

THAI HEALING MASSAGE ACADEMY

WELCOME TO YOUR THAI FOOT MASSAGE VIDEO COURSE

I want to thank you for purchasing this program. Please take the time and read this course manual. It will answer many questions and will make sure that you get started in the best way possible.

INTRODUCTION

Thai foot massage has been a regular part of my life in Thailand. It has always been one of my greatest pleasures here to go into town, to a market or to a festival, and sit down in a recliner to receive a foot massage while watching the world go by.

Foot massage is easily available in Thailand. It is very popular and very cheap compared to western countries. One hour of foot massage only costs around US \$5.- in the part of Thailand where I live, so it is not considered a luxury.

Thai foot massage is not only very beneficial, it is also enjoyable to receive. It is not so much practiced as a hardcore therapeutic modality, but as a way to benefit your health and your enjoyment equally.

This course will enable you to become a proficient foot massage therapist. It contains enough material for you to do one hour stand-alone foot massage sessions. Or you can use parts of it to integrate with your full body massage sessions.

It does not have to be Thai massage. It can be any other modality.

Our feet are important. They have to carry our bodies around throughout a lifetime. Foot massage is always a relief. If you can provide a good foot massage, you will have many grateful and happy clients, and you will be able to generate a good income from it too.

This course is being purchased and used by students from many countries. Not all of them are native English speakers. I have therefore avoided using difficult anatomical language which can only be understood by western trained therapists who are familiar with this terminology. I intentionally kept my way of teaching simple enough so that it can be easily understood by a wide variety of students.

Before we get started learning Thai foot massage, we need to address some areas to help us get ready and be prepared.

The following Table of Contents will help your orientation.

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LESSON DELIVERY SCHEDULE


Surveys have been done that investigated what people do with courses they buy on the internet. Statistically a very high percentage end up being hardly used at all. This course is designed so that this does not happen. My intention is to provide a format that inspires regular use and active application of this course.

The worst way to deliver a large program is to simply hand it over at one time and leave it up to the recipient to figure it out, learn it and apply it. The best way, and this is our format here, is to deliver the course gradually over time with ongoing support and in an interactive environment that inspires participation.

I did my own surveys among my students, and they all agree with these findings.

Here is the schedule for the delivery of the course:

- Day 1 - You receive the course manual instantly as soon as you purchase the course.
- Day 2 - You receive the first video lesson. For an overview of the course structure please refer to the index at the end of this manual.
- Day 4 - You receive the second video lesson. From here on you will receive one new lesson every two days.

 **Please note:** The course delivery is done by a fulfillment company. It is a fully automated process and cannot be changed or accelerated.

MAKING SURE YOU RECEIVE YOUR LESSONS

You will be receiving your ten Thai Foot Massage video lessons every two days via email. Sometimes emails get caught in spam filters. The easiest way to make sure that you receive all the emails is to add the “from” address in this email (shama@thaihealingmassage.com) to your address book. In this way you never run the risk of losing one of the emails.

If for some reason you do not receive one of the lessons, all you have to do is email me at shama@thaihealingmassage.com, and I will send you a replacement.
(click ‘ctrl’ + ‘enter’ to follow all links)

HOW TO RECEIVE SUPPORT

What really sets this course apart from any other massage video or DVD is that it is **fully supported by me**. If you have any questions, there are three ways how you can contact me:

- you can email me at shama@thaihealingmassage.com
- you can contact me through the forum of my main website at <http://thaihealingmassage.com/forum>. This is where all the students of my various home study programs post questions, connect with others, network, and even advertise their healing arts courses, events or websites for free.
- You can instant message or call me via skype. **My skype name is shama108.**

I prefer that you post questions in the forum, since in this way others can benefit by reading my answers as well.

If you don't know about Skype, it is a 100 percent free internet phone service. It works like this:

You can download it here: <http://skype.com>

Skype installs itself automatically and it works right out of the box. (The only reason why it would not work well is if you have a very slow internet connection speed.) Once it is installed, you can talk to anyone in the world for free as long as they have skype installed on their device. Many millions of people use skype every day.

You can also use skype for instant messaging which is a lot quicker and easier than sending emails.

