



**Directors: Paul Fowler and Paul Weitz**

## **School Catalog**

### **2012**

**312-361-0034**

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**Mailing Address: PO Box 6046, Lindenhurst, IL 60046**

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## **WHAT IS THAI MASSAGE?**

In Thailand, Thai massage is known as Nuad Boran, meaning “ancient healing” or “to touch with a healing intention.” Thai massage is often described as a form of passive yoga, as it seeks to promote energy flow, release blockages, relax muscle tension, and increase flexibility and range of motion. The therapist uses hands, feet, knees, and forearms to gently stretch and compress the client’s body. Thai bodywork is generally performed on a thick floor mat with both practitioner and client wearing loose, cotton clothing. It does not require the use of massage lotion, although some practitioners may choose to use a light oil or lotion on the face, hands or feet.

## **HOW DO WE TEACH THAI MASSAGE AT CSTM?**

We believe Thai massage is not something you learn in a weekend, or even a week or two. It is an amazing and challenging practice that requires time, energy, and patience. In other words, it requires commitment.

We have spent a lot of time designing programs to give students the kind of rich, multi-layered experience that we believe this practice requires.

We don't shy away from the spiritual aspects of the practice as we believe personal understanding and growth are necessary to becoming truly conversant with the body. We like being in close contact with our students during the course of instruction so that we can constantly correct, refine, and help students navigate the real life challenges that come up. Monitoring and mentorship are key components to the success of our school.

One of the things our students like is the community and relationships that are built during each program. The teachers are there for that entire time to offer advice, encouragement and feedback. Students often practice outside of class with other students who are also going through the program. They connect to the larger community and share their learning with others through community service activities and a supervised student clinic.

Our school provides space to grow personally and professionally, learning more about ourselves, and engaging in the amazing practice of Thai massage.

## **MISSION**

The Chicago School of Thai Massage seeks to promote health and peace through excellence in education, compassion in action, service to our community, and honoring the connection to Thailand and the lineage of Thai massage.

## **CORE VALUES**

Development of compassion, lovingkindness, mindfulness, understanding, patience and wisdom is the highest good.

Thai massage, sometimes called “compassion in action”, can help us to gain a better understanding of these ideals.

Seva, a Sanskrit word defined as Selfless Service, giving with no desire to get something back, is a powerful way to nurture and grow these ideals.

Tension in our mind and body is a main cause of pain and suffering in the world. Therapeutic touch can help transform physical and mental dis-ease.

Sharing compassionate touch is one of the greatest gifts we can give and receive.

## **ADMISSIONS PROCESS**

Admission applications for the Six Month Diploma Program can be downloaded via the CSTM website:

[www.chicagoschoolofthaimassage.com](http://www.chicagoschoolofthaimassage.com).

Mail the completed application and required deposit to:  
PO Box 6046  
Lindenhurst, IL 60046

After your application is received and reviewed, you will be contacted for a phone interview.

## **ADMISSIONS REQUIREMENTS**

### Six Month Diploma Program

This program is intended for persons age 18 and older.

No specific level of education is required as a prerequisite to the six month program, nor is any previous experience in any of the course subjects.

Students must receive a professional Thai massage before being admitted to the program. Please see our website for information on discounted sessions from one of the instructors.

### Advanced Training Long Course

This program is intended for persons age 18 and older with at least 100 hours of Thai Massage training and at least one year of Thai Massage experience.

## **CONTINUING EDUCATION WORKSHOPS**

Requirements for admission will vary depending on the workshop.

## **NOTICE**

CSTM complies with both Title VII of the Civil Rights Act and the Americans With Disabilities Act.

CSTM does not discriminate on the basis of race, color, creed, religion, sex, national origin, or sexual orientation.

## **SIX-MONTH DIPLOMA PROGRAM – 180 hours**

### Vocational Objectives:

Students will, under the title of “Thai Therapist” or “Thai Yoga Therapist” or “Thai Bodyworker” or any such similar title not including the word “massage,” (unless already licensed) be able to offer Thai massage to paying clients. Students will not be licensed or certified, as there is no licensing or certification process for the practice of Thai massage in Illinois. Students may, upon completion of the program and documentation of 50 sessions of 90 minutes or more, apply for Registered Thai Therapist status one year following the start of their training.

### Academic Objectives:

Students will:

- Perform the basic Northern-style, 90-minute Thai massage sequence (supine, side-lying, prone, inverted, and seated) with at least 90% accuracy
- Work with proper body mechanics and connection to breath
- Conduct an intake interview with a client
- Complete SOAP notes after a session
- Offer appropriate stretches and other suggestions for clients’ home practice
- Identify the muscles and bones of the human body
- Identify the 10 basic sen lines
- Customize treatment sessions to clients of varying body types and states of well-being
- Practice Theravada Buddhist meditation (seated, walking, and standing)
- Practice yoga stretches, chi gong movements, and breath exercises specifically designed for the Thai therapist
- Utilize self-care techniques to protect and strengthen their own bodies
- Develop an understanding of the cultural and historical context of Thai massage
- Discuss concepts related to compassion and loving-kindness

### Course Description:

Each weekend includes yoga for Thai practitioners, anatomy and kinesiology for Thai massage, Theravada Buddhist teaching and meditation (practiced in Thailand), Ruesri dat ton (an ancient Thai yoga self-care practice), Chi Gong, and other self-care and protection techniques.

