

Thai Hand Method

The Massage Program



THE MASSAGE CLASS 2: AWARENESS OF THERAPY

*Learn to guide a complete 60-minute massage class
30 minutes giving – 30 minutes receiving*

Structure. Rhythm. Real change.

ITM Thai Hand Amsterdam

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Introduction to part 2

You are ready for the next layer

Welcome to Class 2.

If you are here, it means something important has already happened.
You have completed at least 10 classes of Class 1 — Life Balance.
That matters.

Because Class 2 is not the beginning.
Class 2 is the next layer.

Before you entered Class 1, massage may have been something occasional.
Maybe once every few months. Maybe only when you had pain. Maybe only
when your body was already asking for help.

But Class 1 introduced your body to something different.
Not one massage.
Not a treatment once in a while.

A rhythm.
A practice.
A repeated full-body experience.

In Class 1, your body was introduced to touch, rhythm, movement, repetition, giving, and receiving. You learned how the Thai Hand Method works in the body, not only by thinking about it, but by feeling it. And that is important.

Because if you want to teach this method later, you first need to understand what it does to you.

Not only as a practitioner.
Also as a receiver.

Before you go deeper

Before you begin Class 2, take a moment.

Ask yourself honestly:

What changed after at least 10 classes?

Did your body feel softer?

Did your sleep improve?

Did pain or tension change?

Did your stress level decrease?

Did your body feel less stiff?

Did your breathing feel calmer?

Did you recover faster after work, training, or stress?

Did giving massage also affect you?

Did receiving massage become easier?

Did you start to understand why repetition matters?

This reflection is not a small exercise.

It is part of your training.

Because later, when you guide people in your own classes, they will go through the same process. They may arrive with pain, stress, poor sleep, low energy, burnout symptoms, joint stiffness, tech-related tension, chronic muscle tightness, or a desire for more connection with their body and life.

Your students will not only need the sequence.
They will need your understanding.

And your understanding begins with your own transformation.

The teacher of this method cannot stand outside the method.
The teacher must know the method from inside the body.

Why 10 classes matter

The 10 classes of Class 1 are not just a rule.
They are preparation.

The body needs time to learn how to receive. The nervous system needs time to feel safe. The practitioner needs time to understand rhythm, pressure, transitions, and flow.

Class 1 is the adaptation class.

It helps the body adapt from “almost no regular massage” to a life where massage becomes normal, repeatable, and safe. Many people in modern society have never received full-body massage regularly. Their tissue may be sensitive, stiff, overloaded, or full of hidden tension, even when they think they feel fine.

Class 1 prepares that body.

It creates safety.

It creates rhythm.

It creates trust.

There is also another important reason.

When someone enters Class 2, they know that the person massaging them has also completed at least 10 classes of Class 1. They are not receiving from someone completely new. They are receiving from someone who already knows the basic rhythm of the method.

This makes the class safer, calmer, and more effective.

With every level, the experience grows.

Class 1 prepares the body.

Class 2 deepens the work.

Class 3 brings everything together.



What changes in Class 2

Class 2 represents a fundamental shift.

In Class 1, both sides of the body are often stimulated together. This creates balance, familiarity, and relaxation.

In Class 2, we go deeper.

We work one side of the body at a time.

We also remove the supine position completely.

This creates more precision, more intensity, and more awareness.

The body is no longer approached as one whole surface. You begin to feel it as a layered structure with patterns, differences, asymmetries, and deeper restrictions.

This is where real therapeutic work begins.



Part 1 Positioning in Class 2

A new way of understanding the body

In Class 2, positioning becomes more intentional.
Every position has a purpose.

You work with three positions:

- Side-lying — the central position
- Prone — deep posterior work
- Seated — integration

The supine position is removed, this is deliberate.

Not because supine is less important, but because Class 1 has already introduced it. Supine helped the body adapt. It created the first layer of safety and familiarity.

In Class 2, the focus shifts.

From accessibility to depth.

From general work to specificity.

From relaxation to structure.

This creates a new relationship with the body.

Why we change positions

The body cannot be understood from one position only.
Each position reveals something different.

Side-lying shows rotation, hips, side lines, and deeper spinal access. Prone shows the posterior chain: the back, glutes, hamstrings, and legs. Seated brings the body back upright.

Together, these positions create a more complete understanding of the body.

This is why floor work is so important.

On the floor, the body can move. The practitioner can move. The method can use gravity, direction, rhythm, and body weight in a natural way. The floor allows the body to be turned, supported, stretched, compressed, rotated, and integrated. It gives the method space to use movement as therapy.

This becomes important later when we understand mechanotherapy. Because the Thai Hand Method is not only pressure.

It is pressure with movement.
It is movement with purpose.

Part 2 Side-lying position

The core of Class 2

The heart of Class 2

The side-lying position is the heart of Class 2.

This is where the method becomes three-dimensional, precise, and transformative.

In this position, the body is supported, but it is not flat.
That makes a big difference.

When the body lies on one side, gravity helps the work. The spine can rotate. The hips become more accessible. The shoulders and scapula can be approached from a new direction.

This opens a layer of the body that cannot be reached in the same way in supine.

What makes side-lying so powerful

In side-lying, the body is supported, but not passive. Gravity assists the work. Deeper structures become accessible. The spine has natural rotation. One side can be felt more clearly.

This allows the practitioner to work with more detail.

It also allows the receiver to feel the difference between one side and the other.

That awareness is part of the therapy.

When the receiver feels, “This side is tighter,” or “This hip does not move the same,” the body receives information.

Awareness is not only mental.

Awareness is physical.

The body begins to understand itself.

