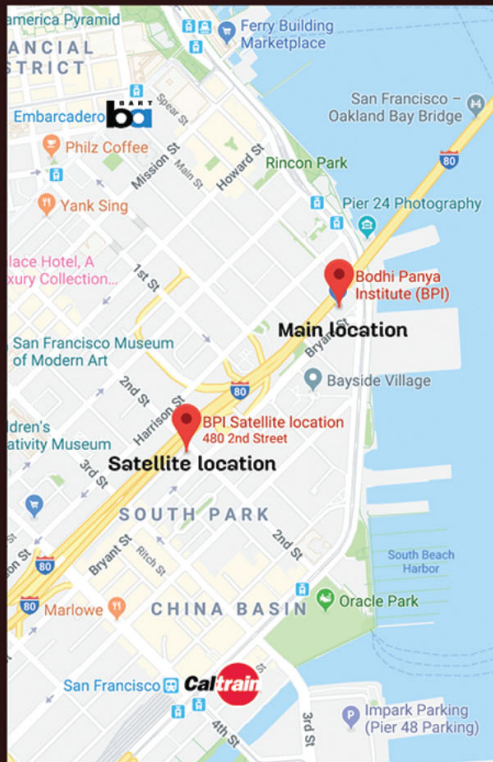


Locations

All classes will be held at our primary location at 38 Bryant Street, Suite 2, San Francisco, California 94105 or at our satellite location at 480 2nd Street, Unit 200, San Francisco, California 94107. We are located in the South of Market Area ("SOMA") of San Francisco known for its San Francisco fun and flair and students will be able to study near the waterfront by the Embarcadero. This location is easily accessible by transit and is surrounded by a number of restaurants and other attractions.



Main location:

38 Bryant St. Suite 2 San Francisco, CA 94105

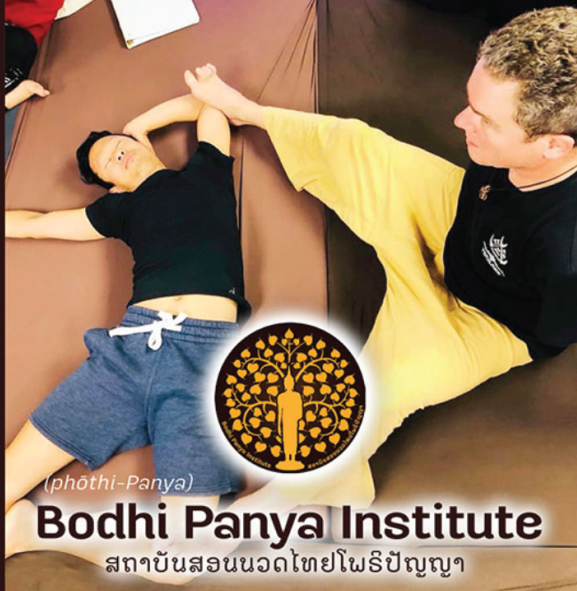
Satellite location:

480 2nd St. Suite 200 San Francisco, CA 94107

Call: 415.994.5232

Email: info@bodhipanya.com

www.bodhipanya.com



(phōthi-Panya)

Bodhi Panya Institute

สถาบันสอนนวดไทยโพธิ์ปัญญา

The 500-hour Traditional Thai Massage Program



Learn it the Thai way!



(phōthi-Panya)

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สถาบันสอนนวดไทยโพธิ์ปัญญา

www.bodhipanya.com



BBPE School Code: 63821591
CAMTC School Code: SCH0162

~ The Bay Area's only massage school focusing on Traditional Thai massage.

The 500-hour Traditional Thai Massage Program

Admission requirements:

- Government ID with photo
- Student must be 18 years of age or older
- High school diploma or its equivalent (G.E.D.) or any postsecondary education
- If credits have been earned at another massage school, a copy of the transcript from that school
- Speak English fluently



Take Your First Step Here!



Real-Time Class Calendar

Intensive Tracks

Full-Time 5 Days Track: 6 hours each day

Class Time: 9:00 am -12:00 pm (break) 1:00 pm to 4:00 pm.

Some classes will meet for up to 8 hours in a day and will end at approximately 6:15 pm. **Class Days:** Mon to Fri

**students must complete the entire 500-hour program within six months of initial enrollment*

Part-Time 3 Days Track: 8 hours each day

Class Time: 9 am-12 pm (break) 1 pm - 4 pm and 4:15 - 6:15 pm

Class Days: Mon, Wed, and Fri (6 weeks) **then you can choose Mon, Tues, Wed or Mon, Thurs, Fri*

Intensive Track Tuition Fee: \$7,500 (7,250 + \$250 registration fee)*

Payment Option 1: Pay in full 10% discount off tuition (\$725 discount) for payment in full (\$6,775) by the 1st day of class.

Payment Option 2: Five monthly installments (\$250 registration fee paid at the time of registration, 1st payment of \$1,450 on the first day of class then 4 payments of \$1,450 on the 1st of each month)

**Text books, class materials, ABMP Interactive learning web based tools and student insurance are included*

Pay as you go! Track: Flexible Schedule

Students can take individual classes in the 500-hour program (i.e. Traditional Thai Massage (42-hours), Thai Aroma Massage (30-hours), Swedish Massage (30-hours), etc.) and pay for each class separately. Pay for individual classes as you go at \$16.00 for each class hour, payable on or prior to the first day of class. **Students must complete the entire 500-hour program within one year of initial enrollment.*

Pay as you go! Track Tuition Fee: \$8,250 (\$8,000 tuition plus \$250 one-time registration fee).

