

ATHENS MASSAGE ACADEMY

INTENSIVE THAI MASSAGE COURSE - PROFESSIONAL CERTIFICATION

DURATION: 4 DAYS (30h)

INSTRUCTOR: Nick Paraskevopoulos

Affiliate. teacher of the Thai Massage School of Chiang Mai.

TEACHING LANGUAGE:

English/Greek

CERTIFICATE:

LEVEL 1 by Thai Massage School of Chiang Mai

COST: £500

Students learn 151 hands-on techniques to relieve tension, fatigue, stimulate circulation & restore vitality in the entire body through Thai massage pressure points. At the end of the course students will be able to perform a 2h. Massage.

**THAI MASSAGE
FROM
THE HEART
THROUGH
THE HANDS**



COURSE RECOGNITION:

This is an accredited professional certification course.

Upon successful completion of the course you will be issued the SAME certificate you would get in Thailand, by the Thai Massage School of Chiang Mai accredited by:

- Thai Ministry of Education.
- Thai Ministry of Public Health
- Thai Ministry of Labor
- NHBC CANADA
- AAMT AUSTRALIA
- CDL UK
- many other professional colleges and associations for continuing education in the regulated health-care field.

COURSE OUTLINE:

- Body and hand positions
- Head Massage
- Neck Massage
- Shoulder Massage
- Facial Massage
- Stretching Positions
- Back Massage Side Lying Position
- Back Massage Face Down Position
- Arm Massage
- Abdominal Massage
- Leg Massage
- Closing Massage

CONTACT INFORMATION & REGISTRATION:

ATHENS MASSAGE ACADEMY

19 Mitseon
street
Near
Acropolis
ATHENS



Website:

www.message.gr

Telephone:

210 - 92 38000

Email:

info@message.gr

CERTIFICATION PROCESS:

Theoretical Test : Multiple choice questions/answers

Practical Test: Whole body Massage of 1.5 h with teachers supervision

About the Instructor

Nick Paraskevopoulos is an affiliate teacher of the Thai Massage School of Chiang Mai and has teaching diploma recognized by the Thai Ministry of Education for teaching:

- **Traditional Thai Massage,**
- **Therapeutic Thai Massage,**
- **Thai Foot Massage,**
- **Thai Table Massage**
- **Thai Chair Massage**

Nick has been learning Thai Massage at several schools and Buddhist temples including:

- Old Medicine Hospital / School of Shivagakomarpaj
- Wat Po Temple/School - Bangkok. Thailand
- ITM - International Massage School (teacher level)
- Massage School for Health
- Sunshine Massage School (Osteopathy & Thai Massage)
- Thai Massage School of Thailand (teacher level)
- Namu
- Loi Kroh
- Mantra Spa
- Thai Healing Arts Association
- He consider himself lucky to have been a student of Master Pichet Boonthume and

the blind Thai massage Master/teacher Sintchai

Nick performs:

- Therapeutic Thai Massage
- Herbal compress massage
- Fire Therapy massage
- Hot stone massage
- Facial and body treatments
- Swedish Massage
- Tantric Massage

Nick is Greek and keeps learning by participating in workshops of Alternative Therapies, Thai Massage, Hatha Yoga & in Thailand and Europe and Tantra in Italy, Spain and Czech Republic.

He is a **REIKI MASTER & TEACHER** of Terra Mai System & has taken Hatha Yoga teacher's training in Athens with Andreas Proveleggios.

He has taken First Aid Courses, & social work courses at the Red Cross, and has been a social work volunteer in Greek prisons visiting refugees that had no relatives & also volunteer visitor of prisoners of the psychiatric branch of the Koridalos prison. He also worked as volunteer at the Red Cross first aid unit in Athens.

He can't stop expressing interest and keep taking courses for short or longer periods diverse topics as photography, theater, marketing, psychology, meditation, relaxation techniques, negotiation techniques, Mind Control and others.

In the past he had been practicing for years Greco-Romana wrestling, Shotokan Karate & Shaolin Kempo.

Nick has studied Business Administration, & Journalism in Greece and Internet in USA.

He keeps travelling with his notebook in order to also manage remotely his Internet Business Services company based in Athens for the last 15 years.

He is behind several successful internet projects and he enjoys to design customized internet based applications and websites.

As part of his TMC obligations he has been teaching all levels of Thai massage in the Juvenile Detention Center of Chiang Mai & has been giving massage to elderly and disabled people of Yokananda Foundation.

Been an affiliate Teacher of the Thai Massage school of Thailand he is now giving certificated by the school workshops in Greece, and Internationally.

He speaks fluently English and Greek and has basic knowledge of Italian, French, and German.

Nick perceives Thai Massage as an expression that comes from the heart through the hands & loves to share his knowledge with a smile.



The Teaching method

1. Detailed Demonstration
2. 2nd demonstration to observe smoothness and sequence
3. Students pair up practice
4. Individual Pressure strength test on teacher is performed daily.

What to bring with you:

A uniform that doesn't restrict body movements and a t-shirt or jumper.
Pen & paper so as to take notes.
You will be given a workbook with all techniques in pictures.
The course is given 100% clothes on. We don't use oil.

Personal Contact

Students practice in pairs using palm, finger & elbow press and other ways, including several stretching techniques.

There is no sensual contact. Practice is safe & irrelevant to the sex of the participants.

No second thought is needed regarding the respectful intimate touch throughout the workshop

Max participants is very limited — The dates for THAI MASSAGE LEVEL II & LEVEL III are to be announced soon.