

# INSTITUTE Of Health & Healing

A Life Enrichment Center Inc., Company

## CONTINUING EDUCATION THAI MASSAGE

### CONTINUING ED COURSES OFFERED @ IHH

- Advanced Clinical Interview
- Advanced Spa Therapies
- Aromatherapy
- Ayurveda 1
- Ayurveda Acupressure Massage
- Ayurveda Massage
- Chinese Medicine
- Common Emotional Disorders
- Communication Skills for Self Improvement
- Contemporary Meditation
- Energy Kinesiology
- Ethics (incl. Standard V)
- Healing Touch
- Herbs and Health
- Hydrotherapy
- Jin Shin Do Body-Mind Acupressure
- Kinesthetic Energy-Energy Work for CMT's
- Manual Lymphatic Drainage for CMT's
- Massage for 50+
- Massage, Mental Health and Boundaries
- Mind, Body, Spirit
- Nutrition
- Personality Types and Massage
- Raindrop Therapy
- Reflexology
- Reiki 1
- Reiki 2
- Reiki Advanced
- Spa Hot & Cold Stone Massage
- Thai Massage
- Therapeutic Massage for Cats and Dogs
- Yoga for Massage Therapists



### DATES, TIMES & PLACE

Three Days

March 13 from 10am-4:30pm allows for half hour lunch

March 14 from 10am-4:40pm allows for half hour lunch

March 20 from 12:30-4:30pm

Place:

INSTITUTE  
Of  
Health & Healing  
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INSTRUCTOR: BEATE ROSE, CMT

#### Course Description:

THAI MASSAGE is one of the ancient healing arts of oriental bodywork.

Traditional Thai Massage involves slow rhythmic compressions and numerous stretches to achieve a deeply therapeutic effect. The practitioner applies asanas of the Yoga tradition to balance out the tridosha composition and to increase flexibility and range of motion. Thai Massage can be used to alleviate common conditions such as headaches, arthritis, lower back pain, digestive difficulties, menstrual and menopausal problems.



#### YOU NEED THIS COURSE BECAUSE...

You will learn about the theoretical foundation, which is rooted in the Indian healing tradition of Ayurveda and the meditative aspect of Buddhism, as well as the influence by the Chinese meridian system.

You will learn how to apply its holistic approach, based on the intrinsic energy flow and energy balance theory of health and healing.

You will learn to stimulate acupressure points and work on specific energy lines equivalent to the meridians to balance the energy and to promote overall well being.

You will learn a variety of techniques in the supine, prone and seated positions allowing you to develop a 60 minute Thai Massage routine.

16 CONTINUING EDUCATION HOURS

ALUMNI COST: \$200

ALL OTHERS: \$240

**TO SIGN UP FOR THIS COURSE  
CALL 757-595-7757**

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Website: [ihhinfo.com](http://ihhinfo.com)

The Institute of Health & Healing is approved by the National Certification Board For Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider and is certified to operate by the State Council of Higher Education for Virginia.



State Council of  
Higher Education for Virginia  
*Advancing Virginia through Higher Education*



Call 757-595-7757 to sign up for any of the NCBTMB Approved courses listed above.