

A & H T  
**T h a i**  
**M a s s a g e**  
**Seminars Int'l**

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## Thailand Massage on the Table

NCBTMB Approved Provider 12 CE

Thailand Massage is a 2500 year old healing art which addresses modern stress and pain issues. Through rhythmic compression, gentle rocking and stretching, the therapists will learn different approaches for back, neck and shoulder pain, sciatica and other pain problems. Both the weekend warrior and the office worker can benefit from this work. This Asian modality invites the use of acupoints, pathways, myofascial and lymphatic approaches to support the parasympathetic system and to increase flexibility. Please wear loose clothing and socks.

### You will learn:

1. How to integrate energy systems of the east with western moves
2. To identify the sen (pathways) through the muscular system
3. To engage creative body mechanics for ease of movement
4. To discover how ancient techniques enhance your myofascial techniques
5. To learn how to move qi with the muscle attachments to the spectacular scapula
6. To use effective acupoints for the back, knees and neck
7. To combine new solutions for pain issues in lateral and supine positions
8. A protocol to ease stress and rebalance the body to facilitate positive change
9. To include stretches and rhythmical rocking that increase flexibility and open restrictions
10. To identify Benefits and Contraindications for the supine and lateral positions

Maxine M. Shapiro teaches Thailand Massage on the Table© for AMTA national, regional and state conferences in Nebraska, New Orleans, New England and abroad. She bridges the Eastern and Western practices so that massage therapists can include this ancient oriental art effectively. Maxine is nationally licensed in acupuncture and massage. She is author of the Dancing Meditation of Thailand Traditional Massage.

The Massage Therapy Journal, Fall, book reviewer calls it "like having a personal teacher."

\*15 years teaching Thailand Massage!\*

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