



## Course Overview for ITM Advanced Sen Energy Lines Nuad Bo-Rarn Thai Massage

**Course Aim:** This course builds on the knowledge and application skills of the Intermediate Nuad Bo-Rarn Thai Massage course to explore the in-depth knowledge and theory of the 10 major energy lines (SEN) and their application combined with the movements of Level 1 and 2, advanced stretching positions and advanced Hara (abdominal) work.

**Training Methodologies:**

- Lecture
- Demonstration
- Formative Assessments via class activities
- Peer practices
- Question and Answer (Q&A)
- End of Course Competency Assessment

**Duration:** 60 hours (theory and practical)

**Course Fees:** S\$ 750.00

**Trainers:** The Spa and Wellness School have collaborated with ITM International Training Massage School to bring in professional trainers from Thailand to conduct part of the course and provide certification that is accredited by the Thai Ministry of Education.

### Curriculum:

1. **Theory** - 10 major Sen energy lines
  - Comparison of Sen energy lines with 14 meridians (Chinese medicine), Nadi (Indian Yoga) and Reiki
  - Anatomy & Physiology
  - Contraindication
2. **Professional Ethics**
3. **Additional advanced massage and yoga-like stretching and advanced hara work to open and activate the 10 major Sens**
  - Sen Sumana
  - Sen Ittla and Pingkala
  - Sen Kalathari
  - Sen Sahatsarangsi and Thawari
  - Sen Lawusang and Ulanga
  - Sen Manthakrawat and Khitchana
4. **Thai Yoga Exercise**