Skype is very useful, convenient, and it is totally free – can't beat that.

You find users by their skype name. **Mine is shama108.** Before you can talk to me I will have to confirm that I accept calls from you. Just mention in the first message that you are a member of the video course and I will add you to my skype contact list.

Keep in mind that I live in Thailand at this time. So my time zone is very different from yours if you live in America or Europe. If you want to talk to me on skype, it would be best to first send me an instant message to let me know that you want to talk. If I am not available at the moment we can set up a time that works for both of us.

DOWNLOADING YOUR VIDEOS

First create a folder on your computer and name it “**Foot massage videos**”.

When you receive the videos, you will get a download link in an email. **Right** click on the link. A pop-up box will open. Now **left** click “save target as” or “save link as” (the exact wording is a little different from browser to browser).

Another pop-up screen will open. Here you have to specify where you want to save the file. Browse to the folder that you already created and save your videos in there.

If you have difficulties with the downloading process or just need a little assistance, you can visit our download support page where I walk you through the process step by step: <http://thaihealingmassage.com/info/download-instructions/>

STORING YOUR VIDEOS

The entire Foot massage video course takes up a little over 2 gigabytes.

I recommend that you save the videos on a thumb drive in addition to your computer, since hard drives can fail, and computers can crash. In this way you have a backup. You could also buy a blank DVD and save all the videos on there. But the thumb drives are much easier to use and you can quickly back up all the videos.

Several students have told me that they lost all their downloaded course videos because their computer crashed. **So make sure to back up your videos on a thumb drive.**

PLAYING THE VIDEOS

If you want to play a video on your computer, you need video player software. Pretty much every computer in the world comes with pre-installed video players. There are many of them, like Windows Media player, Real Player, Quick Time player etc.

Just as there are different video players, there are different kinds of video files. Not every player plays every file. In other words, the video file and the video player have to be compatible.

There are several reasons why some video files do not play on your machine. Maybe your player is an old version and needs to be updated. Maybe your player is not

compatible with the video you want to play. Maybe you don't have the right codec installed on your machine.

I produced the Thai Foot Massage videos in 'mp4' format which is a widely used format. Most likely they will play just fine on your machine. But if you cannot get the videos to play, the easiest solution is to download a new player that can read mp4 files.

I recommend **VLC Media Player**. It is free, and it plays pretty much any video file. You can download it here: <http://www.videolan.org/vlc/>

If you have problems playing the videos, you will find help on this page: <http://thaihealingmassage.com/info/download-instructions/>

PRACTICE

You can practice Thai Foot Massage either on a similar setup as demonstrated in the video course, or you can practice it on a massage table, or on a floor mat. Or your partner can simply lie on a bed.

This course is highly detailed with lots of close-ups and very specific explanations. You can definitely learn foot massage from it provided you put in enough practice time.

You may have the greatest massage training course on the planet,
but if you don't practice it, it won't do you any good.

You and your partner need to make a firm commitment to practice regularly and stick to it. If you don't do that, it will not work for you, or at least not very well! You have to treat it as if you were in a real live course and the teacher and the group is there waiting for you.

I promise you that the video course will work if you do.

Here is a list of good practice habit suggestions that might work for you:

- setting aside regular practice time
- watching the videos several times - once is not enough
- frequently asking your partner for feedback
- taking notes on points that you find important
- making forum posts and communicating with other students

MOTIVATION TIPS

Here is a recommendation for staying motivated: Get involved outside of your practice sessions. Become an active member of our Thai Massage community.

1. Go to our forum and introduce yourself here:

<http://thaihealingmassage.com/forum/introductions-and-networking/>

Just click on “start a new topic”. Talk about your story, your experiences, ask questions, connect with others, get involved.

If you don’t know how to use the forum, you will find a detailed tutorial here:

<http://thaihealingmassage.com/info/how-to-use-the-forum/>

2. Take advantage of our Knowledge Center: <http://thaihealingmassage.com/blog/>

There is lots of valuable information there. It is like an entire training course, and it does not cost you anything. I keep posting new articles and videos there, all about massage related topics. And remember, you can always contact me personally.

