual Modules

Instructor, Elyse Briggs, NCTMB, LMT, RYT, RTT

NUAD 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 bring a shiatsu mat or comforter and wear loose comfortable clothing.

Course Description and Agenda:

- Module 1** **Saturday, April 5, 2014 ~ 10:30AM - 6:30 PM.**
Introduction: History and Theory. A 30 posture, one hour routine will be taught. Designed for continuing Thai Massage students or those who just want *~a taste of Thai~*
- Module II** **Saturday, April 12, 2014 ~ 10:30AM - 6:30 PM.** Traditional Thai Massage: (If you've missed Module I, it's okay!)
Practice, History and Theory, 8 Hours - Anterior body. Demonstration and student application.
- Module III:** **Saturday, April 19, 2014 ~ 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:** **Saturday, April 26, 2014 ~ 10:30AM - 6:30 PM.** Traditional Thai Massage: Practice, History and Theory, 8 Hours - Seated positions. Demonstration and student application.
- Module V** **Sen Saturday, May 3, 2014 ~ 10:30AM - 6:30 PM.**
Thai Massage III picks up where Thai II left off. Excellent for tackling specific client problems through your Thai bodywork. Thai I and II are reviewed for greater skill and understanding by the exploration of the Theory of the Sen (Energy Lines). Hands on practice in 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 demonstrated and practiced. Bring your **Thai II handout** with you to class.
- Modules VI and VII** **Full Body Thai Massage 10 Hours (2 five hour sessions)**
Thai Massage Practicum 2 Days: Saturday, May 10 & Sunday, May 11, 2014 ~ 10:30AM- 3:30 PM
In these two 5 hour sessions, you will be fine-tuning your skills. There will be opportunity to ask questions, present concerns and experiment with new postures. These workshops are designed to give you several hours (10) of continuous, supervised practice while working out any "kinks" you may have. This 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 certificate. If a make up class is required, you may attend the class the next time it is offered. Former MSSM Thai Massage students, are eligible for certification. Please see the office to decide how many hours you need to make up the full 50 hour requirement and we'll be happy to place you in the appropriate classes.

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