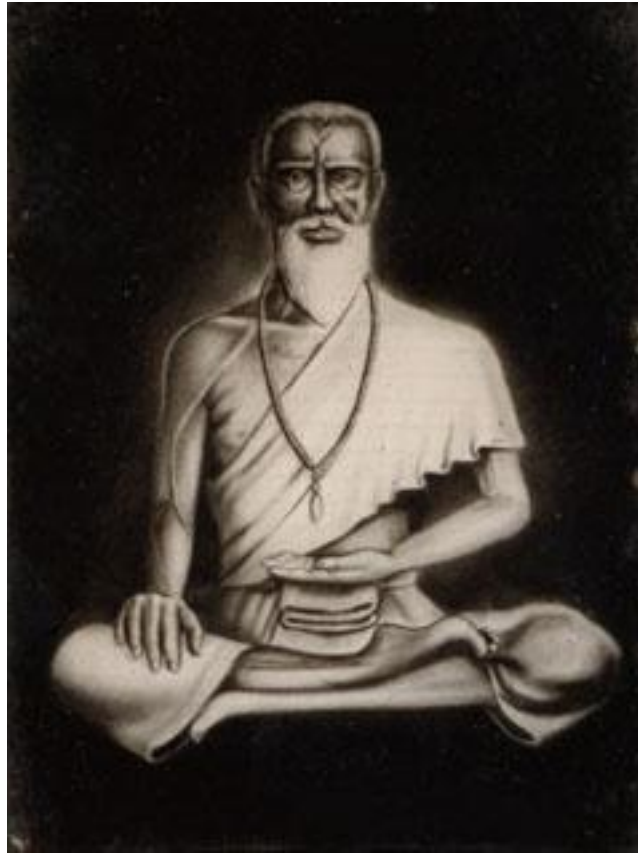


The Ancient Massage Foundation  
**The Healing Hands Center**



### **The Five-Day Course Breakdown**

Course starts on the third day of the ten-day class. The ten-day class 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): 20 hours

Total Learning Time (including practice): 32 hours

#### **Monday (class 1)**

9 am sharp: Beginning of the class

9 am – 10 am: Introduction to Ancient Thai Massage and the prayer of Dr. Jivaka Kumarbhaccha. Instructions about the preparation of the massage

10 am – 11 am: Practical instruction of the massage: feet massage and starting leg massage

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Continue practical instruction of the massage: feet massage and starting leg massage

12 pm – 1pm: Theory of the technique: explaining the point of each movement in terms of muscles, nerves and body parts. Students take notes after the practical instructions. Concluding with the meditation of Dr. Jivaka Kumarbhaccha

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Revision and practice of what was learned in the morning

4 pm – 5 pm: Q&A session

## **Tuesday (class 2)**

9 am sharp: Beginning of the class

9 am – 10 am: The prayer of Dr. Jivaka Kumarbhaccha, then discussion around questions about the previous day (Q&A)

10 am – 11 am: Practical instruction of the massage: finishing leg massage and starting the stomach massage

11 am – 11:15 am: Tea Break

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

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

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Revision and practice 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

11 am – 11:15 am: Tea Break

– 12 pm: Practical instruction of the massage: finishing stomach massage and starting back massage

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

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Revision and practice 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

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Practical instruction of the massage: finishing back massage and full sitting position massage

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

1pm – 2 pm: Lunch Break

2 pm – 4 pm: Revision and practice 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. Q&A about the full course, checking and correcting the notes

11 am – 11:15 am: Tea Break

11:15 am – 12 pm: Repeating the full massage in my presence, to check and make any necessary corrections

12 pm – 1pm: Lunch Break

1 pm – 3 pm: Intensive practice

3 pm – 5 pm: Exam preparation for the students: massage without notes, in silence and with closed eyes for the receiver. Enquiring whether the student can perform a 1 hour and 30 minutes massage, and assess their progress. It does not mean they are qualified to practice professionally



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/discs

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