What we work on

In side-lying, we work on the hips, lateral fascial lines, spinal rotation, shoulders, and scapula. These areas often hold hidden tension.

The hips can influence the lower back.

The lateral fascial lines can influence posture and movement.

The shoulders and scapula can hold stress, protection, and tension.

In Class 2, you begin to see how these areas are connected.

A clear explanation of fascia

Fascia is connective tissue.

It surrounds and connects muscles, joints, organs, nerves, blood vessels, and layers of tissue. You can imagine it as a living web inside the body.

But fascia is not just wrapping.

It is part of how the body organizes movement.

When fascia is healthy, it allows glide, elasticity, and freedom. Different layers can move over each other. The body can rotate, bend, stretch, and adapt.

When fascia becomes stiff, dry, compressed, or restricted, the body can feel tight, painful, or limited.

This can happen through lack of movement, repetitive posture, stress, injury, or simply doing the same movements every day.

The lateral fascia means the fascial tissue along the side of the body. This side-body connection is important because it links areas many people think of as separate: the hip, ribs, shoulder, spine, and neck.

A shoulder problem may not only be a shoulder problem.

A hip restriction can influence the lower back.

A lateral fascial restriction can affect posture, breathing, and shoulder movement.

This is why we do not only chase the painful area.

We learn to see the body as a connected system.

What tissue reorganization means

In this book, we use the word “reorganization” often.

This does not mean something vague.

It means that the body receives new mechanical information and begins to adapt.

When fascia and connective tissue are stimulated through pressure, stretching, compression, movement, and rhythm, the tissue can begin to change its quality. Layers may glide better. Restrictions may soften. Movement may become easier. The nervous system may allow more release.

This does not happen completely in one session.
It happens through repetition.

The body learns from what it receives again and again.
That is why the Thai Hand Method is based on frequency.

Therapeutic impact

The side-lying position allows structural change that cannot be achieved in supine.

This is where hidden tension patterns become accessible.
The body is not forced.
It is guided.

The practitioner learns to feel where the tissue allows movement and where it resists.

This is the beginning of therapeutic awareness.

Part 3 Prone position

Deep posterior work: working the back with more precision

Working the back with more precision

In Class 2, the prone position becomes more specific and targeted.

Instead of general back work, you begin to work one side of the spine, isolate one leg at a time, and follow tension patterns precisely.

The back is no longer treated as one broad surface.

You begin to observe.

You compare.

You feel.

You respond.

Why this matters

Most chronic tension accumulates in the lower back, shoulders, and legs. These areas are often connected.

A tight hamstring can affect the pelvis. A restricted hip can influence the lower back. Shoulder tension can change breathing, posture, and neck movement.

In Class 2, prone work helps the practitioner understand these connections.

Working side-to-side allows comparison between sides, targeted intervention, and deeper release. This is important for the receiver.

They may feel:

“This side is different.”

“This hip moves less.”

“This shoulder is tighter.”

“This side feels heavier.”

That awareness is not a detail.
It is part of the therapeutic process.

When the receiver becomes aware of the body, the nervous system begins to participate.

Pain as information

In the Thai Hand Method, pain is not seen as the enemy.

Pain is information.

Pain tells us something about the condition of the tissue.



If the same movement creates no pain in one person and pain in another, the movement itself is not the only question. The question is: what is happening in that tissue?

Is it restricted?

Is it inflamed?

Is it protective?

Is it stiff?

Is it overloaded?

The pain points toward a condition.

This is important for future teachers because you are not there to force through pain. You are there to listen, adapt, and understand what the body is communicating.

The pain is not the problem.

The condition behind the pain is the problem.

Therapeutic impact

This is where chronic patterns begin to change.

Not just relax.

The prone position connects the work to the posterior chain: the back, glutes, hamstrings, and legs.

The body begins to understand itself as one connected system.

Part 4 Seated position

Integration and awakening

Bringing the body back together

After deep one-sided work, the body must reorganize.
That is the role of the seated position.

The seated position allows reintegration of both sides, postural awareness,
and active participation.

The receiver is no longer fully passive.

The body becomes upright again.

Awake.

Present.

Aware.

What we do here

In the seated position, we work with neck release, shoulder stimulation, upper back work, and final stimulation at the head. This helps the body integrate the deeper work that has already been done.

After side-lying and prone, the body has received a lot of information. The seated position helps organize that information.

The body returns to gravity. The head returns above the spine. The shoulders relate again to posture. The receiver can feel how the body sits after the work.

This moment matters.



Therapy does not end when pressure ends.
The body needs integration.

From passive to active

The body shifts from passive to active, from isolated to integrated.

This integration is essential after one-sided work.

Without integration, the work remains separate.

With integration, the body begins to understand the whole pattern again.

This is why Class 2 does not end only in depth.

It ends in awareness.

Part 5 Why we work one side at a time

The body is not symmetrical

The body is not perfectly symmetrical.

People stand more on one leg, rotate more to one side, carry tension unevenly, protect injuries unconsciously, and use one side more than the other.

This creates asymmetry in the tissue.

In Class 2, we do not ignore that.

We work with it.

Precision

Working one side at a time allows more precision.

You move from general work to targeted therapy.

You can feel where the tissue is restricted, where the body allows pressure, where the body protects, and where movement is limited.

This makes the work more intelligent.

Awareness

The receiver clearly feels the difference between left and right.

This is powerful.



Awareness helps the receiver understand their own body.

For future teachers, this is essential because you cannot teach body awareness only from theory. You need to feel it yourself.

You need to know what it means when one hip is different from the other. You need to know what it means when one side releases and the other side resists. You need to know what repetition feels like from the inside.

