

Introduction to Thai Yoga Massage Home Study Course

12 CE Credit Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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Published by the Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on Thai Yoga Massage techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to Thai Yoga Massage.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Introduction to Thai Yoga Massage Course

Thank you for investing in the Introduction to Thai Yoga Massage home study course, a 12 CE credit hour course designed to further your knowledge in Thai Yoga Massage. This guide will contain all of the instructions you will need to complete this course. This is a 12 CE hour course, so that means it should take you approximately 12 hours to read through the text, watch the instructional DVD, login and complete the online exam.

In this course you will be presented with:

- Philosophies of Thai Yoga Massage
- History of Thai Yoga Massage
- Principles of movement of Thai Yoga Massage
- Palpation techniques to perform Thai Yoga Massage
- Contra-indications to Thai Yoga Massage
- An introduction to a full body Thai Yoga Massage routine (please keep in mind that in order to practice Thai Yoga Massage, you should seek advanced hands-on training. This course is an introductory course and is not meant to teach advanced techniques.)

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook, DVD and exam. Your textbook and DVD will be mailed to you.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with an 80% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. This course uses the textbook “Thai Yoga Massage”, by Kam Thye Chow. There are no trick questions on the exam. All of the answers can be found in the textbook.

Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Thai Yoga Massage home study course.

Thai Yoga Massage Examination

Part One: The Philosophy

Chapter 1: From Temple Art to Healing Art

1. Thai Yoga Massage is a combination of which of the following arts/modalities?
 - A. Swedish massage, meditation and Yoga
 - B. Yoga, Ayurveda and meditation
 - C. Yoga, Deep tissue massage and Ayurveda
 - D. Yoga, Tui Na and meditation
2. Which of the following are benefits of Thai Yoga Massage?
 - A. Improves circulation
 - B. Relieves muscular tension and spasm
 - C. Boosts the immune system
 - D. All of the above
3. Who is the founding father of Thai Yoga Massage?
 - A. Jivaka Kumarbhaccha
 - B. Kam Thye Chow
 - C. Hippocrates
 - D. Maria Mercati
4. Thai Yoga Massage can be compared to a _____?
 - A. Yoga session
 - B. Dance between the practitioner and the recipient
 - C. Passive therapeutic modality where the practitioner performs the techniques and the recipient remains in one position
 - D. All of the above

Chapter 2: Theoretical Foundations

5. The theoretical roots of most Eastern healing art traditions derive from the philosophy that all forms of life in the universe are:
 - A. Animated by several types of life force
 - B. Stagnant and lacking of energy
 - C. Animated by an essential life force called prana
 - D. All of the above
6. Which of the following defines the term *koshas*?
 - A. Extensions of the physical body that have five forms or sheaths
 - B. Energy meridians that run through the body
 - C. A massage technique used in Thai Yoga massage
 - D. All of the above
7. What are the five forms (sheaths) of the koshas?
 - A. Yin, yang, ren, du and sen
 - B. The physical body, energy body, mental body, intellectual body and the blissful body
 - C. The concrete body, abstract body, mental body, physical body and the still body
 - D. None of the above

8. Obstruction to the free flow of energy through the kosha bodies leads to an insufficient supply of prana which can lead to:
 - A. Mental, physical and spiritual imbalances
 - B. Disease
 - C. Discomfort or emotional problems
 - D. All of the above

9. Which of the following defines the *sip sen* (the 10 most important sen lines)?
 - A. The sip sen are lines which run throughout the body with points that correspond to the organs of the body
 - B. The sip sen are a series of massage techniques used in Thai Yoga massage
 - C. The sip sen are a network of energy lines, connected to pressure points, that run throughout the body
 - D. All of the above

10. How does the Thai sen system differ from Chinese meridian system?
 - A. The Chinese meridian system follows the traditional Chinese medicine theory that relates energy lines to specific organs, while the Thai system is concerned with the practice of balancing tridoshas, the major elements or building blocks of life
 - B. The Chinese system follows the traditional Chinese medicine theory that relates energy lines to the major building blocks of life, while the Thai system is concerned with relating energy lines to specific organs
 - C. The Chinese system and the Thai system are based upon the same theories
 - D. The Chinese system follows the traditional Chinese medicine theory that relates energy lines to trigger points in the muscle tissue while the Thai system is concerned with the practice of relating energy lines to specific organs in the body