#### *Weekend 1: Fundamentals Part 1 -- 27 hours*

This course covers in depth the first third of the basic Northern-style Thai massage sequence (supine and side-lying) of movements and stretches. It introduces basic anatomy and kinesiology for Thai massage, Theravada Buddhist meditation (essential to the understanding of Thai massage), and detailed instruction regarding body mechanics and flow.

Prerequisites: None

*Weekend 2: Fundamentals Part 2 -- 27 hours*

This course covers in depth the second third of the basic Northern-style Thai massage sequence (side lying, prone) of movements and stretches. It introduces basic anatomy and kinesiology for Thai massage (specific to poses taught), Theravada Buddhist meditation (including walking meditation), and detailed instruction regarding body mechanics and flow.

Prerequisites: Weekend 1

*Weekend 3: Breath and movement -- 27 hours*

This course covers in depth the last third of the basic Northern-style Thai massage sequence (inverted and seated) of movements and stretches. This course deepens students' understanding of the basic sequence by connecting movement with breath. Students will work from the hara (center) to create seamless transitions and a sense of flow and grace, assisted by the application of Chi gong principles. Walking meditation will be further explored as a method of bringing awareness to movement. Students will develop an understanding of the basic anatomical structures involved in respiration.

Prerequisites: Weekends 1 & 2

*Weekend 4: Therapeutics Part 1 -- 27 hours*

This course covers the use of larger “tools” such as feet, knees, forearms and elbows. Larger tools allow for deep work, regardless of the size of the client or therapist, without placing stress on the therapist's body. Students will learn to relax while still giving powerfully effective treatment.

During the fourth weekend, students will be tested on their knowledge of the sequence. If a student scores less than 90% and is deemed by the teacher to need more work, s/he will need to book a private with one of the teachers in order to demonstrate the ability to do the sequence before working with the general public in the student clinic or community service project.

Prerequisites: Weekends 1-3

*Weekend 5: Therapeutics Part 2 -- 27 hours*

This course provides deeper inquiry into assessment and treatment of a variety of conditions. Content will include Ayurvedic concepts, warming, trigger point therapy and sen line therapy. Students will learn how to work with challenging body types. Pathology and assessment will be taught from an anatomical perspective.

Prerequisites: Weekends 1-4

Between weekends 5 and 6, you will schedule a time to give either of the two directors of the school a 1-hour Thai session. This practical test allows for assessment of your touch and technique. You will be given feedback and suggestions for how to continue to refine and improve your skills.

*Weekend 6: Joyful Practice-- 27 hours*

This course will introduce the students to more advanced moves and techniques. It will include detailed work on the head, face, neck, hands, and feet. Students will practice giving sessions of varying lengths which are shorter than the 90-minute sequence. They will discuss goal-setting and marketing ideas with the assistance and support of the instructors and currently practicing Thai bodyworkers.

Prerequisites: Weekends 1-5

**ADVANCED TRAINING DAY – 8 hours**

Vocational Objectives

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in deepening their understanding and practice of the Thai sequence.
- To enable Thai bodyworkers to offer a comfortable yet engaged treatment to their clients.

Academic Objectives

- Training in the subtle aspects of the Thai massage sequence such as positioning, breath, movement from the hara, and conservation of movement.
- Observation and mimicking of teacher demonstrating therapeutic Thai massage

Course Description:

The teachings will be determined by the participants according to their needs and desires. People who are already familiar with floor work will help shape the class with issues, concerns and challenges that come up in their practice. The teacher will demonstrate, lead discussion and correct technique to make the practice easier, more effective and safer. Students will have plenty of time to practice and share.

Prerequisite: A minimum of six months of Thai massage training and practice.

**ADVANCED TRAINING LONG COURSE – 76 hours**

Vocational Objectives:

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in deepening their understanding and practice of the Thai sequence.
- To enable Thai bodyworkers to offer a comfortable yet engaged treatment to their clients.

Academic Objectives:

- Training in the subtle aspects of the Thai massage sequence such as positioning,

- breath, movement from the hara, and conservation of movement.
- Observation and practice working therapeutically with old injuries and current pathological conditions.
- Becoming familiar with common conditions and medical terminology related to those conditions.

Course Description:

Each weekend will include anatomy, pathology, technique, meditation (seated and walking) and qi gong.

*Weekend 1 – Feet and Ankles – 19 hours*

*Weekend 2 – Knees and Hips – 19 hours*

*Weekend 3 – Back and Neck– 19 hours*

*Weekend 4 – Herbal Compress uses and Abdominal massage – 19 hours*

Prerequisites: 100 Hours or six months of Thai massage training and 1 year of experience in the field.

