



Level 1 Traditional Thai Massage Certification (Supine and Seated Positions)

Instructed by James Harper, RMT, B.Ed., M.Ed., Certified Thai Massage Instructor

Registration Deadline: May 17, 2025

Date:	May 31-June 1, 2025 & June 7-8, 2025 (4-day course) *Both weekends mandatory for certification	<u>Maximum: 10 Registrants</u>
Time:	8:30am–5:30pm (Lunch 12:00pm–1:00pm)	
Location:	EastNB Clinic on Victoria Street 110 Victoria Street Moncton, NB E1C 1P8	
Fee:	\$575 (ANBMT Member) \$675 (Non-Member) <i>*Fee includes HST</i> *Exam Fee: Included in the course fee. *This course is \$747.50 (incl. HST) in-person when offered by the instructor. (PAYMENT <u>MUST</u> ACCOMPANY REGISTRATION; <u>RESERVATIONS NOT ACCEPTED</u>) *Student members who have completed a full year of training in massage therapy are eligible to pursue this certification. <u>Note: Students are only able to earn CEUs after becoming registered members of the CMTNB.</u>	
CEUs:	15 Category A CEUs (CMTNB approved April 2023)	

Course Details

This thirty-hour (30) 4-day course establishes the foundational knowledge and skills to provide a Traditional Thai massage in the **supine and seated position**.

This course covers practical aspects such as pre-session practitioner warm up, acupressure points, proper use of body weight and techniques using thumbs, fingers, palms, elbows, forearms, and feet, whilst working with a client on floor mats. Furthermore, the theoretical and holistic aspects of a Thai massage including the “Wai Kru” ceremony, daily opening and closing mantras, a brief history of Thai massage and its variations in Thailand, shorthand and technique abbreviations used in the manual, the keys to successful Thai massage, the holistic integration of multidisciplinary components of Thai massage, ethical guidelines, contraindications to techniques, and general methodology of a successful Thai massage are discussed. The course adds additional emphasis on abdominal (Hara) massage and techniques. Upon completion of this course, students will be able to perform an effective 1.5-hour Traditional Thai massage in the supine and seated positions.

Coursebook: A detailed coursebook with the main theoretical aspects of the course and numbered technique diagrams and shorthand is provided to each student for individual reference and additional notetaking.

Contents of the Course

Wai Kru Ceremony

Students will be introduced to the traditional “Wai Kru” ceremony, where an introduction to the instructor is given and respect is paid to Dr. Shivago the founder of Nuad Bo-Rarn, the ancient art of Thai Massage.

Introduction and history of Thai Massage

Students will learn about the history of the ancient style of Thai massage and the origins of its practice through Dr. Shivago, an Indian practitioner who established the foundations of Thai massage over 2500 years ago. The main differences between the Northern and Southern styles will be briefly explored to differentiate the techniques.

Technique explanation

The 20 abbreviated techniques with hands, elbows and feet will be introduced and demonstrated. These abbreviations will consistently be referred to throughout the course to assist with student retention and application.

The 9 Keys to Thai Massage

Students will learn the 9 considerations for the practitioner/therapist to remember before and during a Thai massage treatment.

The 6 contributing branches of Traditional Thai massage

Traditional Thai massage is a holistic healing art that incorporates several healing and self-care modalities. The contribution and general effect of each of these modalities are briefly explored and discussed.

Ethics, general methodology and contraindications

Students will gain insight into the basic ethical considerations of providing a Thai massage as a Thai massage practitioner and how to conduct oneself with such a title. Furthermore, students will learn how to work with a proper mindset during a Thai Massage and correct body mechanics for the prevention of therapist and client injury. Students will learn how to conduct a basic intake of a client and general contraindications to massage. General contraindications to the techniques will be noted during the demonstrations and guided practice sessions.

Individualizing a massage

Thai massage has many various moves and techniques that overlap depending on the position of a client. While a course such as this does provide an outline of how one could conduct a massage, following a set routine is not the goal of the course. Therapists and practitioners are free to mix and match various techniques and are encouraged to bring their own experience and knowledge to their practice. Considerations of how to adapt to different length treatments are explored.