11. How many sen lines are studied in Thai Yoga Massage?
 - A. 10
 - B. 14
 - C. 16
 - D. 18

12. The sen lines, and the prana flow through them, can only be detected through experienced intuition; you cannot find the sen lines by dissecting the body.
 - A. True
 - B. False

13. Massaging the Sen Kalathari line will help in treating which of the following?
 - A. Diseases of the digestive system
 - B. Knee pain
 - C. Arthritis of the fingers
 - D. All of the above

14. The Sen Ulangka and Sen Lawusang lines are primarily found where?
 - A. Posterior lower extremity
 - B. Anterior chest and sides of the head
 - C. Anterior upper extremity
 - D. Posterior torso

15. Which of the following best defines marmas?
- A. Marmas are pressure points (concentrated points) along the sen lines that can either retain energy or radiate energy outward
 - B. Marmas are a network of energy lines which run throughout the body
 - C. Marmas are different techniques used in Thai massage to treat certain ailments
 - D. Marmas are the major building blocks of life
16. How many marmas are of major significance in Thai Yoga Massage?
- A. 108
 - B. 10
 - C. 13
 - D. 5
17. What are the seven major chakras?
- A. They are the seven major energy lines which run through the body
 - B. They are the seven major marma centers which are situated along Sen Sumana
 - C. They are the seven major principles in traditional Chinese medicine
 - D. They are the seven major building blocks of life
18. The therapeutic basis of Thai Yoga Massage is strongly rooted in the Indian healing tradition of:
- A. Tui Na, which means balancing the body as a whole
 - B. Meridian therapy, which means working specific points along meridians to balance energy flow
 - C. Ayurveda, which functions as a guide to the proper maintenance of life and treating the body as a whole
 - D. All of the above
19. In Ayurvedic philosophy the universe is believed to be composed of what five elements?
- A. Life, fire, air, sen and water
 - B. Sen, marmas, earth, life and air
 - C. Energy, water, fire, air and ether
 - D. Ether, air, fire, water and earth
20. According to Ayurvedic theory, the above five elements exist in all matter of the universe, including our own bodies.
- A. True
 - B. False
21. What are the tridoshas?
- A. Ayurvedic principles of how the five elements are made manifest in the human body and they consist of the Vata, Pitta and Kapha dosha
 - B. Traditional Chinese medicine theories of how energy flows throughout the body
 - C. Ayurvedic principles of how energy affects the marmas in the body and they consist of three different sen lines
 - D. Ayurvedic theories of how Thai Yoga Massage affects the health of the human body
22. The pitta dosha is the combination of the fire and water elements within the body and relates to:
- A. The characteristic of water found in the lymph
 - B. Metabolism and digestion
 - C. The nervous system and the body's energy
 - D. All of the above

23. After assessment through a questionnaire, the experienced Thai Yoga Massage practitioner will then choose postures to use during the session that will:
- Weaken the recipient's weaker dosha
 - Strengthen the recipient's stronger dosha
 - Strengthen the recipient's weaker dosha
 - Weaken the recipient's stronger dosha
24. The Thai Yoga approach to practice for kapha dominate types include postures that:
- Heat up the body and promote circulation of blood
 - Build strength and steadiness
 - Create a cooling effect
 - Release tension from the small intestine
25. A person should _____ be forced into a posture that he/she is uncomfortable with, regardless of whether it is good for his constitution.
- Always
 - Sometimes
 - Never
 - Almost always
26. How does Thai Yoga Massage affect/benefit the skeletal system?
- Thai Yoga Massage incorporates movement in the spine to improve and maintain the health and mobility of the spine
 - Thai Yoga Massage relieves excess stress on the skeletal body
 - Thai Yoga Massage stretching increases the space between the vertebrae, allowing fluids to actively circulate, effectively "greasing" the joints
 - All of the above
27. How does Thai Yoga Massage affect/benefit the muscular system?
- Thai Yoga Massage activates the circulation of blood through the muscular system
 - Thai Yoga Massage stimulates vascular changes affecting the passage of blood and lymph to and from the heart
 - Thai Yoga Massage stimulates the circulation of blood and lymph which helps to eliminate toxins
 - All of the above