**ADVENTURES IN THAI HEALING AND CULTURE – 100 hours**

Vocational Objectives:

- To become a more confident, competent and, in the eyes of many, more legitimate practitioner of Thai bodywork due to the experiences with Thai healing and medicine as it is actually practiced in Thailand.
- To be able to share with their clients the nuances of the practice that cannot be understood when learning from western teachers.

Academic Objectives:

- For beginners, to learn a traditional northern Thai sequence from a Thai master teacher.
- For advanced students, to learn the subtleties of the practice from a Thai master teacher.
- To give an overview of the depth and breadth of native Thai healing practices as is offered in northern Thailand in and around the city of Chiang Mai, the Thai medicine capital of the country.

Course Description:

This month-long journey will take students into the heart of Thai massage and Thai medicine as it is currently practiced by some of the masters in the field, as well as many lesser known Thai doctors, massage practitioners and local Shamans. They will explore the roots of Thai massage, which combine the techniques of Khmer and Tai culture for working with the physical body, the herbal and spirit knowledge of Indian Ayurveda and Traditional Chinese Medicine, the Lanna (Northern Thai) traditions of spirit healing and shaman work, as well as the newer influences of Buddhist meditation and ritual.

Students can choose two weeks of focused study either with Master Pichest Boonthumme (for experienced students only) or at the herbal garden homestay of Baan Samunphrai, the home of Master Homprang Chaleekanha (beginning and advanced students welcome).

The second half of the trip will give students a profound look into the rich and varied culture of Northern Thailand. They will meet other Traditional Thai Healers working in the Lanna tradition and talk with them about their education and work. They will visit numerous wats within old Chiang Mai as well as on the outskirts. They will engage in conversation with monks and practice meditation techniques together, visit a temple working as an herbal pharmacy and try their steam bath, and explore the lesser-known local markets of the region selling local food, amulets and other interesting goods.

Students will explore outside of Chiang Mai as well. They will take a weekend trip to the mysterious Chang Dao, a large mountain home to a temple inside a cave and a series of powerful monuments winding up into the hills. They will visit a cooperative coffee plantation run by the joint efforts of foreigners and the hilltribe Lahu people. There, they will explore the stunning nature of the hills of Northern Thailand on foot.

Students will also participate in a multi-day, in-depth exploration of Buddhism and meditation at a temple outside of Chiang Mai. Finally, there will also be time to explore Chiang Mai individually as well as to receive treatments from local healers and masters.

Prerequisites: None

## **INTRODUCTION TO THAI MASSAGE – 14 hours**

### Vocational Objectives:

- To teach individuals the fundamentals of Thai massage floor practice so they can practice on friends and family or in the case of licensed massage therapists, to incorporate into their current routines.
- To offer life-coping skills such as meditation, yoga and qi gong, so that they can enhance the quality of their life through stress reduction, be more effective healers, and share the techniques with their clients.

### Academic Objectives:

- Training in history, culture and practice of Thai massage as it is currently practiced in Thailand.
- Training in Buddhist meditation in the Thai Theravada tradition.
- Training in yoga, qi gong, and reusri daton (Thai yoga) to support the physical nature of Thai massage.
- Training in human anatomy, pathologies and contraindications involved in Thai massage.

Course Description:

This beginners workshop will teach individuals a simple and effective Thai style routine. This class is designed to introduce the floor-based practice of Thai massage to those with little or no experience in floor bodywork. They will walk away with a simple and effective Thai “routine” to practice on family, friends, or in the case of licensed massage therapists, their clients.

Prerequisites: None

**THAI FOR THE TABLE – 14 hours**

Vocational Objectives:

- To enhance the skills of massage therapists, giving them a wider range of movement, stretching and compression techniques that they can use in their massage practice.
- To open the doors to a wider demographic of clients, especially athletes and other active people.

Academic Objectives:

- Training in history, culture and practice of Thai massage as it is currently practiced in Thailand.
- Training in human anatomy, pathologies and contraindications involved in Thai massage.
- Training in safe movement, stretching, compression and warming techniques in the Thai tradition (usually practiced on the floor) that can be transferred to the table.

Course Description:

This class is for table practitioners who are looking to incorporate Thai style stretching into their current routines. Individuals will learn to blend stretching and Thai compression as well as being guided in the fundamentals of Thai energy work. The course will be practiced on the table. Students must bring their own massage tables.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training, or 100 hours of any table massage modality.

**THAI FOOT MASSAGE – 7 hours**

Vocational Objectives:

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in adding detailed foot massage to their skill set.
- To open the doors to a wider demographic of clients, especially athletes, other active people, and people with foot complaints or pain.

Academic Objectives:

- Training in history, culture and practice of Thai foot massage as it is currently practiced in Thailand.
- Training in human anatomy, pathologies and contraindications involved in Thai foot massage.
- Training in safe movement, stretching, compression and warming techniques in the Thai tradition that can be practiced both in a chair or on a floor mat.

Course Description:

This beginner course teaches foot massage as it is practiced in Thailand. Using powder and oil, students will learn many massage techniques for the foot, ankle and leg.