Only then can you guide others through the same discovery.

Depth

When one side is isolated, the body cannot compensate in the same way. This allows the work to go deeper.

Not by forcing.

But by becoming more specific.

Depth in the Thai Hand Method does not mean pushing harder. It means working with more clarity.

Fascia reorganization

Working one side stretches fascial chains more effectively, releases deeper restrictions, and helps restore balance.

Fascia responds to pressure, stretching, compression, and movement. This is mechanical input. The body receives that input and slowly begins to reorganize.

This is why repetition matters.

If a person sits every day, the body adapts to sitting.

If a person moves only forward and backward, the tissue adapts to those directions.

If a person receives full-body, multi-directional mechanical input every week, the body begins to adapt to that too.

This is the re-education of tissue.

Structural change

Class 2 is not about relaxation alone.

It is about changing the body.

Relaxation may happen, but the deeper goal is awareness, mobility, better tissue response, and structural improvement.

This is the movement from general massage into therapeutic work.

Part 6 Transitions

The invisible technique

The space between techniques

Transitions are essential in Class 2.

Moving between side-lying and prone, or prone and seated, must feel continuous.

The transition is not a break.
It is part of the method.

Key principle

No interruption.

No abrupt adjustment.

Only flow, guidance, and continuity.

A good transition tells the nervous system:

“You are safe.”

“You can stay relaxed.”

“The work continues.”

Why this matters

The nervous system responds to movement as much as to pressure.

If the transition is abrupt, the body may tighten.

If the transition is smooth, the body stays open.

Smooth transitions maintain trust, deepen relaxation, and increase effectiveness.

This is why transitions are an invisible technique.

They may look simple.

But they change how the body receives the whole session.

A class with strong transitions feels like one continuous method.

Not like separate techniques.



Part 7 The practitioner's evolution

From doing to listening

In Class 2, the practitioner evolves.

You begin to detect asymmetries, adapt your pressure, and work with intention.

You are no longer only applying techniques.

You are learning to observe.

You are learning to feel.

You are listening through your hands.

Why this is important for teachers

This book is written for future teachers.

That means your own experience matters.

Before you can guide others, you need to understand what repetition does, what touch does, what pressure does, what rhythm does, what receiving does, and what giving does.

You cannot teach the Thai Hand Method only as a sequence.

You teach it as an experience.

That experience must first live in your own body.

The teacher learns through the body

Massage is not learned only in the head.

It is learned through touch, repetition, attention, mistakes, feedback, receiving, and practicing again.

This is how the practitioner becomes ready to teach.

Not by collecting more and more techniques.
But by developing awareness.

Why receiving is essential

In many bodywork trainings, practitioners learn mostly how to give.
But in the Thai Hand Method, receiving is part of the system.

This is not a luxury.

It is essential.



When you receive, you understand the method from the inside. You feel pressure, rhythm, mistakes, safety, flow, and the difference between forcing and guiding. Your body teaches your hands.

Receiving also keeps the practitioner healthy.

Massage teachers and therapists often give a lot and receive too little. Over time, this can create imbalance. The Thai Hand Method is different because the class is built as an exchange: 30 minutes giving, 30 minutes receiving.

As a future teacher, this matters.

You are not only helping others become healthier.

You are also staying inside the practice yourself.

And when you teach a group, you do not only help one person. You guide a structure where many people can receive massage in the same class.

This makes the method scalable, sustainable, and human.



Part 8 One side at a time

Deep back transformation

A new way of seeing the back

In Class 2, we move away from treating the body as a single surface.

Instead, we work one side at a time.

This is not just a variation in technique.

It is a fundamental shift in how the body is perceived and how change is created.

The back is not just “the back.”

It is part of a larger system, connected to the hips, legs, shoulders, spine, breath, and nervous system.

Why one side at a time?

The body is not symmetrical.

People stand more on one leg, rotate more to one side, carry tension unevenly, and protect injuries unconsciously.

This creates asymmetry in the tissue.

Working one side at a time allows us to detect differences, apply precise pressure, stay longer in restricted areas, and follow real tension patterns.

Instead of forcing the body into symmetry, we first observe what is present. Then we work with it.

Side-lying — access to the spine

In side-lying, the body is supported and relaxed. There is natural rotation, and space is created along the spine.

This allows access to paraspinal muscles, responsiveness in tissue attached to vertebrae, directional pressure out of the spine, and layered fascial release.

This position creates space around the spine.

It allows the practitioner to work with the tissue beside the vertebrae instead of only pressing from above.

Reorganizing tissue around the spine

The tissue surrounding the spine includes fascia, connective tissue, stabilizing muscles, and nervous system pathways.

When dysfunctional, it can become dense, restricted, and disorganized. Working one side allows slower, deeper work, directional pressure, layer separation, and nervous system regulation.

This can lead to reduced tension, improved mobility, better posture, and less pain.

The goal is not to force the spine.
The goal is to create space around it.

Repetition through different positions

In Class 2, the back is worked twice.

First in side-lying.
Then in prone.

Side-lying is precise, deep, and focused.

Prone is integrative, broader, and connected to the whole posterior chain. This connects the back with the hamstrings, glutes, and lower body.

The same area receives information from different angles.
This helps the body understand the change more deeply.

Why the back is worked twice

First: access and release.

Second: integrate and connect.

Without repetition, change is superficial.

With repetition, the nervous system learns, the tissue reorganizes, and results last longer.

This is one of the key principles of the Thai Hand Method.

The body changes through repeated, clear, mechanical input.

Practical awareness

Do not rush.

Compare sides without forcing symmetry

.

Stay where restriction exists.