Chapter 3: The Dancing Meditation of Thai Yoga Massage

28. An experienced practitioner in Thai Yoga Massage moves in a seamless transition from one posture to the next. This dance of smooth transitions and dynamic movement does not come in just one learning session.
- True
 - False
29. What is the role of meditation in Thai Yoga Massage?
- Meditation allows the practitioner to diagnose and find conditions while treating clients
 - Meditation assists the practitioner in honing the art of listening, and thus to effectively connect to the client and their needs
 - Meditation assists the practitioner in seeing the sen lines throughout the client's body
 - Meditation is not important in performing a Thai Yoga Massage session

30. What can meditation teach us?
- A. To hold on to the past and project into the future
 - B. To be in complete disharmony with life and the present moment
 - C. To be fully alive in this moment and to be centered and balanced, detaching ourselves from the unnecessary hindrances of life
 - D. To project what we want for the future in our everyday lives and massage practice
31. Being mindful of breath is one of the most useful ways to learn how to meditate.
- A. True
 - B. False
32. Which of the following are key elements of Thai Yoga Massage?
- A. Being able to identify all the different parts of the body
 - B. Principles of fluid movement and body centering
 - C. Being able to place the client in all postures no matter what their limitations may be
 - D. Focusing on your wants and needs as a practitioner
33. What is the essential movement within Thai Yoga Massage?
- A. Deep friction techniques
 - B. Gentle nerve stroke movements with the arms
 - C. The rhythmic rocking dance
 - D. Pushing and pulling of the client's body
34. What is the benefit of knowing how to use your whole body in the rhythmic rocking dance when giving a massage?
- A. You can conserve energy
 - B. You can avoid becoming exhausted
 - C. You can prevent the development of chronic stress syndromes
 - D. All of the above
35. The rhythmic rocking dance is the base for 3 floor techniques used in working with clients. What are the 3 floor techniques?
- A. Bamboo rock, wave rock and the stationary rock
 - B. Bamboo rock, forward rock and the whirlpool rock
 - C. Wave rock, fluid rock and the forward rock
 - D. Fluid rock, circular rock and stationary rock
36. What is a common mistake made by practitioners when practicing or performing a Thai Yoga Massage session?
- A. Using graceful movements and transitions from one position to the next
 - B. Hunching through the back and losing strong spinal alignment
 - C. Using intuition to guide your movement in the rhythmic rocking dance
 - D. Focusing on using fluid movement throughout the session
37. How many common working stances are used in Thai Yoga Massage?
- A. 3
 - B. 6
 - C. 9
 - D. 12

38. What are the two most frequently employed techniques in Thai Yoga Massage?
- Forearms and elbows
 - Elbows and knees
 - Palming and thumbing
 - Knees and feet
39. What is the correct way to use your thumb in the technique of thumbing?
- Use the pad of the thumb when applying pressure
 - Apply pressure with the very tip of your thumb
 - Hyperextend your thumb to apply pressure on a specific point
 - Bend your thumb at a 90 degree angle to apply specific pressure
40. Which of the following is a breathing technique used in Thai Yoga Massage?
- Mindful breathing
 - Directed breathing
 - Induced breathing
 - All of the above
41. What is the main difference between synchronized breathing and directed breathing?
- In synchronized breathing the practitioner indicates to the recipient when to inhale and exhale, while in directed breathing the practitioner mimics the rhythm of the recipient's breath
 - In synchronized breathing the practitioner mimics the rhythm of the recipient's breath, while in directed breathing the practitioner indicates to the recipient when to inhale and exhale
 - Directed breathing is a meditation in motion, synchronized breathing is when the practitioner indicates to the recipient when to inhale and exhale
 - In directed breathing the practitioner follows the recipient's exhalation and then gradually applies pressure to the body, while in synchronized breathing the practitioner mimics the rhythm of the recipient's breath
42. Which of the following may help you stay focused on the needs of the recipient while performing Thai Yoga Massage?
- Maintain the meditative openness of moment-to-moment awareness
 - Respect the recipient's physical, emotional and sexual boundaries
 - Uphold the tradition of Thai Yoga Massage by basing your practice on loving-kindness and compassion
 - All of the above