Daily ceremony

Students will experience the daily opening and closing ceremonial mantra of the traditional Thai Massage. This mantra is a central tenant to the practice of Traditional Thai massage.

Yoga warm-up / injury prevention

Thai massage traditionally works on floor mats. This requires the practitioner to become proficient in kneeling and moving their body from a crouched position. A basic guided class of exercises to warm up the body, prevent injuries and increase flexibility and physical strength for the demands that are required during a Thai massage is held before the start of the class.

Technique study

The bulk of the course is devoted to learning how to apply and transition through the various techniques of Thai massage. The chosen approach for adult learning is based on a gradual release model - demonstration while students note taking, paired guided instruction, and finally, individual practice of techniques with supervision.

Students should recognize that Thai massage is conducted on floor mats and as such should be comfortable sitting, kneeling, and remaining on all fours for an extended period. Students need not worry about a particular level of flexibility as modifications to the techniques will be provided as needed to ensure the safety and comfort of the practitioner and clients.

Examination Period and course markings

Students will participate in a 2-hour open book technique/treatment examination. A minimum passing grade of 70% is required to achieve a certificate. Students needing to repeat the examination will need to contact the instructor to arrange a suitable examination date. **The fee for a rescheduled examination is \$250 CAD.**

Course standards

The College of Massage Therapists of New Brunswick (CMTNB) approves the curriculum taught by James Harper, RMT, MEd and recognizes the course for 15 Category A Continuing Education Units.

What to Bring

Students are required to bring/wear:

- Comfortable nonrestrictive clothing (gym clothes)
- Extra sweater
- Sweat towel
- Lunch and/or snacks and refreshments
- Indoor slippers/sandals

- Yoga mat (limited quantities are available to borrow)
- Pen/pencil; coursebook provided by the instructor
- *Please ensure you have signed and completed the health history form, which will be provided to you before the training begins. The form must be returned to the instructor prior to the start of the training.

About the Instructor

James Harper is a Registered Massage Therapist (RMT) with 390 hours of training as a Thai Massage Instructor. In addition to his RMT qualification, he holds a Bachelor of Education (B.Ed.), Master of Education (M.Ed.), and a 500-hour Yoga Instructor Certificate. With over 3.5 years of experience living and traveling in Thailand, James embarked on his first Thai Massage course in 2001. He is recognized as an affiliated Thai Massage Instructor at the prestigious International Training Massage (ITM) School in Chiang Mai and has been actively instructing Thai Massage courses since 2019. A dedicated member of the ANBMT since October 2023, James maintains good standing within the association.



Level 1 Traditional Thai Massage Certification (Supine and Seated Positions)

Instructed by James Harper, RMT, Med, Certified Thai Massage Instructor

Registration Deadline: May 17, 2025

- Date:** May 31-June 1, 2025 & June 7-8, 2025 (4-day course) **Maximum: 10 Registrants**
***Both weekends mandatory for certification**
- Time:** 8:30am–5:30pm (Lunch 12:00pm–1:00pm)
- Location:** EastNB Clinic on Victoria Street
110 Victoria Street
Moncton, NB E1C 1P8
- Fee:** \$575 (ANBMT Member) \$675 (Non-Member) ****Fee includes HST***
****Exam Fee: Included in the course fee.***
****This course is \$747.50 (incl. HST) in-person when offered by the instructor.***
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
****Student members who have completed a full year of training in massage therapy are eligible to pursue this certification. Note: Students are only able to earn CEUs after becoming registered members of the CMTNB.***
- CEUs:** 15 Category A CEUs (CMTNB approved April 2023)

(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Student Non-member Association: _____

Method of Payment: Cheque Money order PayPal ****(Registration form must be submitted)***

Credit Card ****Please contact the ANBMT anbmt@anbmt.ca to pay by credit card.*** E-transfer (indicate your security answer by email—if it is not your ANBMT#)

***DISCLAIMER: There is a PAYPAL transaction fee that is charged by PAYPAL to use this method of payment. Should a refund be requested or required, the refund will be issued less the PAYPAL transaction fee.**

****No refunds will be given after the registration deadline***

Please Return Registration Form and Payment

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A" Fredericton, N.B. E3B 4Y9 / E-mail: anbmt@anbmt.ca Fax: 506-451-8173