Follow the direction of tension.

Let the body guide the depth.

The goal is not technique.

The goal is transformation.



Part 9

The importance of floor work

Movement, positions, and tissue health

Working on the floor allows easy position changes, use of gravity, multi-directional force application, and real movement integration.

Floor work gives the practitioner more freedom.
It also gives the receiver more possibilities.

The body can be moved, turned, supported, stretched, compressed, and integrated.

This is essential for the Thai Hand Method.

The body needs multi-directional movement

The body does not live in one direction.

It bends, rotates, extends, contracts, protects, and adapts.

But modern life often trains the body in very limited directions.
People sit. Stand. Walk forward. Sit again.

This is mostly sagittal movement: forward and backward.

But the body also needs rotation, diagonal movement, side movement, and spiral movement.

When the body never practices these directions, the tissue adapts to limitation.

Then, when life suddenly demands a movement outside that pattern — a fall from a bicycle, a slip on stairs, an arm pulled backward — injury becomes more likely.

The method prepares the body for more directions.

This is one reason it can be preventive.
Not because it makes the body invincible.

But because it improves the quality, elasticity, and adaptability of the tissue.

What is mechanical stimulus?

Mechanical stimulus means physical input to the body.

For example: pressure, stretching, compression, movement, and rhythm.
The body responds to this input.

Cells, fascia, muscles, joints, circulation, and the nervous system all react to mechanical stimulation.

This is why massage is not only relaxation.

It is communication with the body through touch, pressure, and movement.

Mechanotherapy — therapy through movement

Mechanotherapy means therapy based on mechanical movement and stimulation.

The Thai Hand Method is a form of mechanotherapy because the body is not only touched. It is moved, stretched, compressed, rotated, mobilized, and guided through multiple directions.

This is different from massage that only applies pressure.

Deep tissue massage with oil on a table can be strong and useful for local tissue work, but if the body stays mostly passive and does not move through functional directions, it is not mechanotherapy in the same way.

Chair massage is even more limited.

Many people sit eight hours a day and then receive massage while sitting again. This may relax them for a short time, but it does not take the body out of the pattern that created many of the problems.

If the problem is too much sitting, the solution cannot be more sitting. On the floor, the receiver's body can move. The giver's body can move. The sequence can include rotation, hip work, spinal movement, stretches, compression, and positional change.

That is why the floor is not just tradition.
It is part of the therapy.

Yoga, sport, and massage

Yoga is valuable because it moves the body and stretches tissue.

Sport is valuable because it can stimulate muscles and improve strength.

But the Thai Hand Method offers a different combination.

Yoga uses movement and stretch, but it does not usually apply external mechanical pressure to the tissue in the same way.

Sport can be helpful, but the effect depends on the sport and on the lifestyle around it. If someone sits eight hours a day and then performs repetitive sport without restoring mobility, rotation, and tissue quality, the body may continue reinforcing limited patterns.

The Thai Hand Method combines movement, pressure, stretching, compression, rhythm, and full-body stimulation.

It is not against yoga.

It is not against sport.

It offers something different: controlled mechanical input to the whole body, in many directions, with both giving and receiving.

Tissue stimulation from different directions

Applying pressure, stretching, compression, and movement can support collagen reorganization, improved elasticity, reduced stiffness, and increased adaptability.

The tissue does not only soften.

It responds.

It reorganizes.

The role of the joints

Movement supports synovial fluid production, cartilage nourishment, and tension release.

Joints need movement to stay healthy.

Floor work allows the body to be moved in ways that support this process. This can result in freer joints and greater mobility.

Circulation and fluid movement

Massage acts as a pump.

It works by compressing tissue, releasing tissue, and stimulating blood and lymph flow.

This supports waste removal, oxygenation, and nutrient delivery.

When tissue is compressed and released, fluids begin to move. This supports the body's natural recovery processes.

Mechanical forces and tissue recovery

During a session, the body receives pressure, stretching, rhythm, and movement.

This creates cellular activation, improved tissue environment, and nervous system regulation.

A related concept is mechanotransduction.

Mechanotransduction means that the body translates mechanical input — such as movement, pressure, or stretch — into biological signals.

In simple words:

Movement becomes information.

Pressure becomes information.

The body reads this information and adapts.

This is why repeated mechanical input can change the condition of tissue over time.

The tissue does not only relax.

It reorganizes.

The astronaut example

To understand how much the body depends on movement and stimulation, think about astronauts.

In space, without normal gravity and movement, the body quickly loses muscle and bone quality. The body adapts to the environment it is given.

Modern life is not space.

But the principle is useful.

If the body receives too little movement, too little variation, and too little stimulation, it adapts to that too.

If the body receives regular full-body movement, pressure, stretching, compression, and joint mobilization, it receives a different message.

The body adapts to what it experiences repeatedly.

This is one of the strongest arguments for frequency.

Conclusion

Class 2 is where the Thai Hand Method becomes truly therapeutic.

By focusing on side-lying, prone, seated, and working one side at a time, we create depth, precision, and transformation.

This is the shift from relaxation to structural therapy.

And when this work is repeated over time, the body does not only improve. The body changes.



Part 10 The evolution from Class 1 to Class 2

Class 2 is a continuation

Class 2 is not an isolated experience.
It is a continuation.

A student who enters Class 2 has already completed a minimum of 10 classes of Class 1.

This is essential because the body must first learn how to receive.

Why Class 1 comes first

Class 1 teaches the body the foundation.

In Class 1, the body adapts, the nervous system relaxes, the student learns to follow, and both sides are stimulated together.

This creates safety, rhythm, and familiarity.



