Thai Table Massage – Foundations
24 hours | Continuing Education

Thai Table Massage – Foundations is a hands-on continuing education course designed to introduce participants to the principles and techniques of traditional Thai massage adapted for table-based practice. Drawing from both Northern and Southern Thai massage traditions, this course provides a structured and practical approach suitable for modern clinical and spa environments.

The curriculum is open to all levels of learners and requires no prior experience in Thai massage. The material may be learned as a complete 90–120 minute Thai Table Massage sequence or selectively integrated into existing table-based treatments to add depth, variety, and therapeutic value.

A key focus of the training is the safe and effective adaptation of Thai massage for table work, making it ideal for practitioners who prefer not to kneel, experience discomfort with floor work, or practice in settings where mat work is not feasible.

Course Objectives
- Introduce history and principles of Thai massage and Sen Lines
- Teach client assessment, contraindications, and safety considerations
- Guide participants in learning core Thai Table Massage techniques and sequencing

Techniques and Sequences Taught
- Pressing techniques: Thumb, palm, forearm, and elbow
- Acupressure, trigger point therapy, reflexology, compressions, rhythmic movements, and stretching.
- Smooth transitions, treatment flow, and closing techniques

Learning Outcomes
- Perform a complete 90–120 minute Thai Table Massage session
- Apply meditative approaches, breath-work, and self-care practices to support the giver's and receiver's well-being.
- Communicate effectively with clients, understanding contraindications and individual needs.

Who Is This Course For?
This course is open to all levels of learners, including massage therapists, bodyworkers, students, and individuals interested in learning the fundamentals of Thai Table Massage.