



**Advanced classes at Sunshine Massage School**

## **Advanced: Touching the Emotional Body**

Thai Massage is a healing practice that focuses on the energy states of the body, mind, emotions, and individual spirit that we touch. Occasionally one or more of these energies will either become excessive or deficient causing an imbalance. We work the Sen Lines to help restore balance and to support the individuals desire to maintain balance, harmony and well-being.

It is common in the practice of Thai Massage for the receiver to be emotionally moved unexpectedly, causing emotional disturbances and emotional release of tension. While this release of tension is beneficial for the receiver, they can be uncomfortable for them to express these inner feelings openly (retaining tension). It may also be a challenge for the giver to understand how to best support the receiver in a state of expanded emotions.

In this class, we will focus on several areas:

- How to identify and explore the general state of the client: Physically, emotionally, and mentally.
- How to create emotional safety and support during expanded emotional states.
- What energy lines to work to support balancing the emotions.
- Selecting Thai Massage Movements approaches and touch specifically related to emotions.
- How to provide progressive levels of emotional support while making sure the giver and receiver are both safe.
- Metta: love and compassion as it relates to Thai Massage, the receiver and the giver.
- The Yoga of Thai Yoga Massage.

This course is open to students experienced in Thai Massage.

5 days / 30 CE Hours – Baht 7,500.-

22 to 26 November 2010  
28 February to 4 March 2011