Without this foundation, Class 2 would be too much for many people. The body needs preparation before deeper, one-sided work.

Class 1 is not something students should forget after entering Class 2. It remains fundamental. Even after many classes, Class 1 continues to support balance, rhythm, and regular massage as part of life.

Safety through experience

There is also a practical reason.

When someone joins Class 2, they know that the other person has also completed at least 10 classes of Class 1.

This creates trust.



You receive from someone who already understands the rhythm, the basic sequence, how to follow, how to give and receive, and how to work with respect.

This makes the class stronger.

And it helps the whole group grow together.

From adaptation to transformation

In Class 2, we move from adaptation to transformation, from general stimulation to targeted work, from symmetry to asymmetry.

The body is now ready.

It has already experienced touch, rhythm, and repetition.
Now it can receive deeper and more specific work.

This is why the level is called Awareness of Therapy.

The student begins to understand that the method is not only relaxing.
It is therapeutic.

A broader understanding of the Thai Hand Method

Class 2 expands the student's perception of the method.
It reveals that the Thai Hand Method is not just a sequence.
It is a system.

A system based on three progressive massage sequences:

1. Class 1 — Life Balance
2. Class 2 — Awareness of Therapy
3. Class 3 — Mindfulness Touch

Each level has a specific purpose.
Each level prepares the next.

The complete spectrum begins here

With Class 1 and Class 2 together, the student begins to understand the full spectrum of the method.

These two levels introduce different depths of touch, different ways of applying pressure, and different ways of perceiving the body.

Most importantly, they introduce the body through all four positions of Nuad Thai Massage:

- supine — Class 1
- side-lying — Class 2
- prone — Class 2
- seated — Class 1 and Class 2

This creates a complete physical understanding of the body.

Looking ahead — Class 3

Class 3 represents the final integration.

In Class 3, all four positions are combined.

The work becomes continuous.

The sequence becomes unified.

The student performs a complete 30-minute massage that integrates structure, flow, and awareness.

But there is one more element.

In Class 3, something shifts.

The practitioner is no longer only working on the body.

They are working with presence, attention, and awareness.

Massage becomes slower, deeper, and more conscious.

This is where massage becomes meditation.

Conclusion

Class 2 is the bridge.

It connects the adaptation of Class 1 with the integration of Class 3.
It expands the student's understanding from learning to perceiving to transforming.

Together with Class 1, it already offers a complete vision of the Thai Hand Method: a method that works through movement, positions, repetition, and awareness.

And it prepares the practitioner for the final step: integration and mindfulness in touch.



Part 11 From Class to therapy

Creating a 60-minute treatment

An extra possibility, not the main goal

By the time a student completes Class 2, something important becomes possible.

The method is no longer just something to follow.
It becomes something to apply.

Class 1 and Class 2 can be combined into a 60-minute treatment.
This can be useful when giving a private one-on-one massage, when someone pays for a full private treatment, when you work with your partner at home, or when you want to practice the method outside the class format.

This 60-minute massage can feel wonderful.
It can be deep, complete, and therapeutic.

But it is important to understand one thing:
This is an extra possibility.
It is not the main purpose of the Thai Hand Method.

The main goal is the Class

The Thai Hand Method is built around classes.

Because the power of the method is not only in the sequence.
The power is in the frequency.

One long massage can feel amazing.
But if it only happens once, the effect fades.

A 30-minute class repeated every week can create more change than one 60-minute massage once a month.

This is where the Thai Hand Method is different from the traditional massage world.

Most massage is based on occasional treatments.

Someone has pain.
They book a massage.
They feel better.
Then life continues.
The tension returns.
The stress returns.
The pain returns.
And they book again.

The Thai Hand Method changes that model.
It makes massage regular, accessible, repeatable, and shared.

Why teaching the Class matters

As a future teacher, you are learning more than how to give a session.
You are learning how to guide a group.

In one class, participants give for 30 minutes and receive for 30 minutes.

Instead of helping one person at a time, a teacher can guide many people through the method at the same time.

This is powerful because the teacher does not have to carry all the work alone.

The method is shared.

The group learns.

The bodies receive.

The teacher guides.

And because the class includes receiving,
the teacher also
stays connected to the practice.

This is one reason the method
can grow.

It is not only a therapy.
It is a class system.



Combining Class 1 and Class 2

Once both levels are understood, the student can begin to combine them.

This creates a 60-minute treatment that includes all four body positions, different depths of pressure, and a complete progression of the body.

The four positions come together:

- supine — Class 1
- side-lying — Class 2
- prone — Class 2
- seated — Class 1 and Class 2

This transforms the method into a full-body therapy.



A structured therapeutic flow

A 60-minute session can be organized as a natural progression.

It begins with supine work from Class 1, creating relaxation, nervous system regulation, and preparation of the body.

It develops into side-lying work from Class 2, bringing precision, unilateral work, and deep structural access.

It integrates through prone work from Class 2, connecting the posterior chain and allowing deeper pressure and global integration.

It closes in seated position, using postural awareness, final mobilization, and awakening of the body.

This creates a clear therapeutic flow:
from preparation to depth,
from depth to integration,
from integration to closure.

Mechanotherapy in the 60-minute treatment

The 60-minute session is also a form of mechanotherapy.
But mechanotherapy does not belong only to the 60-minute treatment.

Class 1, Class 2, and Class 3 are all based on the same principle:
therapeutic mechanical input through pressure, movement, stretching,
compression, rhythm, and positioning.

Through this continuous stimulation, the body receives information that can
support tissue reorganization, circulation, joint mobilization, and nervous
system regulation.

The body does not only relax.
It adapts.
It changes.