Prerequisites: None

**THAI ABDOMINAL MASSAGE – 8 hours**

Vocational Objectives:

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in adding abdominal massage to their skill set.
- To open the doors to a wider demographic of clients, especially those with abdominal issues such as constipation, muscle pain, or other organic issues that originate in the abdomen.

Academic Objectives:

- Training in history, culture and practice of Thai abdominal massage as it is currently practiced in Thailand.
- Training in human anatomy, pathologies and contraindications involved in Thai abdominal massage.
- Training in safe movement, stretching, compression and warming techniques in the Thai tradition that can be practiced on a floor mat.
- Use of a range of positions that is uniquely available in the Thai massage tradition to access the abdomen from many different angles.

Course Description:

This course teaches abdominal massage as it is practiced in Thailand. Students will learn many massage techniques for the abdomen using many possible positions that floor based Thai massage affords.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

**TEACHINGS FROM THAILAND – 7 hours**

Vocational Objectives:

- To enhance the practice of currently employed Thai bodyworkers or those interested in Thai bodywork who want to be able to share information about the current social, spiritual, cultural and political situation in Thailand.
- To enhance their current practice with new techniques taught by the masters in Thailand, thereby giving them more opportunity to reach more clients with their expertise.

Academic Objectives:

- Training in history, culture and practice of Thai massage as it is currently practiced in Thailand.
- Training in current practices of Thai medicine, Thai massage, vipassana meditation and reusri daton (Thai yoga).

Course Description:

This class delves into the current state of Thai massage teaching in Thailand. It occurs after a recent trip to Thailand by one of the Instructors. It investigates the current state of cultural, spiritual, sociological and political affairs and how it connects to the practice of Thai massage in country. It also covers the new learning received by the instructors.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

**NORTHERN STYLE THAI MASSAGE SEQUENCE REVIEW: SUPINE – 3 hours**

Vocational Objectives:

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in deepening their understanding and practice of the Thai sequence.
- To enable Thai bodyworkers to offer a comfortable yet engaged treatment to their clients.

Academic Objectives:

- Training in the subtle aspects of the Thai massage sequence such as positioning, breath, movement from the hara, and conservation of movement.
- Observation and practice of a firm and flowing sequence.

Course Description:

Using their current understanding of the northern style Thai massage sequence, students will be guided and corrected to conform to accepted standards of best practice.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

## **NORTHERN STYLE THAI MASSAGE SEQUENCE REVIEW: PRONE – 3 hours**

### Vocational Objectives:

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in deepening their understanding and practice of the Thai sequence.
- To enable Thai bodyworkers to offer a comfortable yet engaged treatment to their clients.

### Academic Objectives:

- Training in the subtle aspects of the Thai massage sequence such as positioning, breath, movement from the hara, and conservation of movement.
- Observation and practice of a firm and flowing sequence.

### Course Description:

Using their current understanding of the northern style Thai massage sequence, students will be guided and corrected to conform to accepted standards of best practice.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

## **NORTHERN STYLE THAI MASSAGE SEQUENCE REVIEW: SIDE-LYING 3 hours**

### Vocational Objectives:

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in deepening their understanding and practice of the Thai sequence.
- To enable Thai bodyworkers to offer a comfortable yet engaged treatment to their clients.

### Academic Objectives:

- Training in the subtle aspects of the Thai massage sequence such as positioning, breath, movement from the hara, and conservation of movement.
- Observation and practice of a firm and flowing sequence.

### Course Description:

Using their current understanding of the northern style Thai massage sequence, students will be guided and corrected to conform to accepted standards of best practice.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

## **NORTHERN STYLE THAI MASSAGE SEQUENCE REVIEW: SEATED**

### **3 hours**

#### Vocational Objectives:

- To enhance the practice of currently employed massage therapists and Thai bodyworkers who are interested in deepening their understanding and practice of the Thai sequence.
- To enable Thai bodyworkers to offer a comfortable yet engaged treatment to their clients.

#### Academic Objectives:

- Training in the subtle aspects of the Thai massage sequence such as positioning, breath, movement from the hara, and conservation of movement.
- Observation and practice of a firm and flowing sequence.

#### Course Description:

Using their current understanding of the northern style Thai massage sequence, students will be guided and corrected to conform to accepted standards of best practice.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

## **WORK LESS, DO MORE -- 14 hours**

#### Vocational Objectives:

- To develop skills that will enable practitioners to work with more power and greater ease, especially when working with more dense muscle tissue.
- To open the doors to a wider demographic of clients, especially muscle bound athletes and larger people.
- To increase the longevity of their practice by lessening the strain of the work or the chance for injury.

#### Academic Objectives:

- Training in safe movement, stretching, compression and warming techniques in the Thai tradition by using the feet, knees, forearms and elbows.
- Practice in enhanced body mechanics.
- Training in human anatomy, pathologies and contraindications involved with using feet, knees, forearms and elbows.