Chapter 4: The Practitioner/Client Relationship

43. Which of the following is a pointer (general guideline to follow) in order to practice safe massage?
- Don't use force or jerky movements
 - Keep safe stances
 - Respect universally accepted sexual boundaries
 - All of the above
44. What can you do as a practitioner to keep yourself safe?
- Be sure you are performing all of the movements no matter the stress on your body
 - Use a ten minute routine to limber up, especially around the wrists and hips, in order to help save you from injury
 - Do not worry so much about practicing proper breathing and alignment, just be sure the recipient is receiving what they need
 - Do not follow the standard rules of personal hygiene

45. Which of the following are general contraindications/precautions to the practice of Thai Yoga Massage?
- A. Arteriosclerosis
 - B. Cervical spine problems
 - C. Surgery
 - D. All of the above

Part Two: The Practice

Chapter 5: Introduction and Chapter 6: Sitting Postures

46. Why does Thai Yoga Massage begin with centering?
- A. In order to adopt an attitude of mindfulness, allowing the practice of moment-to-moment awareness
 - B. In order to give the recipient time to tell you any health problems they may have
 - C. In order for you to formulate a treatment plan for the recipient's future sessions
 - D. In order for you to think about your day and plan how much time you have to spend with each client that day
47. Which of the following is a benefit of "palming shoulders"?
- A. Provides traction to the humerus, stretching the triceps muscles
 - B. Relieves tension in the trapezius muscles and increases shoulder and neck mobility
 - C. Presses on and stretches the clavicle and humerus bones
 - D. Increases range of motion in the shoulders
48. An adaptation for comfort (of both you and the recipient) in many of the sitting postures, what can you do?
- A. A pillow can be placed between your body and the recipient's, this provides respectful separation between your bodies
 - B. You can have the recipient wear a gown
 - C. You can keep distance between you and the recipient by straining your back and leaning away from them
 - D. All of the above
49. Which of the following is the proper body stance for the practitioner in the "double pec stretch" posture?
- A. The open diamond stance
 - B. The warrior stance
 - C. The cat 1 stance
 - D. The Thai Chi stance

Chapter 7: Double- and Single-Foot Postures

50. When you are working on the feet, such as in the "palming instep", "foot fold" and "thumbing sen on sole" postures, you are also employing _____ principles to influence the whole body.
- A. Deep tissue massage
 - B. Reflexology
 - C. Neuromuscular
 - D. Craniosacral
51. Which of the following is a common mistake that can be made when performing the "foot and ankle rotation" posture?
- A. The recipient's foot is not resting on the practitioner's leg
 - B. The practitioner is in the diamond stance when performing this technique
 - C. The recipient's foot is too far away from the practitioner's body
 - D. The practitioner is cupping the heel with one hand and using the other hand to hold the ball joints

Chapter 8: Sen Work on Legs

52. What techniques are employed to tonify the three sen lines that run along the medial side of the leg and the three sen lines that run along the lateral side of the leg?
- A. Palming and elbows
 - B. Knees and feet
 - C. Forearms and elbows
 - D. Palming and thumbing

Chapter 9: Single-Leg Postures

53. When performing single-leg postures, how should the massage feel for the recipient?
- A. They should feel as though they are drifting from one posture to another, like floating in water
 - B. They should feel as though they are directed forcefully through the postures in order to affect the soft tissues
 - C. They should feel as though they are exercising or stretching and actively participate in moving from one posture to another
 - D. All of the above
54. Which of the following is a benefit of performing the “tree” posture?
- A. Compresses the soleus muscle and limbers up the ankle
 - B. Stretches the abductor muscles and opens the hip joint
 - C. Stretches the adductor muscles and opens up the hip joint
 - D. Releases tension in the gastrocnemius muscle
55. In what circumstances should you avoid the “knee to forehead” posture?
- A. Hernia
 - B. Heart disease
 - C. Pregnancy
 - D. All of the above
56. What type of rocking motion should be used by the practitioner when performing the “helicopter” posture?
- A. Forward rock
 - B. Bamboo rock
 - C. Whirlpool rock
 - D. Wave rock

