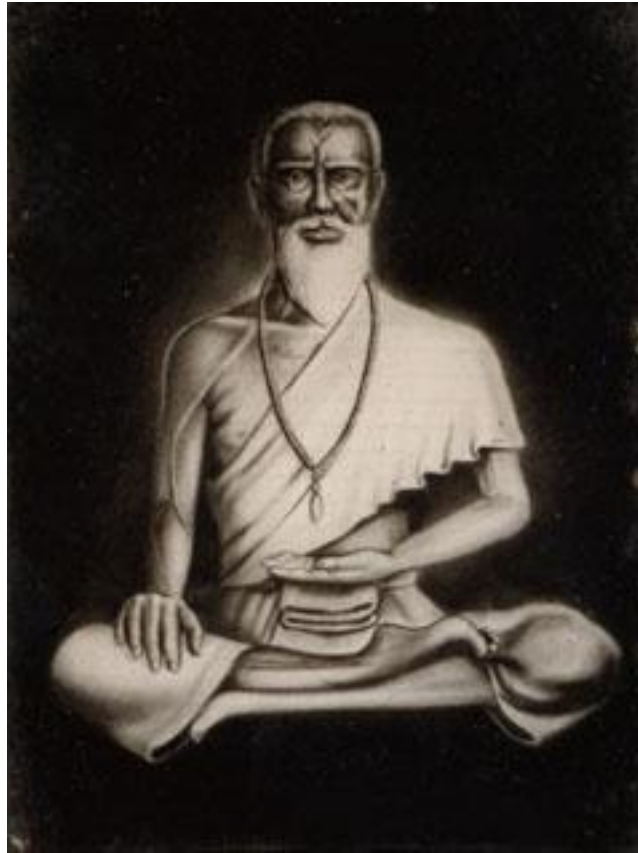


The Ancient Massage Foundation
The Healing Hands Center



The One-Month Course Breakdown

Course starts on the on the 1st of each month (if the 1st of the month is a Friday, Saturday or a Sunday, the class will start the following Monday)

Total Teaching / Instruction Time (Teacher is present): 120 hours

Total Learning Time (including practice): 192 hours

Monday / Day 1:

9 am sharp: Beginning of the class

9 am – 10 am: Introduction to Ancient Thai Massage (origins, history of Dr. Jivaka Kumarbhaccha, philosophy and how it was preserved in Thailand) and the prayer of Dr. Jivaka Kumarbhaccha

10 am – 11 am: Discussion about why the students want to learn and perform Thai Massage. Background experience of body works. How they are planning to use this technique

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Explanation of the mood and preparation of Thai Massage

Self-healing program: Helping the student to deal with their own emotions and tensions, in order not to transfer these tensions to the receiver of the massage

12 pm – 1pm: Teaching of a technique called Ancient Stretches, based on different types of Yoga (Astanga and Active Yoga), to help the students perform a better massage, to be able to lift a larger person, and to avoid any kind of sprains and pains. (Ancient Stretches, Standing Set part 1). Students take notes after the practical instructions

Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Practice of Ancient Stretches

4 pm – 5 pm: Q&A with main instructor

Tuesday / Day 2:

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Continuity of the Ancient Stretches (Standing Set part 2). Questions about the previous day (Q&A)

10 am – 11 am: Techniques to purify oneself from the energy received from the client using nature (trees)

11 am – 11:15 am: Tea Break

11:15 am – 1 pm: Technique called Dancing with the Wind, it is a form of Tai Chi to help the students to relax their muscles and mind. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Practice of Tai Chi Ancient Stretches moves (plus the one learned the day before)

4 pm – 5 pm: Q&A with main instructor

Wednesday / Day 3:

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. End of the first part of Ancient Stretches (Standing Set part 3). Total timing for Standing Set: 30 minutes

10 am – 11 am: Practical instruction of the massage: Feet Massage and starting Leg Massage

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: Feet Massage and starting Leg Massage

12 pm – 1pm: Theory of the technique: what is the point of each movement in terms of muscles, nerves and body parts. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning (Ancient Stretches and foot/Leg Massage)

