

Thai Yoga Massage Practitioner Training Program *Lotus Palm*

The Lotus Palm Thai Yoga Massage Practitioner program is a labor 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.

Studying in Montreal or Toronto

Students who register for the complete Practitioner Program in Montreal or Toronto save up to \$650 Can/ \$570 US on our regular price and the training includes all books and fees. Students may complete Thai Yoga Massage I before joining the complete Practitioner Program and still receive the program discount. Interested students must register with the Program Director. All courses taken at the Lotus Palm Center in Montreal are tax-deductible (in Canada). Tax receipts are only issued to students studying at the Montreal center.

Essential Certification

The Essential Certification enables the graduate to practice Thai Yoga Massage (or "TYM") professionally, and is the first step of the program. The requirements are:

- Completion of Thai Yoga Massage I and 2
- 15 documented massages after completing TYM 1
- 15 documented massages after completing TYM 2
- 2 supervised sessions (1 after each course)
- Completion of the Thai Yoga Massage Internship (for students in the Greater Montreal Area only)
4 documented massages must be completed at the Thai Yoga Massage Internship at the Lotus Palm Centre in Montreal

Upon completion of this part of the program, students are already eligible to join various associations and receive liability insurance.

Intermediate Certification

The Intermediate Certification further enhances the graduate's practice by integrating an Ayurvedic theoretical foundation, new massage techniques and the ability to customize a wellness program that makes healthy living a greater part of their and their clients' lives. The requirements for this program are:

- Completion of Thai Yoga Massage I through 4
- 15 documented massages after completing TYM 3
- 15 documented massages after completing TYM 4
- 2 supervised sessions (1 after each course)
- Completion of take-home case studies
- Completion of the Thai Yoga Massage Internship (for students in the Greater Montreal Area only)
4 documented massages must be completed at the Thai Yoga Massage Internship at the Lotus Palm Centre in Montreal

Advanced Certification

The Advanced Certification teaches the graduate how anatomy and movement analysis apply to Thai Yoga Massage, to treat common wellness issues, and to master the art of Thai Yoga Massage. The requirements for this program are:

- Completion of Thai Yoga Massage 1-6
- 15 documented massages after completing TYM 5
- 15 documented massages after completing TYM 6
- 1 supervised session after completing TYM 6
- **Completion of the Thai Yoga Massage Internship (for students in the Greater Montreal Area only)**
4 documented massages must be completed at the Thai Yoga Massage Internship at the Lotus Palm Centre in Montreal

Documented Massages

Following each course, students are required to complete 15 documented massages. Massages are “documented” by completing the Health Questionnaire in the back of Kam Thye Chow’s book, ‘Thai Yoga Massage’ or students can also download their forms online.

Students benefit by practicing on as many different body types as possible. The maximum number of massages on the same person after each course is 2. With each new course students must find at least 8 new partners to practice on. With the Intermediate Certification a student completes a 2 session and a 4 session wellness program. One two session treatment consists of 2 documented massages included in the total of 15. The same is true for the 4 session wellness program.

Supervisions

A Supervision is a 3- to 3.5-hour, one-on-one training session with a certified Lotus Palm Teacher. This is a massage exchange during which the teacher evaluates the student’s technique on a posture-by-posture basis, and provides overall guidance and feedback on a Supervision Form. The cost of a “Supervision” is \$150. To arrange a Supervision in Montreal or elsewhere, please consult our list of Lotus Palm Teachers and make an appointment by contacting us at (514) 270-5713 or info@lotuspalm.com.

However, you may still receive Certification by completing additional documented massages; one supervised session can be replaced with 5 additional documented massages.

Thai Yoga Massage Internship (Greater Montreal Area students only including the Laurentians, Laval and South Shore)

The Thai Yoga Massage Internship provides an opportunity for students to practice their massage skills under the care of a qualified teacher. Students are required to bring their own clients, who will pay a minimal fee to Lotus Palm. Internships will be held at the Lotus Palm Center Tuesday nights from 6:00pm - 8:00pm and periodically in a full day format. One 60-minute massage will be completed at each weekly internship and four 60-minute massages during the full day format. Students are required to successfully complete 4 documented massages at the Thai Yoga Massage Internship in order to obtain each level of Certification. For information regarding the dates and times of the Thai Yoga Massage Internship, please visit www.lotuspalm.com, or contact us at (514) 270-5713 or info@lotuspalm.com

Application for Certification & Web listing

Applying for your certificate

Students have the option of applying for certification following each completed training level, or upon completion of the entire training program. For each completed level (Essential, Intermediate and/or Advanced), please download and fill out the Certification Application form and send it with the requested supporting material to: Lotus Palm School, 5244 St Urbain, Montreal, Quebec, Canada H2T 2W9. There is a \$25 (CAD/USD) processing fee for each level’s certificate.

