



โรงเรียนอาทิตย์นวดแผนไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

DEDICATED BODYWORKER WORKSHOPS AT SUNSHINE MASSAGE SCHOOL

STRUCTURAL AND VISCERAL INTEGRATION RECOVERY POST PREGNANCY

with Anna & Cosmo



This course is aimed to give practitioners a deeper understanding of the post-partum period and provide effective practical methods of treating mothers after giving birth.

Alongside the massage techniques will be short lecture and discussion of the vital physiological and psychological aspects Post pregnancy, including Breastfeeding, Hormonal changes, Depression, Anxiety, Exhaustion and Migraines.

- Advanced Thai Massage, Muscular Skeletal realignment (part 2).



- Fascial Massage for joints and trigger points after giving birth.
- The Principles of Post-partum rehabilitation.
- Abdominal Oil massage and Wrapping the Belly
- Scar Tissue massage to minimise effects of Caesarean section.
- Shock & Trauma - Listening, Assessing and Treating.
- Cranial Therapy.
- Hatha Yoga using Asana, Pranayama and Bandha to restore health.

*Everyone with a background in Thai massage is welcome.
5 days/ 30 hours, Baht 11,500.-*

30 October to 3 November 2017