#### Course Description:

Students will be guided in techniques that require use of their feet, knees, forearms and elbows. Safe and effective movement is stressed as is appropriate use of breathing techniques.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

### **THAI THERAPEUTICS -- 14 hours**

Vocational Objectives:

- To develop skills that will enable practitioners be able to better assess and treat various musculo-skeletal conditions in the bodies of clients.
- To open the doors to a wider demographic of clients, especially those with chronic pain or injury due to muscular or skeletal or fascial pain.
- To give therapists a variety of therapeutic approaches in order to facilitate better outcomes.

Academic Objectives:

- How to observe and assess for restricted movement or energy flow in the body.
- Training in assessing habitual life factors that may contribute to client pain.
- Training in human anatomy, pathologies and contraindications involved with using feet, knees, forearms and elbows.
- Learning about Thai meridians and how they can be used to assess and treat conditions in the body such as headaches and jaw pain, to name a few.

Course Description:

Students will learn how to approach the work for a therapeutic perspective. They will learn deep compressions, warming techniques, percussion, other energy moving techniques. They will also learn the fundamentals of sen (the Thai energetic system) and how they can use this understanding to provide therapeutic treatment. They will approach the work from a clinical perspective and will include how to work with various pathologies.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training.

### **THAI HERBAL COMPRESS -- 14 hours**

Vocational Objectives:

- To develop skills that will enable practitioners to add Thai herbal compress to their bodywork and massage offerings.
- To open the doors to a wider demographic of clients, especially muscle bound athletes, larger people, and people with long term muscular pain and tightness that the heat and anti-inflammatory effects of the herbs would assist.

Academic Objectives:

- Training in how to create, heat and apply herbal compress
- Training in how to use the hot compress to activate meridian lines.

- Training in how to use the hot compress to warm muscles for deeper compression and stretching.
- Training in human anatomy, pathologies and contraindications involved with using hot Thai herbal compress.

Course Description:

Students will learn to create herbal compresses (luc pra kob) and how to apply them to their clients. They will use the herbal balls to warm and compress the body with therapeutic intent.

Prerequisites: 100 classroom hours of Thai massage education. Must have experience with a northern style Thai massage sequence.

**THE SPIRIT OF THAI MASSAGE – 3 hours**

Vocational Objectives:

- To give current Thai bodyworkers, massage therapists or any other interested member of the public an opportunity to participate in Thai Buddhist temple rituals including bowing, chanting, and meditating in order to be more grounded in the work that they do.

Academic Objectives:

- To learn the deeper meanings behind chanting and ritual movements such as bowing in the Thai Theravada Buddhist tradition.
- To learn the story of the Buddha, who's ideal of compassion and lovingkindness underlies the practice of Thai bodywork.
- To learn the story of Shivaka, who's ideal of compassion and medicine also underlies the practice of Thai bodywork.
- To train students in the use of the temple alter in healing of sickness and disease.

Course Description:

Students engage with a presentation on how the Thai Temple influences Thai massage practice through tradition, stories, ritual, chanting and meditation. This course is lecture style.

Prerequisites: None

**THE SPIRIT OF THAI MASSAGE WEEKEND – 14 hours**

Vocational Objectives:

- To give current Thai bodyworkers, an opportunity to participate in Thai Buddhist temple rituals including bowing, chanting, and meditating in order to be more grounded in the work that they do.

- To gain understanding into rituals and chants that help them explain the history and roots of the practice to their clients.

Academic Objectives:

- To learn the deeper meanings behind chanting and ritual movements such as bowing in the Thai Theravada Buddhist tradition.
- To learn the story of the Buddha, who's ideal of compassion and lovingkindness underlies the practice of Thai bodywork.
- To learn the story of Shivaka, who's ideal of compassion and medicine also underlies the practice of Thai bodywork.
- To train students in the use of the temple alter in healing of sickness and disease.
- To incorporate cleansing and protection rituals into their practice so as to protect them from picking up their clients energy.

Course Description:

Students engage with a presentation on how the Thai Temple influences Thai massage practice through tradition, stories, ritual, chanting and meditation. Students will learn and practice the chants and rituals, incorporate meditation techniques into their massages, and listen to the stories that accompany the work in Thailand.

Prerequisites: 100 Hours or six months of Thai or other floor bodywork practice or training

## 2012 ACADEMIC CALENDAR

Monday 1/16	Chicago Community Service
Thursday 1/19	Student Clinic (Ann Arbor)
Sunday 2/12	Graduation (Chicago)
Wednesday 2/15	Graduation (Ann Arbor)
Thursday 2/16	Inro to Thai Bodywork (Milwaukee)
February 27 – March 16	Thailand Adventure
Thursday 4/5	Diploma Program begins (Peoria)
Thursday 5/17	Diploma Program begins (Chicago)
Sunday 5/20	Diploma Program begins Milwaukee
Thursday 8/9	Student Clinic (Milwaukee)
Sunday 8/26	Graduation (Peoria)
Thursday 9/13	Student Clinic (Milwaukee)
Thursday 9/20	Diploma Program begins (Chicago)
Sunday 10/7	Graduation (Chicago)
Sunday 10/10	Graduation (Milwaukee)

See our website for specific class dates & times for each program.