But frequency comes first

This must be clear for every future teacher.
A 60-minute massage can be valuable.
But the real method lives in repetition.

A weekly 30-minute class is often more powerful than one long massage
once in a while because the body learns through frequency, not through one
intense experience.

The goal is not to make massage longer.
The goal is to make massage part of life.

From sequence to personalization

At this stage, the practitioner begins to evolve.

You are no longer limited to following a sequence.
You begin to choose techniques intentionally, adapt to the receiver, stay longer where needed, and simplify when necessary.

The method becomes flexible.
But the structure remains.

Personalization does not mean inventing a new method every time.
It means understanding the method deeply enough to apply it with awareness.

Maintaining the essence of the method

Even when combining Class 1 and Class 2, the core principles must remain: continuous flow, clear transitions, balanced rhythm, respect for the body, full-body awareness, and frequency over intensity.

The goal is not to do more.

The goal is to do it with more awareness.



Conclusion

After Class 2, the student is ready to move from practicing to applying. By combining both classes, a complete 60-minute therapeutic experience can be created. It can work the entire body, integrate all positions, and apply mechanical stimulus in multiple directions.

But this treatment must always be understood as an extra application. The heart of the Thai Hand Method remains the class.

Because repetition creates change.
Frequency creates results.

And the final step is still waiting: integration, flow, and mindfulness in Class 3.



Part 12 The body as one

A unified system

Everything is connected

At this level, a deeper understanding begins to emerge.
The body is not a collection of separate parts.
It is one system.

Everything is connected

This is one of the most important lessons for a future teacher because people often come to class with one complaint.

“My shoulder hurts.”

“My lower back hurts.”

“My neck is tight.”

“My knees are stiff.”

But the body does not work in isolated pieces.
Pain is often only the expression of a deeper imbalance.

Beyond local treatment

In many approaches, pain is treated locally.

If the shoulder hurts, the shoulder is treated.

If the lower back hurts, the lower back is treated.

Sometimes this is useful.

But it is incomplete if we forget the whole system.

A painful area is not always the source of the problem.

Sometimes it is only the place where the body expresses the problem.

Why you do not need 1000 techniques

This is a key point in the Thai Hand Method.

You do not need 1000 techniques for 1000 problems.

You do not need a separate method for shoulder pain, another for headaches, another for lower back pain, another for abdominal tension, another for stress, and another for sleep.

That approach sounds logical only if we believe the body works in separate parts.

But the body works as one system.

The Thai Hand Method is a complete full-body method. It works from feet to head. It uses pressure, movement, stretching, compression, rhythm, positions, and repetition.

This does not mean we ignore individual problems.

It means we do not reduce the body to the problem.

We work with the whole body so the whole system can respond.

The body works as a whole

The human body operates as an integrated system where muscles are connected through fascia, joints influence each other, movement patterns affect distant areas, and the nervous system coordinates everything. A restriction in one area can create tension somewhere else.

For example, hip restriction can affect the lower back. Foot imbalance can influence posture. Shoulder tension can relate to breathing patterns. Lateral fascia can connect hip restrictions with shoulder problems.

The symptom is not always the source.
That is why we look at the whole body.

Working around the problem

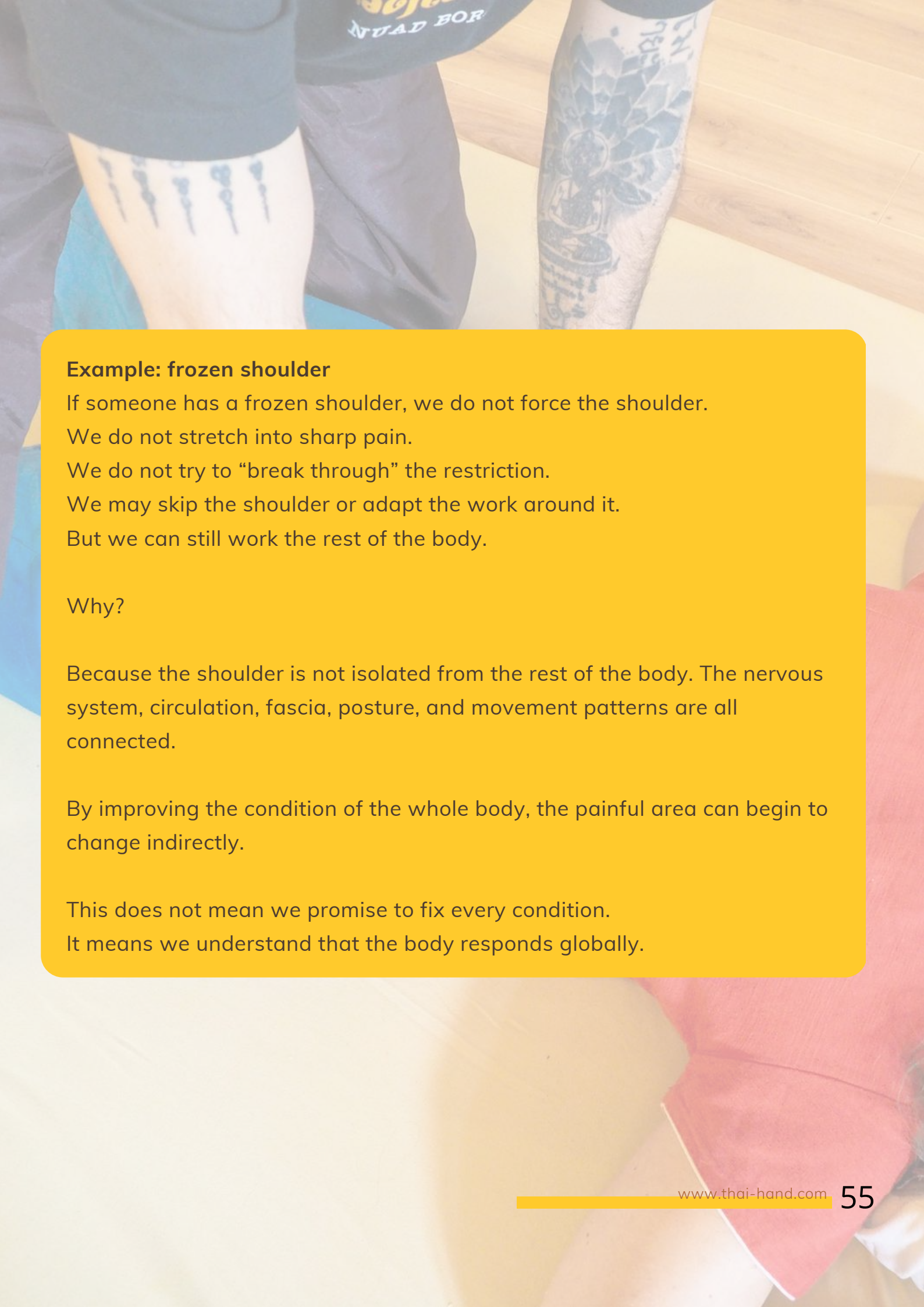
In practice, this understanding becomes essential. There are situations where the painful area cannot be touched. The tissue may be too sensitive. There may be inflammation or injury. Direct pressure may not be appropriate.