4 pm – 5 pm: Q&A with main instructor

Thursday / Day 4:

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: Sitting Set. It helps the student to get into the lotus position). Total timing for this set: 5 minutes

10 am – 11 am: Practical instruction of the massage: Legs Massage (part 2)

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: Legs Massage (part 2)

12 pm – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning (Ancient Stretches and Foot/Leg Massage)

4 pm – 5 pm: Q&A with main instructor

Friday / Day 5

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: Stomach Set (part 1)

10 am – 11 am: Practical instruction of the massage: end of One Leg Massage (part 3)

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: end of One Leg Massage (part 3)

12 pm – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning (Ancient Stretches and both Legs Massage)

4 pm – 5 pm: Q&A with main instructor

Saturday / Day 6

Special Healing Workshop

9 am – 1 pm

This is a workshop for students to learn how to work with clients who have back pain, knee pain, headaches and migraine, sciatic pain, and all kinds of problems

Flexible program: Students are allowed to ask about specific problems, if for instance one of their relatives has this problem

Fixed program: There is also the possibility for the students to choose a fixed program that is called "Laying hands" or "Ancient healing". This technique is based on an idea similar to Reiki. It is taught over 4 days (4 hours per day for a total of 16 hours). Students learn about the front set (1 hour and 30 minutes) and the back set (1 hour and 30 minutes)

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning

4 pm – 5 pm: Q&A with main instructor

Sunday / Day 7 – Day Off

Monday / Day 8

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: Stomach Set (part 2)

10 am – 11 am: Practical instruction of the massage: end of both Legs Massage (part 4)

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: end of both Legs Massage (part 4). At a professional level total timing for both legs is 45 minutes

12 pm – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning (Ancient Stretches and both Legs Massage)

4 pm – 5 pm: Q&A with main instructor

Tuesday / Day 9

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: end of Stomach Set (part 3). Total timing for this set: 45 minutes

10 am – 11 am: Practical instruction of the massage: Stomach/Arms/ Hands Massage (part 1)

11 am – 11:15 am: Tea Break

11:15 – 12 am: Practical instruction of the massage: Stomach/Arms/ Hands Massage (part 1)

12 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning (Ancient Stretches and transition between Legs and Stomach/Arms/ Hands Massage)

4 pm – 5 pm: Q&A with main instructor

Wednesday / Day 10

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: Side Position (part 1).

10 am – 11 am: Practical instruction of the massage: end of Stomach/ Arms/ Hands massage (part 2) & and Back Massage (part 1). At a professional level the Stomach/ Arms/ Hands set will last 15 minutes

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: Back Massage (part 1)

12 pm – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning (Ancient Stretches, and transition between Legs and Stomach/Arms/ Hands Massage)

4 pm – 5 pm: Q&A with main instructor

Thursday / Day 11

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: end of Side Position (part 2). Total timing for this set: 20 minutes

10 am – 11 am: Practical instruction of the massage: end of Back Massage (part 2)

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: end of Back Massage (part 2). At a professional level this set will last 15 minutes

12 pm – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of what was learned in the morning (Ancient Stretches, and transition between legs and Stomach/arms/ hands and back massage)

4 pm – 5 pm: Q&A with main instructor

Friday / Day 12

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: Back (part 1)

10 am – 11 am: Practical instruction of the massage: Sitting Position

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: Sitting Position. At a professional level this set will last 15 minutes

12 pm – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Serious practice of the full massage (Transitions between Legs and Stomach/Arms/ Hands, Back and Sitting Position Massage)

4 pm – 6 pm: Exam to test how well the students have memorized the massage and see whether they can go to the next level. And feed-back after the exam

Saturday / Day 13

Special Healing Workshop

9 am – 1 pm

Sunday / Day 14 – Day Off

Monday / Day 15

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: Back (part 2)

10 am – 11 am: Practical instruction of the massage: Arms/Neck/Head/Face of the Lying Position