## SCHOOL POLICIES AND ACCREDITATION

### Classroom Policy:

Students and instructors will treat themselves and each other with respect and compassion. Students and instructors will work together to create and preserve a healthy, supportive learning environment.

### School Records:

The school shall maintain accurate and up-to-date records of all courses taken.

### Transcripts:

To obtain a copy of your transcript, send a written request with your signature to:  
PO Box 6046  
Lindenhurst, IL 60046

### Student to Teacher Ratio:

The student to teacher ratio will not be greater than 8:1.

### Suspension, Dismissal, and Re-Entrance:

CSTM reserves the right to suspend a student for not following any school policy. In the case of a suspension, actions must be corrected prior to resuming classes.

CSTM reserves the right to dismiss any student that does not comply with any school policy, at the school or at any school function.

Re-entrance may be accepted if a student can demonstrate that conditions causing the situation have been resolved.

### Student Complaints:

Students may express any verbal or written complaints to the directors of the school. These will be discussed and addressed as necessary, and students will not be subject to punitive action for expressing a complaint.

### Refund Policy:

In accordance with the regulations of the state:

1. When notice of cancellation is given before midnight of the fifth business day after the date of enrollment but prior to the first day of class, all application-registration fees, tuition, and any other charges shall be refunded to the student.
2. When notice of cancellation is given after midnight of the fifth business day following acceptance but prior to the close of business on the student's first day of class attendance, the school may retain no more than the application-registration fee which may not exceed \$150 or 50% of the cost of tuition, whichever is less.

3. When notice of cancellation is given after the student's completion of the first day of class attendance, but prior to the student's completion of 5% of the course of instruction, the school may retain the application-registration fee and an amount not to exceed 10% of the tuition and other instructional charges or \$300, whichever is less.
4. When a student has completed in excess of 5% of the course of instruction the school may retain the application-registration fee but shall refund a part of the tuition and other instructional charges in accordance with the following: an amount computed prorata by days in class plus 10% of tuition and other instructional charges up to completion of 60% of the course of instruction. When the student has completed in excess of 60% of the course of instruction, the school may retain the entire tuition and other charges.
5. The refund policy for short courses (workshops) up to 20 clock hours shall refund prorated up to 60% completion of the course.
6. Applicants not accepted by the school shall receive a refund of all tuition and fees paid within 30 calendar days of determination of non-acceptance.
7. All student refunds shall be made within 30 calendar days from the date of the receipt of the student's cancellation, which shall be in writing to the school.

Accreditation:

This program is not a licensure program. CSTM does not have accreditation by any agency which is acknowledged by the State of Illinois, or any other state, which would allow licensure by a state board.

This program may or may not offer exemption from the Illinois State Licensure Act. The only program that is specifically stated by Illinois law as exempt is a 500 hour Professional Certification (PC) program approved by the American Organization for Bodywork Therapies of Asia (AOBTA) such as the one offered at Zen Shiatsu Chicago.

NCBTMB Continuing Education Credits:

For those who are Licensed Massage Therapists (LMTs), CSTM offers Continuing Education (CE) credits. Illinois LMT renewal requires 24 CEs every two years. When you graduate from a program, you will receive a NCBTMB Certificate of Completion.

At this time, CSTM does not offer classes that fulfill the two-hour ethics requirement.

## TUITION AND FEES

We accept Visa, Mastercard or personal check. Regardless of payment method, all students are required to have a credit card on file with the school.

### Six-Month Diploma Program:

Tuition                      \$3000 (\$2700 with early registration)

This includes a \$150 application fee.

Students will also be required to purchase books through a source outside the school and to obtain insurance and basic THAI membership

### Payment Process:

#### *Early Registration – \$2700*

In order to receive the early registration discount, you must submit your completed application, \$150 application fee, and a \$150 deposit no later than one month prior to the start of the program.

The payment plan for early registration consists of:

- \$300 (application fee + deposit) paid at least a month in advance
- six payments of \$400 each, made on the first day of each weekend of classes

#### *Regular Registration – \$3000*

If you do not submit your completed application and deposit one month prior to the start of the program, you will use the regular registration payment plan.

The payment plan for regular registration consists of:

- \$300 (application fee + deposit) paid less than a month in advance
- six payments of \$450 each, made on the first day of each weekend of classes

#### *Scholarship Option -- \$2100*

CSTM gives one \$900 scholarship for each six-month program. To apply, include an essay with your application explaining why you would like to receive the scholarship. Students who receive the scholarship will not receive an additional discount for early registration.

The payment plan for the scholarship option consists of:

- \$300 (application fee + deposit)
- six payments of \$300 each, made on the first day of each weekend of classes

### Advanced Training Long Course:

Tuition                      \$1500 (\$1350 with early registration)

Students will also be required to purchase books through a source outside the school and to obtain insurance and basic THAI membership.

Payment Process:

*Early Registration – \$1350*

In order to receive the early registration discount, you must submit your completed application and deposit no later than one month prior to the start of the program.