Lotus Palm Online Practitioner Listing

For an additional fee, certified Lotus Palm practitioners can appear on our online listing, to help potential customers worldwide locate their business. Please complete the appropriate section of the Certification Application form and include the annual administrative fee of \$45 (CAD/USD) with your application.

Important information for students to consider before beginning:

- No prior experience in massage or yoga is required in order to take the program. Practicum courses are designed for students of all levels to maximize their potential and skills. Students should have finished high school or its equivalency and be able to write and express themselves clearly.
- Students have great flexibility to customize the program to fit their schedule and can join the program at any time during the year.
- Students are asked to complete their training within two years.
- 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. Please review the Transfer Credit Policy for more information.

To register for the complete Practitioner Program in Montreal and receive the discount on your training the following steps must be completed:

- We require students to 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 must be done with the Program Coordinator.
- After Thai Yoga Massage I, all courses must be completed at the Lotus Palm Center in Montreal
- Students have until the completion Thai Yoga Massage I in which to register and receive the total program discount. After this deadline students may still complete the whole program at the regular price.
- All courses accommodate the needs of both French and English speaking students.
- The program is tax-deductible in Canada.

Tuition

The tuition for the program is \$2950 CAD / \$2950 USD. There is an additional non-refundable administration and book fee of \$225 CAD / \$225 USD.

Tuition and fees includes:

- All courses
- Administrative support
- Diploma at the completion of the entire Practitioner Certification Program
- Web listing for the first year
- The following products
 - o Sen Line Charts
 - o Poster of Jivaka Kumar Baccha
 - o Lotus Palm T-Shirt

Not included in the price:

- Recipients who come for an internship massage will be charged a nominal fee of \$23 (CAD/USD) per massage
- Supervisions (which are strongly recommended, but can be replaced with additional practice massages)
- Certificates after the completion of Essential and Intermediate courses

*Books required but not included in Tuition: Thai Yoga Massage, Thai Yoga Therapy for your Body Type, Advanced Practice, The Essential Guide: Success in Business and Thai Yoga Massage

Payments

Students have 2 payment options:

- Pay in full at the start of training. This entitles you to an additional \$150 CAD / \$150 USD savings on the tuition cost
- Make monthly payments spread out over 1 year

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 any savings they have received from courses that are completed and will be charged at the regular rate of \$580 CAD / \$580 USD and an additional administration fee of \$125 CAD / \$125 USD. Students are not charged for the internship and therefore there is no credit. 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).

Equivalency Policy:

- Any equivalency for previous training will be determined at a rate of \$490 CAD / \$490 USD per course. For more information please see the Lotus Palm Equivalency Policy.

Learn more and save more!

You can save up to \$620 CAD / \$620 USD on our regular prices and be trained in all aspects to succeed as a Thai Yoga Massage Practitioner!

	A la carte training	Thai Massage Practitioner Training Program
Thai Yoga Massage 1-6	\$3480 CAD \$3480 USD	\$2950 CAD \$2950 USD
Admin Fee	\$155 CAD \$155 USD	\$225 CAD \$225 USD
Diploma and Web Listing	\$70CAD / USD	Free
Internships	Free	Free
Total	\$3705 CAD \$3705 USD	\$3175 CAD \$3175 USD
		You save \$530 CAD / \$530 USD and an additional \$145 CAD / \$145 USD when you pay in advance for a total savings of \$675 CAD / \$675 USD

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

Swedish Massage Program: Swedish massage is the most commonly offered type of massage in Quebec and North America making it an essential skill for all massage therapists. It uses a multitude of techniques and a massage approach that promotes firm but gentle pressure in order to ease pain and discomfort from muscle aches and tension, improve circulation, reduce injury recovery time and promote relaxation.

Total Hours: 415 hours **Cost:** \$11 CAD per hour

Table Thai 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 CAD / \$580 USD 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 childbearing 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 CAD / \$325 USD