It is more fun to interact with others who have similar interests. The **Thai Healing Massage Academy** website is there to support you, so take advantage of it. It will keep you motivated and inspired.

Another good idea is to write a progress report in the [forum](#).

I am in the forum regularly and I read every post and I respond. So let's meet in there!

The website, the blog, the forum and my personal support are the features that make this course interactive and what sets it apart from any other massage video courses or DVDs on the market. If you choose, you can be part of a community. Then the course becomes interactive, and it makes it more interesting for all students.

REFUNDS

I love my work and I am happy that I have been able to teach hundreds of students many skills that have helped to improve their skills, their business and their life. I continuously strive to create the best massage home study courses on the market. However if you decide that this course is not for you, I will promptly refund your money within the first 14 days. All you have to do is send an email to shama@thaihealingmassage.com and I will process your refund, no questions asked.

If you want to read the fine print on refunds, there is a link to our detailed official refund policy at the bottom of every page of <http://thaihealingmassage.com>

LEGAL ISSUES

Since this course can be purchased from any country in the world, I have no way of knowing what the laws in those countries are regarding massage practice. In some countries you need a massage license in order to practice as a therapist, in others you don't need one. Even in the US there are still states that do not require a massage license (Vermont as of this writing). In some states regulations vary from one county or city to the next. In other places Thai Massage or foot massage is being treated differently from other types of massage. I cannot give advice on those legal matters.

If you want to practice professionally, you need to familiarize yourself with the laws wherever you live. If you want to learn Thai Foot Massage as a hobby, or just work on family and friends, you most likely don't have to worry about licensing. Only you know your circumstances and can find out if there are any laws affecting what you do.

DISCLAIMER

I have tried my best to make this course safe and easy to use and I have eliminated all potentially dangerous techniques. However by purchasing this course you acknowledge that all responsibility for using this course is yours alone and that you cannot hold me responsible for any problems or injuries or legal issues resulting from your use of this course.

FEEDBACK

If you have any feedback about the course, any comments how it could be improved, any observations how it displays on your computer and in your browser, please let me know by emailing me at shama@thaihealingmassage.com . This is a work in progress and I will always try to improve this course, the contents, the website and the continuing education. I would appreciate your input and help to make this course and its presentation even better.

CREDIT CARD/INVOICE INFORMATION

If you used a credit card to purchase this course, your statement will show a charge from **THM ACADEMY**.

FREE ADVERTISING FOR YOUR BUSINESS

If you have a business that is related to massage, yoga, self help or self improvement, you can advertise your classes, courses, events or products in the [“Workshops, Classes And Events” forum](#) of the Thai Healing Massage forum totally free.

All you have to do is register for the forum. The more people use it, the more of an exposure we all get. The only requirement is that it has to be your own business. You cannot post affiliate links and promote other people's products.

Not many people have been taking advantage of this, but this is a valuable resource. The [Thai Healing Massage Academy website](#) gets thousands of visitors every month, and you do not have to pay anything for this exposure. My recommendation is that everyone who has a healing arts related business should list it in this forum. It takes only a few minutes to do and you will have permanent free advertising.

COURSE CERTIFICATION

Here are the options for receiving a certificate from **Thai Healing Massage Academy** upon completion of the course. **There are two kinds of certificates.**

1. **The first option** (“**International Certificate**”) is a certificate from Thai Healing Massage Academy which states that you took the course and fulfilled all requirements to demonstrate active participation. This certificate is available to all students regardless of their location or professional status, provided they fulfill the requirements listed below. There is no charge for the International Certificate.

I have students from all over the world, and I have no way of knowing if this certificate will count towards obtaining a massage certification or license in your particular location. This might vary from one location or country to another.

You need to contact the relevant authorities wherever in the world you are and inquire from them. I also recommend that you contact a local massage school in your area and ask them what the rules are in regards to massage licenses.

If you would like to see a sample of a Thai Healing Massage Academy international certificate, you can [click here](#). If you see a warning message that says ‘files can contain viruses’, don’t worry – the file is clean.

2. **The second option (“Continuing Education Certificate”)** only pertains to licensed massage therapists in the USA for NCBTMB approved CE credits.

