

This 415-hour program has been approved by the Fédération Québécoise des Massothérapeutes and meets the highest standards of massage practice in Quebec.

Learn the most popular form of massage in the most beautiful teaching center in Montreal. You will develop an expertise in hundreds of Swedish massage techniques and compliment that with personal, professional and business training that prepare you for an outstanding career. This program combines a scientific and human centered approach towards understanding the body, practising safely and meeting the needs of your clients.

The benefits include:

- Recognition and Title of 'Massage Therapist'
- Receipts recognized by most Health Insurance companies in Quebec
- Access to affordable Liability Insurance
- Access to an established network of employment opportunities for work with Spas, Chiropractors, Physical Therapists, Medical Doctors and much more.

The Swedish Massage Therapist program consists of 4 Modules and 415 classroom hours as well as at home practice and assignments.

## I. The Human Body - 90 hours

### **Anatomy (40 hrs)**

Students will develop the ability to utilize vocabulary and understand:

- Bone structures of the body
- Key muscles and articulations

### **Physiology and Pathology (50 hrs)**

Students will develop the ability to utilize vocabulary and understand:

- The functions of each system of the body
- Major diseases that can affect the human body
- The role and application of Thai Yoga Massage to help in promoting health, rehabilitation and prevention

## II. Massage Techniques - 205 hours

### **Introduction to Swedish Massage (15 hours)**

In this course students learn a standard 60 minute form with core massage techniques for each part of the body, proper use of oil and draping techniques

### **Professional Swedish Massage (150 hours)**

This program will prepare Students to create customized massages that attend to the back, head, legs, arms and hands. Students will learn how to master a multitude of massage techniques for each part of the body including effleurage, petrissage, friction, pinpoint pressure, brushing, skin rolling and percussions.

In addition to the practicum, students are also asked to complete a minimum of 90 at-home documented massages throughout your training.

### **Internship for Swedish Massage (40 hours)**

The internship will help students to give Swedish Massage in a professional setting with confidence and awareness. Monitored massages and feedback will provide support by:

- Helping to perfect the student's technique
- Exploring variations in treatment plans
- Observing how students interact in a professional setting
- Assessing, listening and communicating

**Also, there will be obligatory reading.**

## **Exams**

**There will be a theoretical exam.**

**There will be mid-term and final practical exams.**

## **III. Client-centered Therapies - 90 hours**

### **Helping Relations and Interview Techniques (45 hrs)**

This course will help provide students with the know-how to use Thai Yoga Massage to better respond to the needs of clients. Students will learn how to:

- Create the supportive space in order to help clients relax and achieve optimal wellness
- Assist clients if emotions are triggered
- Practice interview and questioning techniques for effective communication with clients
- Raise awareness of personal and professional boundaries in the massage profession

### **Sexuality and Professional Practice (45 hrs)**

This course allows students to consider sexuality in their practice and come face to face with how to handle situations of a sexual nature that may arise in their profession.

## **IV. Professional Issues - 30 hours**

This course helps to prepare students to work within the professional domain of massage therapy. It helps students to refine their professional identity in order to practice safely, ethically and with great care as well as interact with colleagues in related fields.

## Important information for students to consider before beginning:

- No prior experience in massage or yoga is required in order to take the program. Students should have finished high school or its equivalency and be able to write and express themselves clearly.
- Students must complete the Introduction to Swedish Massage course as part of the professional training program. To register, students must meet with a program coordinator in order to clarify all information and set a schedule for their courses and all payments. The calendar on the website is a guide, however all official registration should be done with the Program Coordinator.
- Students of the Thai Yoga Massage Therapist program can add Swedish Massage as a second technique by completing all courses and at home practice for Module 2 –The Massage Techniques. The cost is \$11/hour for 205 hours.
- Students are asked to complete their training within one year.
- All courses are designed to accommodate the needs of both French and English speaking students.
- Equivalent courses completed at another FQM-approved school can count towards the student's training. All other courses may count as a full or partial equivalency, and will be assessed on a case-by-case basis in conjunction with criteria provided by the FQM.
- Each aspect of the training includes a component to test your comprehension and application of the material learned, including both written and practical.
- The program is tax-deductible.
- Upon completion of the program students will be listed on the Lotus Palm website with a special designation as a Certified Swedish Massage Therapist.

