



# โรงเรียนนวดไทย

## SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

ADVANCED AND SPECIAL CLASSES AT SUNSHINE MASSAGE SCHOOL

## CORRECTING BREATHING DYSFUNCTION

This course will discuss the physical anatomy of breathing, from the scalenes and sub clavius to the diaphragm and pelvic floor.

Topics will include:

- How to diagnose apical (upper) chest breathers, TVA (Transverse Abdominal muscle) dominant breathers and Belly breathers.
- Teaching methods will demonstrate:
  - How to self-correct breathing with movement and posture,
  - Hands-on manual techniques to restore elasticity to the rib cage and
  - Using breath to fire the soft core of the body.
  - Breathing techniques to relieve lumbar and Thorasic pathology.

As the great Physical Therapist Karel Levit said “Without breath we are lost”.

Students who have completed the *Assessment + Treatment of Movement Dysfunction through the Application of Thai Massage* know the first assessment we do is a breathing assessment. If a breathing pattern is dysfunctional the energy lines, internal organs, and emotional state of the body will never achieve balance.

***Everyone with a background as body worker is welcome.***  
***5 days / 30 CE Hours      Price Baht 8,500.-***

6 to 10 June 2011  
1 to 5 August 2011  
7 to 11 November 2011