Chapter 10: Side-Lying Postures

57. Side-lying postures are especially good for working on which of the following type of people?
- A. People who are pregnant
 - B. People who are overweight
 - C. People who are suffering from acute stomachache
 - D. All of the above
58. The “palming the arm” posture is recommended for:
- A. Influencing the vata dosha
 - B. Influencing the pitta dosha
 - C. Influencing the kapha dosha
 - D. All of the above

59. Which of the following is a benefit of performing the “back pedal” posture?
- A. It massages and stretches the abdominal musculature
 - B. It massages the paravertebral muscles
 - C. It stretches the rhomboids and the trapezius
 - D. It massages the hamstrings muscles

Chapter 11: Back-Position Postures

60. Which of the following breathing techniques is used for many of the back-position postures?
- A. The directed breathing technique of falling into the recipient on the inhalation
 - B. The mindful breathing technique of falling into the recipient on the exhalation
 - C. The induced breathing technique of falling into the recipient on the exhalation
 - D. The synchronized breathing technique of falling into the recipient on the inhalation
61. The “sanuk” posture is an excellent position to work on what muscle group?
- A. The quadriceps muscle group
 - B. The triceps muscle group
 - C. The flexors of the feet
 - D. The gluteal muscles of the buttocks
62. Which of the following is a precaution of the “palming sen on the back” posture?
- A. Be careful not to put pressure directly on the spine
 - B. Be careful when putting direct pressure on the spine
 - C. Be careful not to put direct pressure on the paravertebral muscles
 - D. Be careful not to put direct pressure on the gluteal muscles
63. All of the following are palming and thumbing variations for back-position postures EXCEPT:
- A. Twisting palm
 - B. Double palm pressure
 - C. Twisting thumbs
 - D. Double thumb pressure

Chapter 12: Double-Leg Postures

64. Which of the following is an important tenet of good body mechanics in Tai Yoga Massage?
- A. Never bend from the hip to lift a recipient’s leg or arm
 - B. Always bend from the hip to lift a recipient’s leg or arm
 - C. Sometimes bend from the hip to lift a recipient’s leg or arm
 - D. None of the above
65. The “butterfly” posture is recommended for:
- A. Influencing the vata and kapha dosha
 - B. Influencing the pitta and kapha dosha
 - C. Influencing the vata and pitta dosha
 - D. Influencing the vata dosha

Chapter 13: Abdomen, Chest, Arm and Hand Postures

66. It is important to first ask the recipient if they would like to be massaged in the abdomen.
- A. True
 - B. False

67. Which of the following is a benefit of “palming sen on arms”?
- A. Tones the brachial, ulnar and radial arteries
 - B. Clears lactic acid
 - C. Relieves fatigue and numbness in the arms
 - D. All of the above
68. You should avoid performing the “blood stop on arms” posture for which of the following recipients?
- A. People who have hypertension
 - B. People who have heart problems
 - C. People who are overweight
 - D. All of the above

Chapter 14: Session Closure

69. Session closure includes a gentle rubbing and stroking massage to which area:
- A. Back
 - B. Face
 - C. Feet
 - D. Hands
70. How should you finish a Thai Yoga Massage session?
- A. Finish the session as you began, in the “namaskar” posture in order to develop an attitude of mindfulness and spiritual awareness
 - B. Complete the session with sen work on the feet in order to fully relax your recipient
 - C. Have the recipient roll on to their back and complete the session with a gentle back massage
 - D. Complete the session with both you and the recipient in the “namaskar” posture in order to meditate with the recipient

This concludes the Thai Yoga Massage exam.