



# โรงเรียนอาทิตย์นวดแผนไทย

## SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

Special workshops at Sunshine Massage School

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### THAI MASSAGE MEETS OSTEOPATHY

(A WAY TO FREEDOM IN THE SACRED DANCE OF THAI MASSAGE)

This class explores techniques used in Osteopathy and in the practice of Thai massage to understand the movement of the physical body.

The focus is to learn to open and free the joints, and restrictions in the connective tissue, to allow the energy to flow.

- Principles of the osteopathic touch.
- Restriction of mobility in the joints (general treatment).
- Therapeutic indications and techniques.
- The notion of compression.
- Risks versus benefits involved in certain Thai massage practises.
- Basic introduction to anatomy.
- Common internal organ fixations.

This class is open to anyone with a background in Thai massage.

18 to 30 January 2009