



# โรงเรียนนวดแผนไทย

## SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

ADVANCED AND SPECIAL CLASSES AT SUNSHINE MASSAGE SCHOOL

## HARMONICS AND DYNAMIC THAI MASSAGE

Harmonics is a very gentle but powerful neuromuscular rehabilitation technique that releases energy restrictions.

Used by Osteopaths and various other bodywork disciplines for years, it has become more widely accepted thanks to the work of European Osteopath Eyal Lederman.

On a neuromuscular level, many pain syndromes are quite literally in the mind, Harmonics is a non-invasive way of increasing the amplitude of movement in a gradual manner until within a few minutes the brain accepts a greater range of movement and mobility is restored.

Course topics will include:

- The science behind Harmonics and the impact it has on a cellular level.
- Techniques for the knee, hip, spine, neck, and wrist.
- Treatment protocols for dealing with lower back pain, shoulder impingement and neck pain.
- Harmonics for energy lines throughout the entire body
- Functional therapy and exercises to complement the harmonic treatment and add an element of active neuromuscular participation.

This course is only open to students experienced in Thai Massage.

**5 days / 30 hours, Baht 8,500.-**

26 to 30 September 2011