## Tuition

The tuition for the program including Introduction to Swedish Massage is calculated at a rate of \$11/hour for 415 hours. The total is \$4565. There is an additional non-refundable administration fee of \$225.

Tuition includes:

- All courses
- Exam fees
- Administrative support
- The following products:
  - o All course manuals
  - o Massage Oil used during class
  - o Lotus Palm T-shirt

Here is what is additional:

- Recipients who come for an internship massage will be charged a nominal fee of \$23 per massage
- Recommended texts that the teacher suggests - Human Anatomy

## Payments

Students have 2 payment options:

- Pay in full at the start of training and save an additional \$225 on the tuition cost
- Make monthly payments spread out over 1 year

Current Lotus Palm Students:

- Current Lotus Palm students will be able to deduct the amount they have already paid for courses that are part of the overall tuition.

Refund Policy:

- Students may withdraw from the program at any time and are eligible for a refund for any payments of unused tuition. Students forfeit the \$225 savings if they withdraw early from the program and will incur an additional cancellation fee of \$50. Students will be refunded only for courses they have not taken, not for any courses they are currently taking. A student is considered to be taking a course if they are registered for the course, and if the first two classes have taken place (regardless of attendance).

## Continue building your expertise at Lotus Palm!

Lotus Palm wants our students to have a long and prosperous business. One of the most important ways to guarantee success is to add additional techniques that enhance your expertise and make it easier to gain employment. For upcoming dates for all continuing education training, please visit [www.lotuspalm.com/calendar.asp](http://www.lotuspalm.com/calendar.asp)

**Thai Yoga Massage Practitioner Program:** The Lotus Palm Thai Yoga Massage Practitioner program is a labour of love that is a culmination of more than 20 years of research and refinement by Kam Thye Chow, his team of teachers and feedback from thousands of students.

It is the world's most comprehensive and progressive system for learning Thai Yoga Massage. The goal of this program is to prepare you to practice at a level reflecting the Thai Masters of Thailand which also responds to your contemporary needs.

The overall training equips you with more than 7 hours' worth of massage techniques, a theoretical foundation in Ayurveda and Thai Sen lines (similar to meridians), training in applied anatomy and pathology in order to help understand contraindications, avoid injury and design customized treatment plans. Furthermore, your training is supported by our After-Care Skills and Development Program and will help with practical ways to grow your business, set up a practice routine and put your skills to work every step of the way.

**Total Hours:** 220      **Cost:** \$2950

**Table Thai Yoga Massage:** Thai Yoga Massage on a table expands your business to a whole new world of clientele while helping to take even better care of your body. It brings the incredible benefits of Thai Yoga Massage including customized yoga, profound relaxation and energy work to the comforts of a massage table.

The certification consists of Table Thai Yoga Massage 1 & 2 and provides you with 2.5 hours of techniques, foot reflexology, and the ability to customize massages to a wide range of clients.

**Total Hours:** 2 courses of 40 hours each      **Cost:** \$580 per course

**Prenatal Thai Yoga Massage:** Thai Yoga Massage is especially well suited for women seeking relief from the natural stresses of adapting physically, mentally and emotionally to pregnancy. Designed with the goal of relieving stress and promoting wellness and balance, this program addresses many common needs affecting pregnant women, including relief from the discomforts of pregnancy with a focus on trimester changes. You will gain the confidence to complete a 60-minute Prenatal Thai Yoga Massage, understand the unique needs of child-bearing women and the contraindications for massage and for specific postures and address common ailments and discomforts of pregnancy, while facilitating preparation for birth.

**Total Hours:** 22.5 hours      **Cost:** \$325