

The Unity School

The Studio itself has its own entrance, Kitchen, bathroom, open fire, wooden floorboards and a lovely sunny garden. It is a very comfortable, inspiring space to learn from!

Located at 130 Lewes Road, Brighton, Sevanti runs the Unity School of Yoga, Dance & Massage. She personally runs a Professional Diploma in Unity Yoga Teacher Training (YNY), Holistic Massage (MTI), and Traditional Reiki Healing (Embodiment). There is also a Reflexology (ITEC) course taught by Suzie

Baker, and Ayurvedic Massage and Indian Head Massage courses will be coming soon.

An Anatomy & Physiology Diploma (ITEC) is taught by Chrissie Brown, and an Appointed Persons First Aid Course (ITC) is taught by Charlie Holmes. Sevanti also has her own Treatment Practice, which includes, Thai Massage, Holistic Massage, Acupressure Chair Massage, LaStone, Reiki, Crystal Healing and Thai Foot Massage. There are weekly classes in Yoga, Biodanza, Chi Gong

and more, plus workshops in Partner Yoga, Dance, Massage and Meditation.

A Centre will soon be opening above the Studio to include an Ethical Boutique, Tea Rooms, Treatment Rooms, Meditation Rooms and a Sauna. The Studio and Treatment Rooms are also available to hire



For an Information pack including the syllabus and any queries, please contact Sevanti:

01273 778400

Sevanti@being-in-unity.com

www.being-in-unity.com



INSTRUCTOR



Alexander Skwara has practiced Thai Massage since 2003, and is a certified instructor for ITM.

His practice of bodywork began in 1996 with Japanese YUMEIHO therapy.

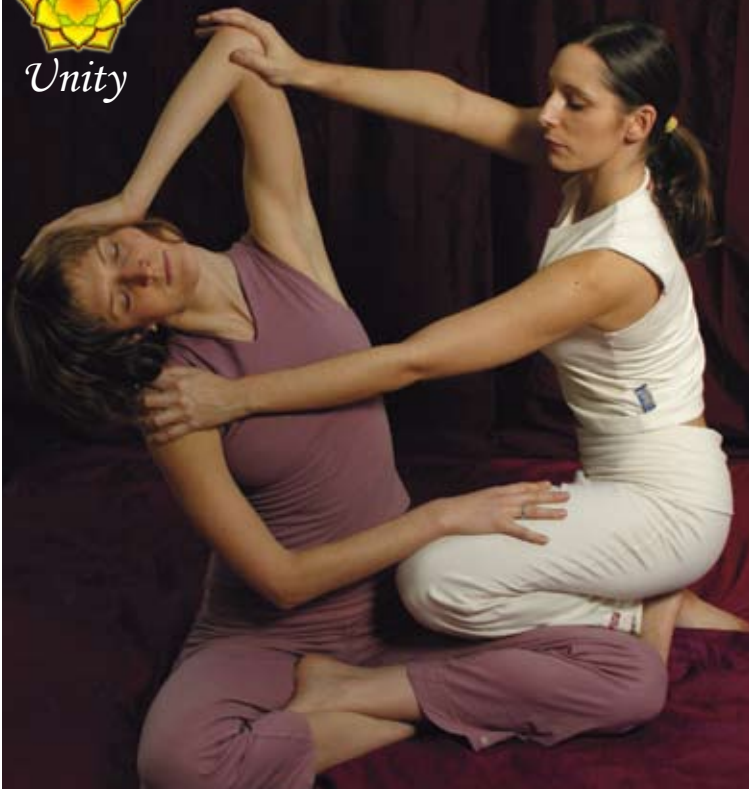
He is Reiki master, has studied Chinese medicine,

Tibetan Mantra Healing, and has practiced Yoga and Tai Chi for many years, and Buddhist meditation since 1981.

He lives in Sweden, where he works closely with Ashtanga Yoga instructors giving treatments, and teaches in Spain, Poland and Ukraine.