Section 1 – Requirements for the International Certificate

- ➡ One certificate is issued only to the original purchaser, not to practice partners. (If you are looking for CE credits, you can skip this section and go to Section 2)

Offering certificates without any requirements would be both unethical on my part and also meaningless. Therefore I have designed a fun and effective system for you to qualify for a certificate. Here is the 2-step process:

1. **Register at this page to enroll in the certification program**

<http://thaihealingmassage.com/info/certification-registration/>

2. **Forum participation**

Since this is a home study course, I cannot physically see if you are actually practicing the material. However I can see if you actively participate in the forum. If you regularly post your questions, your progress report and your experiences in the forum, I accept this as my evidence that you are actively involved in the course.

If you don't know how to use a forum, you will find all the help you need here:

<http://thaihealingmassage.com/info/how-to-use-the-forum/>

Here is the definition of active forum participation:

- You start a new forum thread under which you post all your course comments
- You write a few sentences about **each** course module (One sentence is not enough). Summarize what you have learned and your practice experience.

This means you make 10 course related forum posts during the duration of the course (you receive 10 videos, one module every 2 days).

➡ Here is the [link to the forum](#) where your thread should be posted.

- The actual duration of the course is about 3 weeks. I acknowledge that students can fall behind the regular schedule due to unforeseen circumstances. In such cases, if all forum posts are completed within 3 months from the purchase date of the course, a certificate can still be issued. **If course participation is erratic and extends beyond a 3 month time frame, a certificate will not be issued.**

➡ For a more detailed explanation about the requirements for forum posting for certification **please read this page and watch the video here:**

<http://thaihealingmassage.com/info/forum-posting-for-certification/>

If you stay actively involved in the forum, I will accept this as evidence that you completed the course, have practiced the lessons and have understood the principles of it. Then you will receive an official signed certificate of completion from **Thai Healing Massage Academy**.

This is how you will receive your certificate:

Your certificate will be emailed to you as a downloadable pdf document which you can print out. The certificate has my scanned signature on it.

Please note: We do not provide certificates with original signatures via postal service. Certificates are only sent via email.

Certification program validity period:

Your certification enrollment is valid for a maximum of 3 months, beginning from the purchase date of the course. If you do not complete the certification requirements within a 3 month period, the certification enrollment expires and a certificate will not be issued.

Section 2 - Requirements for obtaining a Continuing Education Certificate:

>> This type of certificate is only applicable to licensed massage therapists in the USA who need to document their continuing education every year. If you do not fall into this category, you can disregard this section.

Shama Kern, the director and principal instructor of **Thai Healing Massage Academy**, is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider (provider # 451985-12).

➡ One certificate is issued only to the original purchaser, not to practice partners.

How we calculate your CE hours:

The Thai Foot Massage home study training course contains 5 hours of video training lessons.

It is obviously not possible to learn Thai Foot Massage by simply watching a training video once. You will need to watch the videos more than once, practice the material, get feedback from your partner, post your progress in the forum and answer test questions. Therefore we give you two CE hours per one hour of video training. You will receive 10 CE credits for this course.

Requirements:

To qualify for a **CEU Certificate of Achievement**, there are three requirements.

1. Register at this page to enroll in the certification program

<http://thaihealingmassage.com/info/certification-registration/>

Please note that your registration is not complete and cannot be accepted until you have enrolled in the online exam as explained in the next section.

2. Online Exam

As per NCBTMB rules you are required to answer 5 test questions per CE hour. You need to answer at least 5 multiple choice test questions per video module. This is done by enrolling in an [online exam program](#) which can be accessed right from our website. In order to pass the test you need to answer at least 80% of the questions correctly.

There are 50 questions in total. It is recommended that you complete the questions that pertain to each module while you are working on it and it is fresh in your mind. Then it will just take a few minutes. 5 questions every 2 days is easy, but 50 questions all at once is overwhelming.

CE program enrollment fee and registration

There is a non-refundable **registration fee of \$10.-** to enroll in the CE program which is paid separately by credit card when you register.

Here is the link where you can register for the CE program:

<http://thaihealingmassage.com/info/thai-foot-massage-ce-test/>

3. Forum participation

Since this is a home study course, I cannot physically see if you are actually practicing the material. However I can see if you actively participate in the forum. If you regularly post your questions, your progress report and your experience with the training material in the forum, I accept this as my evidence that you are actively involved in the course.

