

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.

In addition to being the world's most comprehensive and progressive system for learning Thai Yoga Massage, the Lotus Palm Thai Yoga Massage Therapist program adds invaluable training in Anatomy, Physiology, Sexuality, Psychology (Helping Relations) and Ethics. The program prepares you to respond to the needs of your clients and what it means to be a professional Massage Therapist. 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.

This 430-hour program is approved by the Fédération Québécoise des Massothérapeutes and therefore meets the highest standards of massage practice in Quebec.

The Therapist program consists of 4 Modules: 430 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 the required vocabulary and understand:

- Bone structures of the body
- Key muscles and articulations

Physiology and Pathology (50 hrs)

Students will develop the ability to utilize the required 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 - 220 hours

Thai Yoga Massage 1-6 (195 hrs)

Thai Yoga Massage 1 teaches you a complete 90-minute massage and introduces you to the foundations of the Lotus Palm system: meditation, body mechanics, movement, and massage techniques using hands, knees, feet, and elbows.

Thai Yoga Massage 2 provides an additional 90 minutes' worth of massage techniques and yoga postures as well as an in depth look at customizing massages to accommodate common ailments, and people of different sizes and flexibilities.

Thai Yoga Massage 3 incorporates fundamentals of Ayurveda to determine a person's body type in order to deepen the therapeutic quality of the practice. You will also learn a new 60 minute Thai Yoga Massage

Thai Yoga Massage 4 expands on the use of Ayurveda by adding marma therapy, and how to create a 4 session wellness program that takes into account nutritional, lifestyle and yoga recommendations. Furthermore you will add another 60 minutes of massage techniques.

Thai Yoga Massage 5 teaches you anatomy, and injury assessment in order to practice safely and address therapeutic applications and rehabilitation through the massage.

Thai Yoga Massage 6 brings together all aspects of the training and along with learning 60 more minutes of postures and touch techniques, you will use your knowledge of anatomy, Ayurveda, and energy lines to develop treatment plans.

In addition to the practicum, you are required to complete a minimum of 90 at-home documented massages throughout your training, and a minimum of 3 Supervisions (upon completion of TYM 2, 4 and 6) which are one-on-one training sessions with a qualified Lotus Palm teacher.

Internship (25 hours)

Internship practice sessions will be held at the Lotus Palm Center Tuesday nights from 6:00pm - 8:00pm and periodically in a full day format. Students must complete a minimum of 12 internships, should reserve their space ahead of time and bring their own clients of varying size and needs. These massages can also be used towards your required documented massages. Clients who come for the Internships will be charged a nominal fee of \$23 per massage (cash only, taxes included).

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. 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. To register, students must meet with a Program Coordinator in order to clarify all information and set a schedule for courses and all payments. The calendar on the website is a guide, however all official registration must be done with the Program Coordinator. All Massage Technique courses are offered several times throughout the calendar year. The additional courses are offered twice during the calendar year. If a student joins in after the start of one of those courses he/she can complete the additional classes the following time they are offered.
- Students of the Swedish Therapist program can add Thai Yoga Massage as a second technique by completing all courses and at home practice in Module 2 – The Massage Techniques.
- 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 massages completed during the internship can be used towards the 90 documented massages needed to complete the program. Of the 90 massages, students should find at least 45 different people to practice on. Massages are "documented" by completing a Health Questionnaire that is found on the Lotus Palm website.

- A “Supervision” is a 3-3.5 hour training session with a 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. 3 supervisions are built into the program and must be completed by each student after completing Thai Yoga Massage 2, 4 and 6. Students have the option of completing additional supervisions at a cost of \$150 per session. To arrange a session, please contact us at 514-270-5713 or info@lotuspalm.com. Each optional supervision can be replaced with 5 additional practice massages.
- The program is tax-deductible in Canada.
- Upon completion of the program students will be listed on the Lotus Palm website with a special designation as a Certified Thai Yoga Massage Therapist.

Tuition

The tuition for the program is \$5500. There is an additional non-refundable administration and book fee of \$225.

Tuition includes:

- All courses
- 3 supervisions
- Exam fees
- Administrative support
- The following products:
 - o All 3 books required for Thai Yoga Massage 1-6
 - o After Care Skills and Business Development Manual
 - o Sen Line Charts
 - o Poster of Jivaka Kumar Baccha
 - o Lotus Palm T-Shirt
 - o Readers for additional courses

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 may suggest

Payments

Students have 2 payment options:

- Pay in full at the start of training and save an additional \$275 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 from the overall tuition. Supervisions that have already been completed are deductible at a rate of \$100.

Refund Policy:

- Students may withdraw from the program at any time and are eligible for a refund for any payments of unused tuition. Any credit or equivalency will be determined at a rate of \$11/hour for Module 1, 3 and 4 courses. Module 2 - Thai Yoga Massage courses - Students forfeit any savings they have received from courses and supervisions that are completed and will be charged at the regular rate of \$580 CAD / \$580 USD per course and \$150 per supervision. Students are not charged for the supervised internship and therefore there is no credit. Students forfeit the \$275 savings if they withdraw early from the program and will incur an additional \$50 cancellation fee. 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).

Learn more and save more!

You can save more than \$1000 on our regular prices and be trained in all aspects to succeed as a Thai Yoga Massage Therapist!

	A la carte training	Thai Massage Therapist Training Program
Thai Yoga Massage I-6	\$3480	\$2740
Books and Admin Fee	\$250 (Books only)	\$225
Supervisions	\$450	\$450
Diploma and Web Listing	\$45 CAD / USD	Free
Internships	Free	Free
Complementary Courses (210 hours)	\$2310	\$2310
Total	\$6535	\$5725

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. It also improves circulation, reduces injury recovery time and promotes relaxation.

To add this as a second technique, students must complete Introduction to Swedish Massage (15 hours), Professional Swedish Massage training (150 hours) and Internship for Swedish Massage (40 hours)

Total Hours: 205 hours **Cost:** \$11 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 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. You will learn 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