The payment plan for early registration consists of:

- \$500 deposit paid at least a month in advance
- four payments of \$212.50 each, made on the first day of each weekend of classes

*Regular Registration – \$3000*

If you do not submit your completed application and deposit one month prior to the start of the program, you will use the regular registration payment plan.

The payment plan for regular registration consists of:

- \$500 deposit paid less than a month in advance
- four payments of \$250 each, made on the first day of each weekend of classes

Adventures in Thai Healing and Culture:

Study with Pichest	\$2575
Study with Homprang	\$2975

Tuition includes all educational training, transportation and lodging for all school related events, Chang Dao trip, eco-trek, hot springs, pharmacy wat, translators when necessary, cooking class and more.

Tuition does not include transportation to and from Chiang Mai (airfare), food (except for the first two weeks at Homprang's and the goodbye dinner), or travel insurance, which you are required to purchase before the trip.

Payment Process for Adventures in Thai Healing and Culture:

- \$500 deposit to be paid along with application
- Final payment must be made 60 days prior to the trip

Advanced Training Day: \$125 (Early registration - \$100)

Introduction to Thai Massage: \$300 (Early registration - \$250)

Thai for the Table: \$300 (Early registration - \$250)

Thai Foot Massage: \$125 (Early registration - \$100)

Thai Abdominal Massage: \$125 (Early registration - \$100)

Teachings from Thailand: \$125 (Early registration - \$100)

Northern Style Thai Massage Sequence Review: Supine: \$60 (Early registration - \$50)

Northern Style Thai Massage Sequence Review: Prone: \$60 (Early registration - \$50)

Northern Style Thai Massage Sequence Review: Side-lying: \$60 (Early registration - \$50)

Northern Style Thai Massage Sequence Review: Seated: \$60 (Early registration - \$50)

Work Less, Do More: \$300 (Early registration \$250)

Thai Therapeutics: \$300 (Early registration \$250)

Thai Herbal Compress: \$300 (Early registration \$250)

The Spirit of Thai Massage – Short Course: \$60 (Early registration - \$50)

The Sprit of Thai Massage Weekend: \$300 (Early registration - \$250)

## **GRADUATION REQUIREMENTS**

### Six-Month Diploma Program

90% attendance of 162 classroom hours

20 logged practice sessions of 90 minutes or more

4 student clinic sessions of 3.5 hours each (14 hours total)

4 hours of community service

1-hour practical exam

3-5 page research paper

If you miss more than 16 of the classroom hours, you will be expected to make up those hours. If you miss more than 15 hours during any one weekend, you will need to either repeat the weekend during the next six-month program or make up the hours through private tutoring sessions.

Total Hours = Classroom (162) + Student Clinic (14) + Community Service (4) = 180

### *Student Progress and Assessment:*

Students will take a Sequence Test during the fourth weekend and a Practical Exam between the fifth and sixth weekends

### Advanced Training Long Course

90% attendance of 76 classroom hours

18 logged practice sessions of 90 minutes or more

4 student clinic sessions of 3.5 hours each (14 hours total)

4 hours of community service

2.5 hours of practical exams with instructors

80% average over 2 anatomy quizzes and 1 test

Completion of 15 pathology mini-essays (5 between each weekend)

If you miss more than 7 of the classroom hours, you will be expected to make up those hours through private tutoring sessions.

Total Hours = Classroom (76) + Student Clinic (14) + Community Service (4) = 94

### *Student Progress and Assessment:*

Students will schedule two private sessions during which they work on one of the instructors:

-One between weekends 1 and 2 (1 hour; \$75 fee)

-One between weekends 3 and 4 (90 minutes; \$100 fee)

Students will turn in SOAP notes from these sessions.

### Adventures in Thai Healing and Culture

Students must attend all 100 hours of classroom instruction.

### All Short Courses (Workshops)

Students must attend all hours of classroom instruction and be able to safely undertake the techniques that are taught.

# Chicago School of Thai Massage

## Application for Admission

### *Six Month Diploma Program*

A complete application must include:

- a. The application form filled out completely and emailed or snail mailed.
- b. \$300 Deposit – paid by credit card (fill out the information at the end of this application) or by check made out to "Chicago School of Thai Massage"

Please mail the application to:

Chicago School of Thai Massage  
PO Box 6046  
Lindenhurst, IL 60046  
Or email to [info@chicagoschoolofthaimassage.com](mailto:info@chicagoschoolofthaimassage.com)

The next step:

Once we receive your completed application and deposit, we will contact you for a phone interview.

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#### General Information

Date of application \_\_\_\_\_

Program Location \_\_\_\_\_

School Start Date \_\_\_\_\_  
Month year

Birthdate \_\_\_\_\_  
Month/Day/Year

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_  
Street

\_\_\_\_\_ City State Zip

Phone (\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
Cell Home

Email \_\_\_\_\_

Please print legibly!

**Emergency Contact**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Please print legibly!

**Introduction to CSTM**

How did you first learn about CSTM?

\_\_\_\_\_

If you looked up our website, what search words did you enter?

