MasterClass

Thai Massage

MasteClass Topics

23 April 2025

- Basics of Traditional Thai Massage
- How to match your breathing with applying pressure during a massage
- Simple stretches to prepare your muscles before massaging
- Body Mechanics and Ergonomics for Thai Massage
- Exercises to strengthen your fingers
- Modern Thai massage techniques
- Using Tok Sen and massage tools to release deep fascia

24 April 2025

- Ancient Neck, Shoulder, and Upper Back Massage
- How to safely and effectively relieve muscle tension in these areas for clear and lasting results.
- Facial Muscle Pressure Point Release
- Techniques to quickly unlock and relax tight facial muscles.
- Facial Nerve Stimulation
- Methods to restore weakened or imbalanced facial muscles and improve facial function.
- Traditional Head Massage
- Techniques to ease headaches, dizziness, and promote deep relaxation.

Master Trainers:
Aunlipreeya Pandang, Phrapakorn Paktharakansorn, Nihat Ayçeman

Date : 23-24 April 2025

Class Hours : 09.00-17:00

Fee: 100 Euro

Certificate will be given at the end of the course

Register: **register@massagechampionship.org**
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Location: Akdeniz Üniversity Faculty of Sport Sciences, **Antalya-Türkiye**