



www.bodywisdomschool.dk

Bodywisdom School Denmark

Prospectus

2018-19

Training in Traditional Thai Massage, Mindful Touch &
Creative Bodywork

Welcome

We are delighted to welcome you to our Bodywisdom course prospectus as taught in Denmark by co-founder and tutor, Fiona Smith. Our course offers one of most in-depth opportunities to study Thai massage to practitioner level in Europe and is currently the only Professional Practitioner Diploma taught in Scandinavia. Our intention is to offer students the opportunity to develop a life-long love of exploring the power of bodywork, energy work and mindful movement practice. We hope that our course will be just the beginning of the journey. We are part of a well-established international network of teachers of a variety of modalities whom we can recommend to support you in your exploration of movement and creative touch.

Who are we?

We are two sisters who co-founded Bodywisdom School in 2007 after a number of years studying Thai Massage in Northern Thailand alongside developing practices in yoga, Vipassana meditation, Tui Na, 5Rhythms dance and Zero Balancing. We have created a shared platform for teaching Thai Massage, bringing over 25 years combined experience to classes that we teach with passion, enthusiasm and integrity. Initially, we were based in East Sussex and Bristol and have now moved to extend our work over two countries. Nicola lives and teaches in the South West of the UK whilst Fiona lives and teaches in Copenhagen, Denmark.

When you book a course with Bodywisdom School, all our classes are always taught by us and we don't employ other practitioners or teachers to teach our classes. Class sizes are small to maintain individual attention and there is a maximum of 12 students to one tutor (after this assistant will be present).



*I've trained with both Nicky and Fiona and I highly recommend them as teachers; they are real adepts at what they do. Their teaching is super clear and full of spirit and they are also both extremely fine practitioners. They are 'givers' from real heart with an art and love for what they do. ~
Teresa, dancer & yoga teacher*

Communication and Community through Touch

One-day courses & introductory workshops

These workshops are for anyone with an interest in accessing and utilising the innate capacity we all have for giving simple healing touch. Using meditation, yoga, conscious movement practices, bodywork and energy work we offer participants effective protocols for sharing with family and friends or integrating into an existing professional practice.



An inspiring workshop.. You held a tranquil and empowering space for us all ~ Sam, Tantric bodyworker

This was the most relaxed I have been in a study workshop ~ Tom, massage student & event organiser

Foundation in Thai Massage Course

Module 1: Mindful Touch (6 days)

This course offers a wonderful introduction to the physical and energetic practice of Thai Massage. It is a wonderful beginners' course for those with curiosity about or a love of movement and touch. It complements any existing physical and body-mind practice and is very popular amongst yoga and movement teachers and massage therapists wishing to enhance their existing skill base.

Who is it for?

Beginners to bodywork, the curious, everyone with love of touch, yoga and movement teachers, dancers, psychotherapists and massage therapists for their continuing professional development (CPD).

What is included?

- 6 days teaching over 2 weekends
- Our Mindful Touch practical manual
- Certificate of Attendance (36 hours)

Course prerequisite Attendance on an introductory workshop and/ or 1:1 session/massage.

Traditional Thai Massage Diploma Course

This is a well-respected, in-depth and practical course that results in a Thai Massage Practitioner Diploma qualification. During this course, you gain the skills to offer full-body Thai massage and make therapeutic assessments to personalise your sessions for the individual client. This course is specifically for students wanting to deepen their knowledge and appreciation of Thai Massage and for those wishing to practice Thai Massage professionally as a separate modality.

Our Syllabus - an overview

Module One – Mindful Touch (6 days) *see above*

We focus on mindfully connecting with our partner. Students learn the following:

- Working positions
- Rhythm of Thai Massage and working with a partner in movement
- History and roots of Thai massage
- Protocols for working in supine, prone & seated positions
- Self-care: yoga, meditation, chanting, relaxation
- Explorations to develop our “listening body”
- Contraindications and basic anatomical awareness

Module Two - The Sacred Dance (6 days) & Professional Diploma

Students learn the following:

- All material from module one is integrated and practiced
- Protocols for working in supine, prone, side and seated positions
- Deep stretches
- The Sen lines and their therapeutic application, including deeper abdominal work
- A focus in on working the full body, expanding our awareness to encompass the whole person in physical and energetic terms – learning to ‘dance’ with the receiver
- An emphasis is given to developing a practice of self-enquiry to create a strong foundation for working with energy as a practitioner of Thai massage
- Self-care, meditation, yoga and movement practices, including ‘free’ dance

Module Three: Integration & Certification Programme

(3 days + independent supervised study over 5-6 months)

- Developing skills to work safely and therapeutically in a clinical setting
- Preparation and guidance with case studies (60 hours).

- Guidance and feedback on individual techniques and overall skill level

Module 3 is the process of practice and integration which culminates in examinations and the qualification **Professional Practitioner Diploma**.

Students complete the following:

Written examination*

Practical examination

30 full body case studies (60 hours of massage)*

A reflective written or audio piece of approximately

1,500 - 2,000 words*



*To be completed *before* taking the practical examination:

There are 3 practical days on this module – a practice weekend at the beginning and a ‘mock exam’ 1-2 months before the practical examination. Most of the work is self-study and culminates in both practical and written examinations.

As part of your support, you receive a 30 minute 1:1 skype/phone mentoring session in which you’ll receive feedback on a case study and any questions can be answered

A group exam date for the practical exam is set after consultation with all students on the first practice weekend.