In these cases, we do not stop.
We adapt.

When direct work is not possible, we work on the rest of the body. We stimulate circulation, improve mobility, release surrounding tension, and regulate the nervous system.

This creates a global effect.

Instead of forcing the painful area, we support the whole system around it.



Example: frozen shoulder

If someone has a frozen shoulder, we do not force the shoulder.

We do not stretch into sharp pain.

We do not try to “break through” the restriction.

We may skip the shoulder or adapt the work around it.

But we can still work the rest of the body.

Why?

Because the shoulder is not isolated from the rest of the body. The nervous system, circulation, fascia, posture, and movement patterns are all connected.

By improving the condition of the whole body, the painful area can begin to change indirectly.

This does not mean we promise to fix every condition.

It means we understand that the body responds globally.

Acute and chronic inflammation

It is important to understand the difference between acute and chronic inflammation.

Acute inflammation is part of an active healing response. It may happen with fever, infection, fresh injury, trauma, swelling, or when the body is repairing something. In these situations, massage is not appropriate. The body needs energy to complete the healing or immune response.

Chronic inflammation is different. It is when the body remains in a state of unresolved irritation or restriction over time. In these situations, when massage can be safely applied, repeated full-body work may help support the body through circulation, movement, nervous system regulation, and tissue adaptation.

As a teacher, you do not diagnose.
You do not treat medical conditions.
You guide a class safely and respectfully.

When in doubt, do not massage and refer the person to a qualified medical professional.

Practical contraindications

Do not apply this method in cases of fever, acute infection, contagious illness, active flu, recent serious injury, fracture, acute inflammation, open wounds, severe swelling, or when someone has been advised by a medical professional not to receive massage.

This method is designed for adults, 18 years and older.

Children can receive gentle massage from a parent or trusted adult, but not with the same intensity. Children are still growing, so pressure must be softer, stretches must be lighter, and the work must be adapted.

Pregnant women are not treated within this method.

Pregnancy changes the body deeply. Hormones, circulation, ligament laxity, abdominal pressure, blood flow, and safety considerations are different. Pregnancy massage requires specific training and adaptations. The Thai Hand Method class sequence is not designed for pregnancy, so pregnant women are not included in this format.

Safety comes first. Always.

Why this works

When the overall condition of the body improves, tension decreases globally, movement becomes easier, compensation patterns reduce, and the nervous system relaxes.

As a result, the problematic area may begin to change indirectly. The body reorganizes itself.

The nervous system does not perceive the body in isolated parts. It perceives patterns.

When the body feels safe, supported, and balanced, it allows release, even in areas that are not directly treated.

This is why indirect work can be powerful.

From local thinking to systemic understanding

This is a key transition in Class 2.

You move from treating symptoms to working with the system.

You begin to understand that the source is not always where the pain is.

The solution is not always where you expect it.

This changes the way you see the body.

And it changes the way you work.

As a practitioner, do not focus only on the painful area. Observe the whole body. Work where the body allows you to work. Trust the global response. Adapt when needed. Never force.

Sometimes, the most effective treatment is not where the problem is.



Conclusion

The body is one.

When you improve the condition of the whole system, every part benefits.

This is the foundation of the Thai Hand Method.

A method that does not isolate, but connects.

That does not force, but supports.

That does not chase symptoms, but works with the system.

And that understands that real change happens when the body is treated as a whole.



Part 13 Final conclusion

Awareness of therapy

Class 2 is where the Thai Hand Method becomes truly therapeutic.

Class 1 prepares the body.

Class 2 reveals the body.

It reveals asymmetry, restriction, compensation, fascia, posture, sensitivity, and deeper patterns.

It teaches the practitioner to listen.

It teaches the receiver to feel.

It teaches the future teacher that transformation begins in the body before it can be taught to others.

Through one-sided work, floor work, mechanotherapy, repetition, giving, receiving, and full-body awareness, the method becomes more than a sequence.

It becomes a system.

A system that can be practiced.

Shared.