If you don't know how to use a forum, you will find all the help you need here:

<http://thaihealingmassage.com/info/how-to-use-the-forum/>

Here is the definition of active forum participation:

- Start a new forum thread under which you post all your course comments
- Write a few sentences about **each** course module (One sentence is not enough). Summarize your practice experience and what you have learned. This means you make 10 course related posts during the duration of the course (you receive 10 videos, one module every 2 days).

➡ Here is the [link to the forum](#) where your thread should be posted.

- The actual duration of the course is about 3 weeks. I acknowledge that students can fall behind the regular schedule due to unforeseen circumstances. In such cases, if all forum posts are completed within 3 months from the purchase date of the course, a certificate can still be issued. If course participation is too erratic and extends beyond a 3 month time frame, a certificate will not be issued.

➡ For a more detailed explanation about the requirements for forum posting for certification **please read this page and watch the video here:**
<http://thaihealingmassage.com/info/forum-posting-for-certification/>

How you will receive your CEU Certificate of Achievement for 10 CE hours:

Once you have received your Thai Foot Massage course module #10, completed all forum posts and submitted all test questions, send an email to shama@thaihealingmassage.com requesting your certificate. Make sure to list your legal name exactly as you want it to show on the certificate.

Your certificate will be emailed to you as a downloadable pdf document which you can print out. The certificate has my scanned signature on it.

Please note: We do not provide certificates with original signatures via postal service. Certificates are only sent via email.

CE Certification program validity period:

Your certification enrollment is valid for a maximum of 3 months, beginning from the purchase date of the course. If you do not complete the certification requirements within a 3 month period, the certification enrollment expires and a certificate will not be issued. The CE test questions remain open for 90 days starting from the day you sign up for it. At this point the exam will be automatically graded and your access will expire.

CONCLUSION

I want to thank you again for putting your trust in me by purchasing this course. I have trained hundreds of students both live and through video courses. By teaching, I have learned a lot myself in many ways. My students are also my teachers since they gave me a lot of valuable feedback and suggestions. By teaching I was forced to learn to be very clear and specific, and to be able to work with and accommodate different personalities and body types.

It is my hope that this course will help you learn new techniques, improve your career, your business and your finances. But equally as important I hope that this course can give you new inspiration and maybe even a new way of thinking about massage therapy.

I am always available to work with you, answer questions or offer assistance. I have put my heart and soul into this course. Please let me know how it works for you or if you have any suggestions or comments. I look forward to hearing from you.

Wishing you all the best,

Shama Kern
Founder, Thai Healing Massage Academy
<http://thaihealingmassage.com>

INDEX OF CONTENTS OF ALL COURSE MODULES

Section 1 – Thai Foot Massage

Module 01 - Course introduction; outline of course; basic principles; working the energy lines on both feet together

Module 02 - Supine position: Working the soles of the feet one foot at a time with your thumbs; using knuckles on the soles of the feet; using forearms to work on the soles of the feet; summary demonstration

Module 03 - Supine position: Combination technique for working on the soles with foot manipulation; working the top of the feet; working the outside and inside edge of feet

Module 04 - Working the soles of the feet with forearms with client in side position; working the soles with forearms, elbows, knees, fists and feet in the prone position

Module 05 - Foot manipulations and stretches in the supine position; explanation of the six ways to move the foot

Module 06 - Techniques for ankle therapy; working on the toes; foot relaxation techniques; summary demonstration of foot massage session

Section 2 – Thai Reflexology

Module 07 - Thai reflexology foot massage as a separate massage modality; introduction and technical foundation

Module 08 - Demonstration of techniques on a floor mat; power techniques; ankle therapy; one-to-ten communication method; ergonomic principles

Module 09 - In depth work on the toes; additional techniques for the top of the foot; working on the heel; extending the foot massage to the lower leg

Module 10 - Percussion techniques; towel techniques; adding neck/shoulder/trapezius work to the foot massage session; demo of how it all fits together (watch an actual foot massage session); conclusion