

Class Title: Table Thai Massage

Presenter: Ova Luethye

CEs Awarded: 12

Dates: Friday, Sept. 7 and Saturday, Sept. 8

Hours: 9-12 and 1-4 daily

Cost: \$300 until August 8<sup>th</sup>, After \$350.

Course Type: Course

Course Description:

Students practice hands on giving and receiving Thai Massage Techniques and Sequences of Stretches based on Yoga, in the Supine and Prone positions on the table fully clothed in loose, light clothing. The patient may also receive these stretches within any style of oil, table massage, with proper draping.

Some of the benefits of Thai Massage for the patient include: reduced or alleviated pain in joints and muscles; increased range of motion; structural realignment, organ energy balancing; relaxation and rejuvenation of the Whole person in Body, Mind, and Spirit.

Some of the benefits of Thai Massage for the Therapist include: replacing thumb work with an interplay of fingers, palms, elbows, forearm, knee, and feet; more pulling than pushing; use of body weight for pressure rather than muscle work; and an entire set of new tools for effectively alleviating functional problems of patients.

A manual and a Supine and Prone Video Set on the Table is included in the tuition.

For more info and photos check out my website: [www.wholistichealingarts.net](http://www.wholistichealingarts.net)

Please arrive at class with a yoga mat and dressed in loose, light clothing (No Jeans or Belts). Thank You.