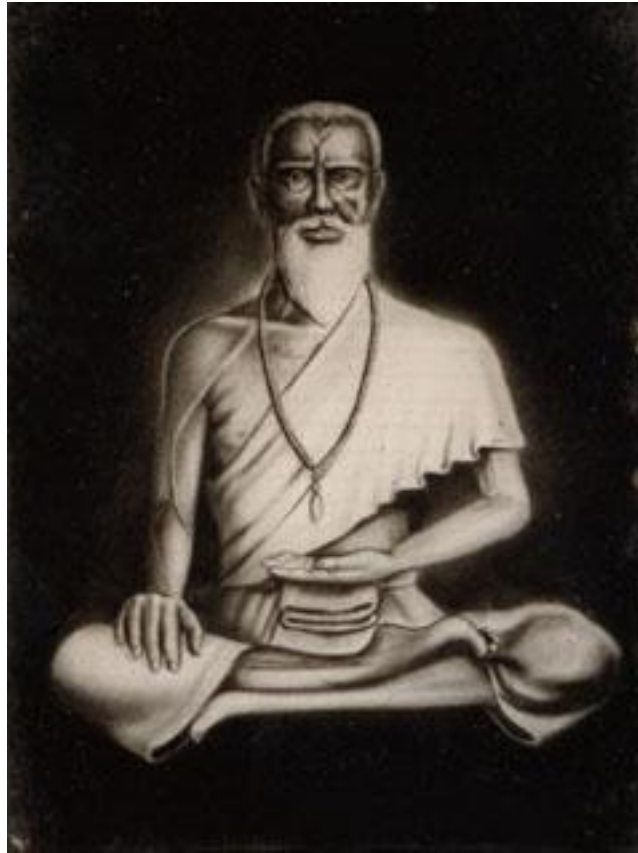


The Ancient Massage Foundation
The Healing Hands Center



The Ten-Day Course Breakdown

Course starts 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): 40 hours

Total Learning Time (including practice): 64 hours

Monday (class 1)

9 am sharp: Beginning of the class. Students take notes throughout 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– 12 pm: 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. Short meditation technique

12 pm – 1pm: Explanation of the mood and preparation of Thai massage. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2pm – 4 pm: Practicing self-healing. Students organize their notes and sit together to check their information. And also use that time to buy books and pens, or loose fitting clothes

Tuesday (class 2)

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Then discussion around questions about the previous day (Q&A)

9:30 am – 11 am: Practical instruction of the massage: Feet massage and starting leg massage

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

11 am – 11:15 am: Tea Break

11:15 am – 12 am: Practical instruction of the massage: Feet massage and starting leg massage

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: Practical revision of what was learned in the morning

4 pm – 5 pm: Q&A session

Wednesday (class 3)

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Oral review of the techniques learned on Monday and Tuesday

10 am – 11 am: Practical instruction of the massage: finishing one leg massage and practicing both legs

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: finishing one leg massage and practicing both legs

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: Practical revision of what was learned in the morning

4 pm – 5 pm: Q&A session

Thursday (class 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

10 am – 11 am: Practical instruction of the massage: finishing leg massage and practice whole leg with foot from the very beginning (at professional level it would be a 45 minutes massage for both legs)

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: finishing leg massage and practice whole leg with foot from the very beginning (at professional level it would be a 45 minutes massage for both legs)

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: Practical revision of what was learned in the morning
4 pm – 5 pm: Q&A session

Friday (class 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

10 am – 11 am: Practical instruction of the massage: Stomach, arms and hands massage (at professional level it would be a 20 minutes massage)

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: Stomach, arms and hands massage (at professional level it would be a 20 minutes massage)

12 pm – 1pm: Practicing the stomach and hands massage. 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: Practical revision of what was learned in the morning. Students have to make the transition between foot/leg massage and stomach/arms/hand massage

4 pm – 5 pm: Q&A session

Week-end off

Monday (class 6)

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Discussion around questions about the previous days (Q&A)

9:30 am – 11 am: Practical instruction of the massage: Neck – Head – Face Massage (at professional level it would be a 30 minutes massage), lying down position and end of the massage

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: Neck – Head – Face Massage (at professional level it would be a 30 minutes massage), lying down position and end of the massage

12 pm – 1pm: Practice of the Neck – Head – Face Massage in my presence. 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. Students have to make the transition between foot/leg massage and stomach/arms/hand massage and Neck/Head/Face. At professional level it would be a 1 hour and 35 minutes massage

4 pm – 5 pm: Q&A session

Tuesday (class 7)

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Then discussion around questions about the previous days (Q&A)

9:30 am – 11 am: Practical instruction of the massage: Side Position Massage including Hand massage (at professional level it would be a 45 minutes massage), finishing the side on that day

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: Side Position Massage including Hand massage (at professional level it would be a 45 minutes massage), finishing the side on that day
12 pm – 1pm: Practice of the Side Position Massage in my presence. 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. Students have to make the transition between foot/leg massage and stomach/arms/hand massage and Neck/Head/Face and Side Position. At professional level it would be a 2 hours and 20 minutes massage

4 pm – 5 pm: Q&A session

Wednesday (class 8)

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Then discussion around questions about the previous days (Q&A)

9:30 am – 11 am: Practical instruction of the massage: Full Back Massage (at professional level it would be a 20 minutes massage), finishing the back on that day

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: Full Back Massage (at professional level it would be a 20 minutes massage), finishing the back on that day

12 pm – 1pm: Practice of the Back Massage in my presence. 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. Students have to make the transition between foot/leg massage and stomach/arms/hand massage and Neck/Head/Face and Side Position and Back Massage. At professional level it would be a 2 hours and 40 minutes massage

5 pm – 6 pm: Q&A session

Thursday (class 9)

9 am sharp: Beginning of the class

9 am – 9:30 am: The prayer of Dr. Jivaka Kumarbhaccha. Then discussion around questions about the previous days (Q&A)

9:30 am – 11 am: Practical instruction of the massage: Sitting Position Massage including: Back, Shoulders, Arms, Neck-Head-Face (at professional level it would be a 20 minutes massage), finishing the sitting position on that day

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: Sitting Position Massage including: Back, Shoulders, Arms, Neck-Head-Face (at professional level it would be a 20 minutes massage), finishing the sitting position on that day

12 pm – 1pm: Practice of the Sitting Position in my presence. 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. Students have to make the transition between foot/leg massage and stomach/arms/hand massage and Neck/Head/Face and Side Position and Back Massage and Sitting Position. At professional level it would be a 3 hours massage

5 pm – 6 pm: Q&A session

Friday (class 10)

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha. Chanting and guided meditation

10 am – 11 am: Review of all the difficult moves

11 am – 11:15 am: Tea Break

11:15 am: – 12 pm: Review of all the difficult moves

12 pm – 1pm: Self-Healing review and guiding them to more technique. Checking the confidence level of the students towards the afternoon examinations. Some jokes to put the students at ease. Concluding with the prayer of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 5 pm: Exam testing the students: massage without notes, in silence and with closed eyes for the receiver. In order to know if the student can perform a 3 hours massage, or able to continue the course. It does not mean they are qualified to practice professionally. However they are allowed to give massage.

5 pm – 6 pm: Feedback on the test and the quality of the moves and the memory. Mr. Rahul Bharti informs the students that they must practice a minimum of 70 massages free of cost after leaving the center. They should take notes from each of the receivers. The person is not paying for the massage, but gives 30 minutes of his/her time to give feedback on the quality of the massage.

The students should take notes after each treatment, about the situation of the client, and the changes and improvements they are noticing.



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