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: Arms/Neck/Head/Face of the Lying Position. At a professional level this set will last 45 minutes (considering there are additional moves comparing with the ten-day course)

12 pm – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Ancient Stretches, and Arms/Neck/Head/Face massage)

4 pm – 5 pm: Q&A with main instructor

Tuesday / Day 16

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: end of the Back (part 3). Total timing for this set: 40 minutes

10 am – 11 am: Practical instruction of the massage: Side Position

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: Side Position. At a professional level this set will last 45 minutes (considering there are additional moves comparing with the ten-days course)

12 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Ancient Stretches, and transition between Arms/Neck/Head/Face and side position massage)

4 pm – 5 pm: Q&A with main instructor

Wednesday / Day 17

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: Sitting Position (part 1)

10 am – 1 pm: Exam on the Basics level 1 and level 2 to test how well the students have memorized the massage and see whether they can go to the next level

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Feed-back on the examination performance. Q&A with main instructor

Thursday / Day 18

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Continuity of the Ancient Stretches: end of Sitting Position (part 2) Total Timing for this set: 20 minutes

End of Ancient Stretches. Total timing for the whole practice is 2 hours 40 minutes (slow practice and breathing awareness)

10 am – 11 am: Practical instruction of the massage: Beginning of the additional massage moves

Feet: focus on Pressure Points and Ankle (part 1)

11 am – 11:15 am: Tea Break

11:15 – 12 pm: Practical instruction of the massage: Beginning of the additional massage moves
Feet: focus on pressure points and ankle (part 1)

12 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Ancient Stretches, and Feet additional)

4 pm – 5 pm: Q&A with main instructor

Friday / Day 19

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days

9:30 – 10 am: Dancing with the Wind (part 1)

10 am – 11 am: Practical instruction of the massage: Additional massage moves

Feet: focus on pressure points and ankle (part 2)

11 am – 11:15 am: Tea Break

11:15 – 12:30 pm: Practical instruction of the massage: Additional massage moves
One Leg Massage: focus on Calf, Knee, Hamstring Muscle, Hip and Meridian

12:30 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Dancing with the Wind, and feet and legs additional)

4 pm – 5 pm: Q&A with main instructor

Saturday / Day 20

Special Healing Workshop

9 am – 1 pm

Sunday / Day 21 – Day Off

Monday / Day 22

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days

9:30 – 10 am: Dancing with the Wind (part 2)

10 am – 11 am: Practical instruction of the massage: Additional massage moves

One Leg Massage: review of Both Legs one after the other

11 am – 11:15 am: Tea Break

11:15 – 12:30 pm: Practical instruction of the massage: Additional massage moves

Two Legs Massage: focus Hamstring Muscle, Sciatic Nerve, Calf, Feet and Knees

12:30 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Dancing with the Wind, and feet and legs additional)

4 pm – 5 pm: Q&A with main instructor

Tuesday / Day 23

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days

9:30 – 10 am: Dancing with the Wind (part 3)

10 am – 11 am: Practical instruction of the massage: Additional Massage Moves

Stomach and Shoulder Massage

11 am – 11:15 am: Tea Break

11:15 – 12:30 pm: Practical instruction of the massage: Additional massage moves

Arms Massage: focus triceps, biceps, forearm and hands

12:30 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Dancing with the Wind, and Stomach, Shoulders and Arms additional)

4 pm – 5 pm: Q&A with main instructor

Wednesday / Day 24

9 am sharp: Beginning of the class
9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days

9:30 – 10 am: Dancing with the Wind (part 4)

10 am – 11 am: Practical instruction of the massage: Additional Massage Moves

Side Position: Focus on Feet, Ankle, Calf, Knee, Thigh, Sciatic Nerve, Meridian, Hip, Back, Shoulder, Arms and Hands

11 am – 11:15 am: Tea Break

11:15 – 12:30 pm: Practical instruction of the massage: Additional Massage Moves

Side Position: Focus on Feet, Ankle, Calf, Knee, Thigh, Sciatic Nerve, Meridian, Hip, Back, Shoulder, Arms and Hands

