



Total Solution Consultancy Ltd.

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in conjunction with



&



PRESENTS

# Thai Massage with Fascia Manipulation

## Course Description:

This unique technique is designed and created  combining her education - Physical Therapy, Fascia Manipulation and Health & Lifestyle Coach - with her 20+ years of experience in the spa and wellness industry. The aim is to teach people -

*...how to treat the cause and not just the symptoms....*

This **6-day** course will provide participants practical training integrating both Thai Massage and Fascia Manipulation techniques.

Thai Massage uses hands, knees, legs and feet to move the body into a series of yoga-like stretches whilst applying deep muscle compression, joint mobilisation and acupressure. It is an ancient healing practice dating back 2500 to 7000 years with the primary goal being to stimulate the flow of energy along the Sen lines or the conduits that connect and move substances and sensations from one place to another. This releasing of blockages enables the body to heal itself and results in balance and harmony within the physical body, the energy field, the mind, the emotions, and the spirit.

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Fascia Manipulation is a technique that has evolved over the last 40 years involving a hands-on technique that aims to improve the movement and the flexibility of the fascia or the connective tissue that covers everything in your body, including muscles, bones and nerves. This technique manipulates the deep muscular fascia via manual friction over specific points to improve movement and reduce pain.

Combining these techniques will teach the student how to treat the cause and not just the symptom of the pain or discomfort by creating balance and harmony within the body to improve movement and flexibility of the fascia leading to stimulation of the flow of energy along the Sen lines.

## **Course Outline:**

### **Part I - Course Overview / Introduction**

- History and overview of Thai Massage
- Fascia Manipulation overview
- Effects and benefits

### **Part II – Client care**

- Consultation environment
- Client education
- Client confidentiality
- Counsultation form
- Notes on consulation form
- Contraindications

### **Part III – Therapist care**

- Correct body mechanics
- Guidelines for therapist
- Guidelines for client

### **Part IV – Pre-massage guidelines**

- Preparing the massage medium
- Client preparation
- Therapist preparation
- Basic hygiene (therapist)
- Adaptations



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## **Course Outline:**

### **Part V – Massage techniques**

- Massage techniques overview
- Massage techniques explained
- Fascia Points
- Fascia Manipulation technique overview

### **Part VI – After care**

- After therapy recommendations
- Information and aftercare advice
- The benefits of drinking water

### **Part VII - Practical**

- Part one: Front of legs, arms @ head and neck
- Part two: Back of the legs, back
- Part three: Seated pressure points massage

### **Part VIII – Case study**

- Case study examples

### **Part X – Test**

- FAQs
- Hints and tips
- Notes and questions
- Paper exam
- Hands on exam

## **Course duration:**

6 days at 8 hours per day (or 48 hours total) offered in a variety of flexible formats.

## **Course Objective:**

To be able to practice this technique of remedial body massage thru Thai Massage and Fascia Manipulation



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## **Who should attend:**

- Suitable for people with previous massage experience
- People who work in Fitness Industry
- For individuals who wish to gain certification to become a professional therapist

## **Maximum no. of students per class:**

10

## **Course Fee:**

Mop7,800 / participant including:

- Comprehensive course notes
- Morning tea and afternoon tea
- Wifi access
- Certificate of completion upon passing the paper and hands on exam

## **Delivery mode:**

English

## **Training Facilitator:**

Our Trainer has extensive experience in the Spa industry and is an experienced trainer making her perfectly positioned to train participants.

About the Trainer – Veronica Palsimon:

- Diploma in BS in Physical Therapy
- Certified Rehab Masterclass Trainer
- Certified in Level 1 Fascia Manipulation by Stecco
- Official PT and Remedial Massage for Fuerza Bruta artists and crew – an international show held at MGM Grand Macau in 2019
- Worked for international spa brands such as Mandarin Oriental Macau, Tea Tree Spa Macau, Malo Clinic Spa, Crown Macau and The American Club, Singapore
- Worked as Trainer and Marketing Consultant for Aroma Vera International
- Cert IV Trainer and Assessor