Unity



YOGA
MASSAGE

HEALING
DANCE

RETREATS
TRAINING

WORKSHOPS
FESTIVALS

relax release revive

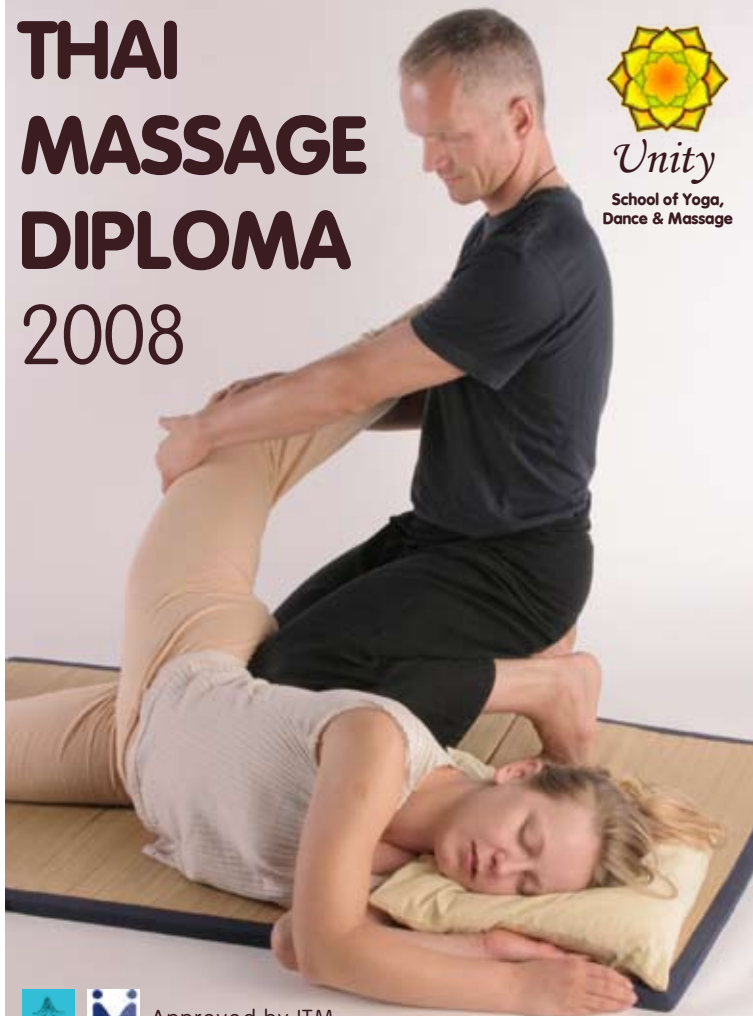
UNITY, 130 LEWES ROAD, BRIGHTON, SUSSEX, BN2 3LG

THAI MASSAGE DIPLOMA 2008



Unity

School of Yoga,
Dance & Massage



Approved by ITM

Gaining approval by Embody (CThA)

Thai Massage ('Nuad Boran') is one of the most ancient healing arts known today. It originates from Indian Ajurveda, Chinese medicine and Thai local tradition. The founder of Thai massage is believed to have been Dr. Jivago Komarabacca, who it is said, was the physician of Buddha 2500 years ago.

The aim of this bodywork is to restore natural harmony of ones circulation of energy, which in turn promotes good health and well-being on physical, emotional, mental and spiritual levels. Traditionally Thai Massage was considered an integral part of Thai medicine, together with the use of herbs, diet and rituals.

How it works: There are approximately 72 000 energy lines within human body, called 'Sen', and we work on 10 of the main ones.

The predominant Thai Massage technique is a slow and rythmic compression along the energy lines and pressure points, together with streching movements. This is often called peripheral stimulation, or manipulative therapy rather than "massage". The client remains fully clothed, and the treatment takes place on a mat on the floor. The practitioner uses their thumbs, palms, feet,

elbows and knees, guiding the recipient into various assisted yoga postures, while remaining focused on their own center. This combination of slow movements and focused awareness creates a flowing "dance" around the recipient's body, and is extremely pleasurable to give. Sometimes it is called 'lazy-mans yoga'!

Effects: Thai massage is deeply relaxing and rejuvenating. It effectively removes muscular and joint pain and emotional tension, increases the body's mobility and flexibility, and assists in restoring ones correct posture. It also tonifies the internal organs, improves blood and lymph circulation, and strengthens the immune system. It also helps to rebalance the endocrine system and clear toxins from the body. Thai Massage promotes inner joy, peace and meditative states of conciousness.

The spirit of Thai Massage, which developed within the tradition of Buddhist temples, enhances a sense of Metta (unconditional love and compassion) and Vipassana (moment to moment awareness). It is a deep meditative healing experience, beneficial for both the Recipient and Practitioner.