What is included?

Manuals for Module 1 and 2 and *Thai Massage Step by Step* – a ‘text’ book by Nicky Smith

Access to online teaching videos covering all working positions

Access to a growing community of learners and practitioners in Denmark & Sweden.

Course pre-requisite: Attendance on introductory workshop or 1:1 massage/ session.

Student Commitments for the Diploma Course

Full attendance on Module I, II & III (or private catch up sessions required)*. Students on the programme should receive 2 full-body Thai Massages from a recommended practitioner to support their learning either before or during the course. In addition to the yoga/meditation offered during the course, it is expected that students will attend a series of at least 8 yoga/ meditation/ mindful movement classes as part of their self-study programme.

* Mentoring fees for individual students to catch up on content missed are *in addition* to the course fees. Mentoring is available to all students at any time during a course for a reduced cost of 300DKK/1 hour.



Much more than a training course, a whole integrated experience that has deepened my learning hugely ~ Helen, office manager

I learned so much on this Diploma course, it has helped me with my professional work. I feel so much more creative and mindful in my one to one sessions. ~ Annie, yoga teacher

I felt safely and lovingly held and at the same time pushed to move beyond my fears, hesitations and lack of confidence. I did it, That was true medicine ~ Natalie, University Student

Course dates and venue

Unless stated otherwise, all sessions and workshops are held at Behandlerkollektivet, Holger Danskes Vej, 3b, Frederiksberg. 2000. Denmark

Please book your place on the calendar page of the website

Introductory workshop: Thai Massage for All

Saturday 24 September. 13.00-16.30 375dkk (bookings through Blue Sky Yoga <https://www.blaahimmelyoga.dk/produkt/thai-yoga-massage-workshop/>)

Foundation Course - Module 1

Dates: 11, 12, 13 January & 1, 2, 3 February 2019
Times: 10-17.30

The Sacred Dance - Module 2

Dates: 8, 9, 10 March and 26, 27, 28 April 2019
Times: 10-17.30

Module 3

Dates: 1, 2 June

Mock exam: 31 August

Dates for theory and practical exams will be confirmed with students in June 2019.

Diploma Course fees

Mindful Touch (Module 1)

Early bird payment - 4.900DKK until 20 December 2018 with payment to be made in full on registration. **Details & booking forms on the Calendar page of the website.**

Full Fee - 5.100DKK. Pay your deposit of 2.000DKK (non refundable) on registration. The balance of payment due before the start of the course. Please ask if you wish to pay in instalments.

Cancellations: A refund or fee transfer, (minus 1.500dkk deposit) is offered up to 6 weeks before the start date. After this date, monies can only be refunded, or fees transferred if your place can be filled from a waiting list.

Diploma Course

Modules 1 + 2

Combined + earlybird fee for two modules - 9.800dkk. Fees to be paid on registration. Available until 20 December 2018.

Full fee – 10.200DKK when modules are paid for separately or after 20 December. A non-refundable deposit of 2.500DKK is due at registration. Balance of fees to be paid before the start of the course. If you wish to pay in instalments, please ask for details.

Module 3

The full fee for module 3 is 4.100DKK.

Modules 1 + 2 + 3

Combined fee for three modules – 13,300DKK. Fees to be paid on registration. Available until 20 December.

Full fee for three modules – 13,700DKK after 20 December 2018

Low-cost place

One low-cost or bursary place is available per course. Please speak with the tutor directly to discuss your financial situation.



This course feels like the natural progression after several years of practice, I wish I had done it sooner! Sorrel, Massage practitioner

Payment Details

Payment of course fees can be made in the following ways:

MobilPay (Danish residents)

Bodywisdom DK (Fiona Smith) - 93958321.

Please give your full name and the modules you are paying for as reference.
(e.g. – Fiona L Smith Modules 1+2)

Bank transfer –

Bodywisdom DK (CVR: 38043285)
Merkur

Reg No: 8401
Account: 0001020017

International bank transfer –

IBAN: DK2184010001020017

ACCOUNT: 84011020017 (Merkur)

SWIFT: MEKUDK21

Name: Bodywsdom DK/ Fiona L Smith

Address: Kong Georgs Vej, 19.1. 2000 Frederiksberg, Denmark

Advanced Studies

We encourage all our graduates to explore their interest and further their learning. To support this end we facilitate annual community and practice days and specialist knowledge workshops including Pregnancy & post-natal Thai massage and Holistic Pulsing.

Bodywisdom School has a tradition of hosting visiting teachers and has connections to the work of Felicity Joy (Asian Anatomy and Abdominal Massage), Robert Henderson (Understanding Energy and Emotions in Bodywork) and David Lutt (Osteothai). We also offer a unique connection into the work and world of Equine Guided Learning with Equine Affinity in East Sussex, UK. Here, we combine bodywork, energy work and equine guided learning for a powerful insight into how effectively we manifest and use ourselves energetically when working with other beings.

If you would like to discuss a new collaboration or have a workshop you would like us to host in Denmark, please contact Fiona (details below).

We are available to teach small groups and corporations, with a study programme created just for you Please speak to us if you have an area which you would like to develop and we can create a workshop or course for you (1-4 days)



I have my zest and confidence back at last ~ Nikki, Thai Massage practitioner

Course Tutor Denmark: Fiona Smith

Email: info@bodywisdomschool.dk

Contact phone: +45 93958321 (8:30-16.30 weekdays)

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