\_\_\_\_\_

If there is a specific individual who recommended you to CSTM, please write their name below.

Name \_\_\_\_\_

What were important factors in making your decision to apply?

\_\_\_\_\_

\_\_\_\_\_

**Education**

High School \_\_\_\_\_

Location \_\_\_\_\_ Graduation \_\_\_\_\_  
Year

College / University \_\_\_\_\_

Location \_\_\_\_\_

Dates Attended \_\_\_\_\_

Degree Earned \_\_\_\_\_ Major \_\_\_\_\_

Other Training / Education / Degrees (Please include any certifications or training you may have received in bodywork, yoga, alternative medicine or therapies or training in any other fields)

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Skills / Hobbies / Interests

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Previous / Current Education or Experience with General Bodywork

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Previous / Current Education or Experience with Thai Massage

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Have you received a Thai massage before? Yes\_\_\_\_\_ No\_\_\_\_\_

Have you been to Thailand or Southeast Asia? If yes, where and when?

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Previous / Current Education or Experience with Meditation? If yes, please describe.

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Are you open to learning a form of meditation that comes from the type of Buddhism practiced in Thailand? Yes \_\_\_\_\_ No\_\_\_\_\_

Previous / Current Education or Experience with Yoga (If so, please state type of yoga practiced, main teacher(s) and for how long)

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Previous / Current Education or Experience with other Asian modalities such as Tai Chi or Chi Gong, etc?

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Thai massage is done on a mat on the floor. It is a physical practice. Would you have challenges working on your knees or with any other sort of physical issue? If yes, please explain.

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**Statements of Understanding About the Thai Massage Program at CSTM**

\_\_\_\_ I acknowledge that I understand that this program is not a massage license program. CSTM does not have accreditation by any agency which is acknowledged by the State of Illinois, or any other state, which would allow licensing by a state board.

\_\_\_\_ I acknowledge that I understand that Chicago School of Thai Massage offers the opportunity to become a Licensed Massage Therapist. We are partnered with the Chicago College of Healing Arts and offer an LMT program with a focus on Thai Massage. If at any point, now or in the future after attending CSTM, you may attend this program and receive credit for our portion of the program.

\_\_\_\_ I acknowledge that I understand that if I am **not** a Licensed Massage Therapist (LMT) I cannot use the word "massage" to describe the work that I will do. Thai Yoga Therapist, Thai Bodyworker, Thai Therapist are all used in the field.

\_\_\_\_ I acknowledge that I understand that although CSTM grants enough classroom hours to become a Registered Thai Therapist (RTT) with the Thai Healing Alliance, you must wait one year from your first Thai massage class (either at CSTM or elsewhere) before you can apply.

\_\_\_\_ I acknowledge that I may be self-employed in my chosen field and that CSTM does not guarantee a job or clients to any graduates.

\_\_\_\_ I acknowledge that I will receive or have received at least one Thai massage before starting this program.

\_\_\_\_ I agree with the terms of the refund policy as stated in the catalog.

\_\_\_\_ I agree with the terms of the payment policies as stated in the catalog and this application below.

I certify that I have read and understand the previous Statements of Understanding and I declare that all information provided on this application is true to the best of my knowledge.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Payment information

A deposit of \$300 is due with this application. The deposit holds your space in this 6 month program. Subsequent tuition is due on the first Thursday of each weekend class. You can pay by credit card, cash or check. However, even if you pay by cash or check, we still must have a credit card on file.

### Please check one of the two options below:

**Early Registration:** You will receive the early registration price (\$2700) if you fill out this application and submit your deposit before the early registration deadline, one month prior to the first day of class. The exact date is stated on the website. You will pay the \$2700 in installments of \$400 per weekend class.

\_\_\_ I am signing up before the early registration deadline.

**Regular Registration Information:** If you fill out the application and pay the deposit less than one month from the first day of class, you will pay the full price of \$3000. This will be paid in installments of \$450 per weekend.

\_\_\_ I am registering less than one month before the first day of class.

### Please check one of the two options below regarding your deposit:

\_\_\_ I am enclosing a deposit of \$300 by check made out to **Chicago School of Thai Massage** and sending it to: **PO Box 6046 Lindenhurst, IL 60046**

\_\_\_ I am allowing the Chicago School of Thai Massage to debit the \$300 deposit from my credit card listed on this application.

### Please check one of the two options below regarding how you would like to handle the monthly installment payments once school begins.

\_\_\_ I am allowing the Chicago School of Thai Massage to automatically debit my monthly tuition on the first Thursday of each weekend class from the credit card listed on this application

\_\_\_ I would like to pay by check or cash each month, or I would like to leave my options open at this time.

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*If you are paying by credit card, please state the number below. If you are not paying by credit card, we will still need your credit card number. You can include it below or you can give it to us on the first weekend.*

Card Number (Visa or MC Only) \_\_\_\_\_

Expiration Date \_\_\_\_\_

*Chicago School of Thai Massage does not discriminate in admission practices on the basis of race, sexual preference, color, religion, age, marital status, national or ethnic origin.*