12:30 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Dancing with the Wind, and Side Position)

4 pm – 5 pm: Q&A with main instructor

Thursday / Day 25

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days

9:30 – 10 am: Dancing with the Wind (part 5)

10 am – 11 am: Practical instruction of the massage: Additional Massage Moves

Back: Feet, Ankle, Calf, Knee, Thigh, Sciatic Nerve, Meridian, Hip, Shoulders

11 am – 11:15 am: Tea Break

11:15 – 12:30 pm: Practical instruction of the massage: Additional massage moves

Back: Feet, Ankle, Calf, Knee, Thigh, Sciatic Nerve, Meridian, Hip, Shoulders

12:30 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Dancing with the Wind, and Back)

4 pm – 5 pm: Q&A with main instructor

Friday / Day 26

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Q&A on Ancient Stretches and Dancing with the Wind

10 am – 11 am: Practical instruction of the massage: Additional Massage Moves

Sitting Position: bringing client into Sitting Position, Back, Arm, Shoulders, Neck, Head, Face

11 am – 11:15 am: Tea Break

11:15 – 12:30 pm: Practical instruction of the massage: Additional Massage Moves

Sitting Position: bringing client into Sitting Position, Back, Arm, Shoulders, Neck, Head, Face

12:30 am – 1pm: Theory of the technique. Students take notes after the practical instructions. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Serious practice of what was learned in the morning (Dancing with the Wind, and Sitting Position)
4 pm – 5 pm: Q&A with main instructor

Saturday / Day 27

Special Healing Workshop

9 am – 1 pm

Sunday / Day 28 – Day Off

Monday / Day 29

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Guided meditation

10 am – 11 am: Review on all the techniques seen so far. Q&A and revising all the notes

11 am – 11:15 am: Tea Break

11:15 – 12:30 pm: Feedback to the student on a one by one basis, on when they should start practicing professionally and telling them again that they need to practice for free on 70 different volunteers, before practicing professionally

12:30 am – 1pm: Concluding with the prayer of Dr. Jivaka Kumarbhaccha

Tuesday / Day 30

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on previous days. Guided meditation

10 am – 2 pm: Last examination that lasts 4 hours

2pm – 3 pm: Lunch Break

3 pm – 4 pm: Feedback to the student on a one by one basis

4 pm – 5 pm: Concluding with the certification ceremony



The four stages of mind in which one should be while giving massage are:
Loving kindness, Compassion, Sympathetic Joy and Equanimity

Information given to students:

- Never to boast about oneself
- Never to practice this technique in public
- Always respect your teachers
- Always thank Dr. Jivaka Kumarbhaccha for introducing this beautiful technique for us to work with it since immemorial times

Compulsory questions to be asked to the "receiver" before each massage:

Do they have:

- High blood pressure/ Heart problems
- Pregnancy
- Menstruation
- Pace-maker / contact lenses / prosthetic body part (false leg or arm, screws,...)
- Varicose veins
- Early operations
- Problems with the spine/disks

Preparation of the massage:

- Both giver and receiver must be clean and showered

- Massage should always be given on the floor, on a cotton mattress (no synthetic materials), height of 6 inches maximum
- Very quiet environment, without music, but can use the sound of a small water fountain
- Giver and receiver must both wear loose fitting clothes, cotton only
- Giver and receiver should never wear any kind of metal during the massage
- Receiver should keep his eyes closed throughout the massage. This is a non-speaking massage, where the giver does everything for the receiver
- Color we recommend for giver and receiver are green and blue (transforming colors)
- No electronic equipment in the room where the massage is performed

Ancient Stretches

Based on different types of Yoga (Astanga and Active Yoga), they are meant to help the students develop their physical body, perform a better massage and be able to lift a larger person, and to avoid any kind of sprains and pains

Dancing with the Wind

This is a technique inspired by Tai Chi meant to help the therapist to loosen his body and relax his mind before the massage. It also allows the student to learn and interiorize the flow, gentleness and delicate transitions of the massage. This lesson is divided into 5 sessions. The total practice time is 30 minutes