Alexander Skwara
is accredited as an instructor
by the most internationally
recognized School:
ITM International Institute of
Thai Massage
Chiang Mai
17/7 Morakot Road Hah Yaek
Santigham
50500 Thailand
Tel. (6653) 218632

www.itmthaimassage.com
ITM is accredited by:
The Thailand Ministry of
Education

The Thailand Ministry of Public
Health
NCBTMB National Certification
Board for Therapeutic Massage
and Bodywork
ITM is a member of
ITTA International Thai Therapists
Association
THAI-Thai Healing Alliance
International



COURSE DETAILS

The course programme is based on the Thai Massage Syllabus at The Institute of Thai Massage (ITM) in Chiang Mai, northern Thailand. This teaching is adapted and enhanced by Alex's unique approach and meditations. It is divided in two parts, 5 days each.

Part one: Introduction to theory and practice of T.M. Students learn how to work on the main meridians and pressure points,



Alexander
Skwara

plus specific stretches. The focus of these 5 days is working on the back of the Client. The proper mechanics of using One's own body-weight is introduced, plus working with appropriate rhythm and co-ordination. We thoroughly discuss the right mental attitude of the practitioner, with a core practice of meditation.

Part two: Progression to working on the client in a side position, on their stomach, and sitting. This includes deeper stretching and use of hands, feet, knees and elbows. We also review some of the medical aspects of T.M., its benefits and contraindications.

This two parts programme prepares the practitioner to work in all 4 positions used in T.M. (on the back, on stomach, side and sitting). A variety of techniques allows the practitioner to tailor the treatment to the Receiver's particular needs. The course

would prepare the practitioner to give 3 hours treatments (though 1.5 or 2h. is the average treatment)

There is also an overall Revision day, and a Tutorial day which is a fantastic opportunity to have a one to one private session with the Tutor for detailed assistance and feedback.

The exam will last 30 minutes, and will include the demonstration of particular techniques, theoretical questions, and case study discussion.

This course is similar to ITM's first and second levels. This provides a very thorough foundation for Thai Massage. There is also the opportunity to deepen one's knowledge by later taking the Advanced course. This would include ITM's third and fourth levels; which would include: Particular Case Studies &

applications (e.g Headaches, shoulder inflammation), and deeper knowledge of Sen lines. A thorough practice of the foundation course is essential before further training.

You may view the complete training at

<http://www.itmthaimassage.com/>

This course, like all Unity Diplomas, highlights the importance of Self-Awareness through daily Zen Meditation and Yoga. A healthy, meditative lifestyle is essential for having a successful, long-term service as a Thai Massage Practitioner.

An Anatomy & Physiology Certificate must be taken for successful certification of this diploma. Unity offers an ITEC Level 3 A&P from Jan to June '09 for £450. An existing ITEC qualification is acceptable if dated within 3 years, and alternative College Certificates may also be valid.

A First Aid Certificate is also essential. Unity offers an ITC qualification in Appointed Persons for £95. Again, alternative College certificates may be acceptable, but the course must be within 3 years of the Thai Massage Exam.

DATES

2008

October 31 – November 4

2009

January 30 – February 3

March 31

April 1 – Optional One to One

Tutorials

(£40 for 75 minutes)

12 May – Exam

Hours:

10-6 (with a 1 hour break)

(77 contact hours in total)

Investment

Course Fees: £775

Additional required components:

Anatomy & Physiology Level 3

ITEC Course Fees: £450

Validation

The Tutor is validated by ITM, and CThA

<http://www.itmthaimassage.com/>

www.complementary.assoc.org.uk

First Aid (ITC) Course Fees: £95

Later expenses:

Exam fee: £75

(First Aid may also be paid prior to the course date of 13 February '09)

In some rare circumstances, the total course fees may be split into two payments. This will only be available to Students taking the A&P and First Aid through Unity, and depends on the Students circumstances and a signed contract agreeing that all payments will be settled in full whether or not the course is completed.

REQUIREMENTS:

85% attendance is essential.

A minimum of 30 Hours of Practice outside of the course hours must be clearly documented over the 6 ½ month course. This will include: Case Study Consultation, Therapist and Client Feedback (2 Clients must receive 4 2hour treatments each, plus further single treatments on various age groups and body types), Journal and any assignments set by the Tutor.

Each Student must receive 3 Thai Massages. One of these must be a two-hour Thai Massage from either the Tutor, Aleksandra, or the Unity Director, Sevanti, costing £65 for two hour sessions. This enables the Student to experience a Traditional Thai Massage Treatment from a Client's perspective. These treatments must also be documented.