**Text books, class materials, ABMP Interactive learning web based tools and student insurance are included*

Need Additional Hours to Comply with the CAMTC Education Requirement?

If you have already attended a CAMTC – approved school and need additional hours from Bodhi Panya Institute to meet the 500-hour requirement to apply for a California CMT you can register with Bodhi Panya Institute to attend specific classes. It is the sole responsibility of the student to check with the California Massage Therapy Council or other licensing agency to determine if the class hours and courses completed by the student at another school of massage combined with the class hours and courses completed at Bodhi Panya Institute are sufficient to satisfy the education requirements of the California Massage Therapy Council or other licensing agency. **Students are required to complete the number of class hours they have registered for within one year of initial enrollment.*

Tuition: \$18.00 for each class hour (plus \$250 one-time registration fees), payable on or prior to the first day of class.

Continuing Education~ Workshops

You may enroll in one or more individual classes in the 500-hour Traditional Thai Massage Program as workshops for continuing education purposes. Workshop participants will be awarded a certificate of completion upon completion of a workshop. It is in recognition of their time and effort in learning and appreciating this culturally significant aspect of Thai culture and its healing arts.

Workshop fee: \$18.00 for each class hour (plus \$10.00 registration fee for each class), payable on or prior to the first day of class.

The Bodhi tree is a large and sacred tree found in every temple in Thailand. It is a long-lived deep-rooted tree representing the strong foundation of Thai culture. At Bodhi Panya Institute, we strive to root a student in a solid foundation, practical skills and knowledge in traditional Thai massage.

The 500-hour Traditional Thai Massage Program

Anatomy, Physiology, and Kinesiology (65-hrs)

This course includes an introduction to anatomy and physiology and the basic structure and function of the muscular, skeletal and integumentary systems of the human body. Students will learn terminology and functional anatomical structures with a detailed study of the origin, insertion and action of the major muscles of the human body. Interactive Learning with web based tools on computer, phone, or tablet.

Pathology and Contraindications (24-hrs)

Student will learn how to assess a patient's posture. Starting at the feet, and ankles, knees, hips, shoulders, neck and position of head they will begin to learn about how certain postures lead to pathological conditions that eventually lead to pain. Interactive Learning with web based tools on computer, phone, or tablet.

Traditional Thai Massage (120-hrs)

Traditional Thai massage has a thousand year tradition in Thailand. In this form of massage, the recipient is fully-clothed in a loose-fitting top and pants. The massage consists primarily of bending and stretching movements that stretch in yoga postures. No oil used. In Thailand, a traditional Thai massage session lasts two hours. At Bodhi Panya Institute, we teach a complete set of traditional Northern Style Thai Massage techniques using feet, knees, elbows, and sitting in all 4 positions, as taught at Loi Kroh Traditional Thai Massage & Yoga (Chiang Mai, Thailand). Learn It The Thai Way! Having completed the course, students will be able to perform a 2 hr. full-body, sequences traditional Thai massage for general health maintenance and well-being.

Thai Aroma Massage (30-hrs)

Thai aroma massage is a wonderful blend of East and West techniques, comprising of Thai-style deep massage with yoga stretching combined with western-style Swedish massage. Students will receive an introduction to Thai aroma massage, theories and Thai culture and will learn how to make aroma oil and ingredients and learn body mechanic, massage position, technique, step and procedure. At the end of the course, students will be able to perform a 1 to 1.5 hr. and 2 hr. Thai aroma massage.

Thai Foot Reflexology Massage (30-hrs)

Students learn and practice the traditional form of hand and foot reflexology. Reflexology is based on the belief that all parts of the body are reflected in the feet and hands and by applying gentle pressure to these areas can affect the corresponding part of the body and help to restore balance.

Thai Herbal Massage (30-hrs)

Herbal healing has deep roots in Thai culture. Herbal heat compress is the best-known traditional therapy. This dates back to ancient times when it was the secret healing technique of Buddhist monks, local herbal healers and midwives. The herbal heat compress contains numerous healing herbs that complement the massage. Students will receive an introduction to traditional Thai herbal massage, theories and Thai Culture and will learn how to make herbal balls and ingredients, how to use hot compress and body mechanics, massage positions, techniques, steps and procedures. At the end of the course, students should be able to perform a 1 to 1.5 hr. and 2 hr. Thai herbal massage.

Swedish Massage & Introduction to Pregnancy (36-hrs)

This course introduces students to the basic skills needed in massage therapy. Students will also learn a full sequence to offer pregnant women. Class will cover appropriate positioning when working with pregnant woman including and use of side-lying. Considerations for each trimester will be reviewed as well as contraindications.

Deep Tissue Massage (60-hrs)

This course will be hands-on and gives the student an understanding of the use of deeper strokes including trigger point, myofascial release, and cross fiber friction. Students will also learn how to apply deeper pressure without causing strain on their bodies. The benefits of deep tissue massage are removing constricted or cramped muscles, which alleviates the discomfort.

Business & Ethics (30-hrs)

Students learn to build a professional image as a massage therapist. Topics will include certification and licensing along with preventing inappropriate advances and contact of an inappropriate nature. At the conclusion of this course, the student will be able to apply laws and regulation regarding massage therapy on both the State and Local government levels.

Clinic (75-hrs)

Bodhi Panya Institute's clinical hours are designed to give students hands-on experience of massage while under the supervision of our instructors. This practical requirement gives the student an opportunity to apply their massage technique on varying body types. The clinic prepares students for real world massage practice after they complete the 500-hour program.

TOTAL PROGRAM HOURS: 500

