



STUDY THAI MASSAGE WITH JAMES PECKHAM AT THE AMTA-TEXAS ANNUAL CONVENTION New Braunfels, TX - February 7-9, 2019

Thai Massage Introduction (20 CE Hours) - Description

Participants will learn about Thai medical theory and massage techniques selected from the 64-hour Thai Massage Basic Certification Course. We will learn to work effectively and comfortably on a mat on the floor, with clients clothed. We will learn to combine pressure points, compression, joint movements, stretches, and other Thai techniques, to help relieve clients' pain and stress. We will work on clients in more positions than on the table, in supine, prone, side, inverted and sitting positions. We will use our feet, knees, forearms, and hands, to use our body weight for maximum therapeutic benefit, and to save our bodies with optimal body mechanics. We will enjoy the unique and comprehensive Thai approach to massage, with precision and versatility, with each of us developing our own special blend of mindfulness, loving kindness and healing intentions. We will approach Thai Massage as the physical therapy component of traditional Thai medicine, which include herbal remedies and a mind-body-spirit approach to healing that differs from Indian Ayurveda and Traditional Chinese Medicine. We will learn to give a 50- to 80-minute customized Thai session, once we practice-practice-practice outside the classroom and develop our own style of Thai massage therapy. This experiential Introduction to Thai Massage will be taught in a safe, gentle and fun learning environment, and will be rewarding and worthwhile, whether you choose to continue studying Thai Massage and medicine more in depth, or simply gain a better understanding of this dynamic, one-of-a-kind form of massage. All are welcome to join in this fascinating Thai Massage class, as we think outside the table-box and take our massage practices to the next level — on the floor, connected to Mother Earth.

James Peckham - Biography

Since 1996, James has passionately devoted himself to Thai Massage, studying and apprenticing with the best Thai master teachers during six study-tours to Thailand. After practicing Thai Massage for five years, he was approved as an instructor in 2001. At Ten Thousand Waves, a world-class destination spa, James created the Thai Massage program that provides the highest quality Thai Massage, offered in authentic style on a mat on the floor. He has also been the resident Thai Massage therapist at Ojo Caliente Spa. He has taught Thai Massage extensively around the United States, and students travel to study with him. James brings to his Thai Massage classes a wealth of rich international life experience, a love of nature from living in the Amazon rainforest, plus a successful academic career. He lived several years in Peru, Colombia and Mexico, in remote indigenous rainforest communities, off the grid and outside the global economy. James has dedicated his life to promoting cross-cultural communication, protection of indigenous peoples, and human rights. He adapted naturally to the Thai cultural values of ancient healing wisdom, lineages of oral education and apprenticeship, to the highest degree. James is an Instructor and Registered Thai Therapist with the Thai Healing Alliance International (THAI), the professional association for Thai Massage. James has been a member of THAI at the highest level since its inception in 2006. James has also been a full-time professional massage therapist since 1991, starting in Santa Fe, New Mexico with a 1000-hour massage program. Since 2014, James and his family have been blessed to make San Antonio their home. James looks forward to inspiring and supporting new Thai Massage colleagues who are drawn to learn this unique and powerful modality.

Cost: \$150/\$175 AMTA Members/Non-Members by Dec. 7; \$175/\$200 by Jan. 7, 2019
For more information, and to register, go to tx.wp.amtamassage.org, or call 940-297-1800

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