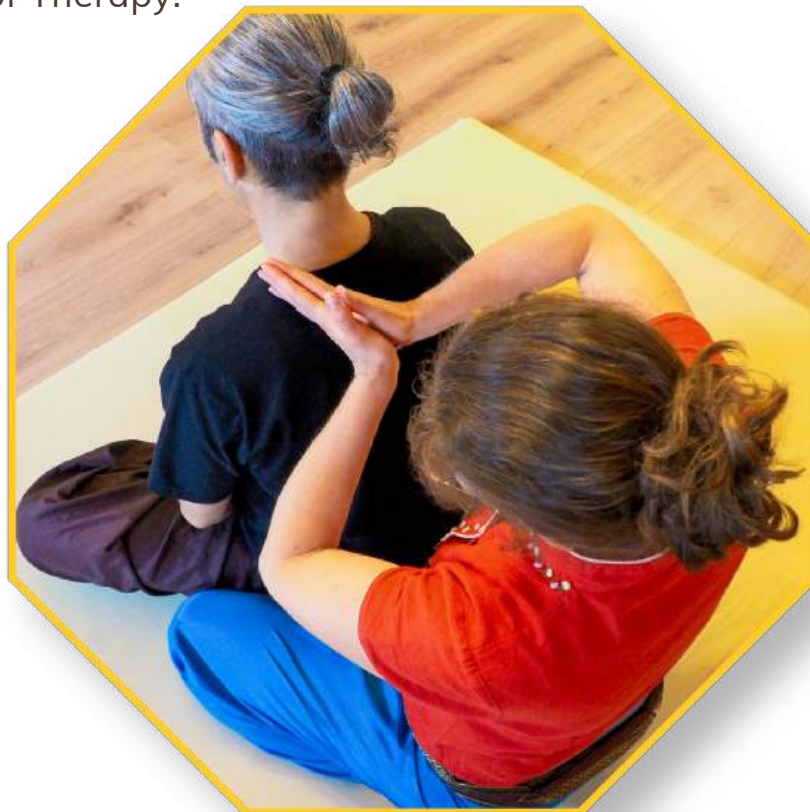
Repeated.

Taught.

And lived.

This is Class 2.

Awareness of Therapy.



Part 14 Contraindications and safety guidelines

When not to use the Thai Hand Method

The Thai Hand Method is a bodywork method based on touch, pressure, movement, stretching, compression, rhythm, and repetition.

It can support recovery, mobility, relaxation, circulation, and body awareness.

But it is not a medical treatment.

It does not replace a doctor, diagnosis, medication, or professional medical care.

Safety always comes first.

When the Method must not be used

Do not use any Thai Hand Method class if the receiver has:

- any infection
- fever
- contagious illness
- active flu
- acute inflammation
- a fresh injury
- a fracture
- severe swelling
- open wounds
- unexplained pain
- a serious medical condition
- any condition where a doctor has advised against massage
- and this is not for pregnant women

If there is an infection, the person must first see a doctor. If antibiotics or medical treatment are needed, the infection must be treated first.

Only after the infection is gone, and the body is safe to receive massage again, can the method be used to support recovery.

When there is a disease or medical condition

If a person has a disease or serious medical condition, the Thai Hand Method must not be used as a replacement for medical care.

The person must first go to a doctor.

The doctor is responsible for diagnosis, treatment, medication, and medical decisions. Only when the doctor confirms that massage is safe, the method may be used carefully to support the body.

When there is a physical problem in one area

Sometimes a person has a problem in one part of the body, such as a joint, muscle, tendon, ligament, spine, shoulder, hip, knee, or another area.

In that case, there are two possibilities.

1. Massage can be safely adapted

If massage is allowed, and the area can be treated safely, the method may be adapted.

This means:

- softer pressure
- smaller movements
- no forcing
- no painful stretching
- careful positioning
- respect for the body's limits

The work must always be adapted to the person and the problem.

2. The problem area must be avoided

If massage cannot be applied directly to the problem area, then that area must be isolated and avoided.

In this case, the practitioner may continue working with the rest of the body only if massage is still safe for the person as a whole.

This is important.

Sometimes it is safe to avoid one area and work around it.

But sometimes the condition means that massage should not be done anywhere on the body.

When there is doubt, do not massage.

Doctor supervision

In all medical situations, massage should only be applied when a qualified medical professional confirms that it is safe.

This includes:

- whether massage can be done at all
- whether the problem area can be touched
- whether the rest of the body can be massaged
- whether the method must be adapted
- whether massage should be avoided completely

The teacher or practitioner does not diagnose.

The teacher or practitioner does not decide what medical condition the person has. The teacher or practitioner does not replace a doctor.

Important principle

The Thai Hand Method can support the body only when massage is safe.

If massage can be applied to the problem area, the method can be adapted to that area.

If massage cannot be applied to the problem area, the area must be avoided.

If massage is not safe for the person as a whole, the method must not be used at all.

Final safety rule

When in doubt, do not massage.

Refer the person to a doctor or qualified medical professional.

The Thai Hand Method is powerful when used at the right time, with the right person, and in the right condition.

Safety comes before technique.

Always.

Part 15 Thai Hand Massage Method

The Massage Class 2 Sequence



Wai Khru



- Sit on your knees between receiver's ankles
- Place your hands in Wai Khru
- Meditate
- Focus on your breathing
- Warm hands
- Warm heart

Observations:

I. PP_I



- PP feet 1,2,3,2,1
- PPW feet 1,2,3,2,1
- PPW calves ↑ 1,2,3
- PC knees
- PPW thighs ↑ ↓ 1,2,3,2,1
- PC knees
- PPW calves ↓ 3,2,1
- PPW feet 1,2,3,2,1

Observations:

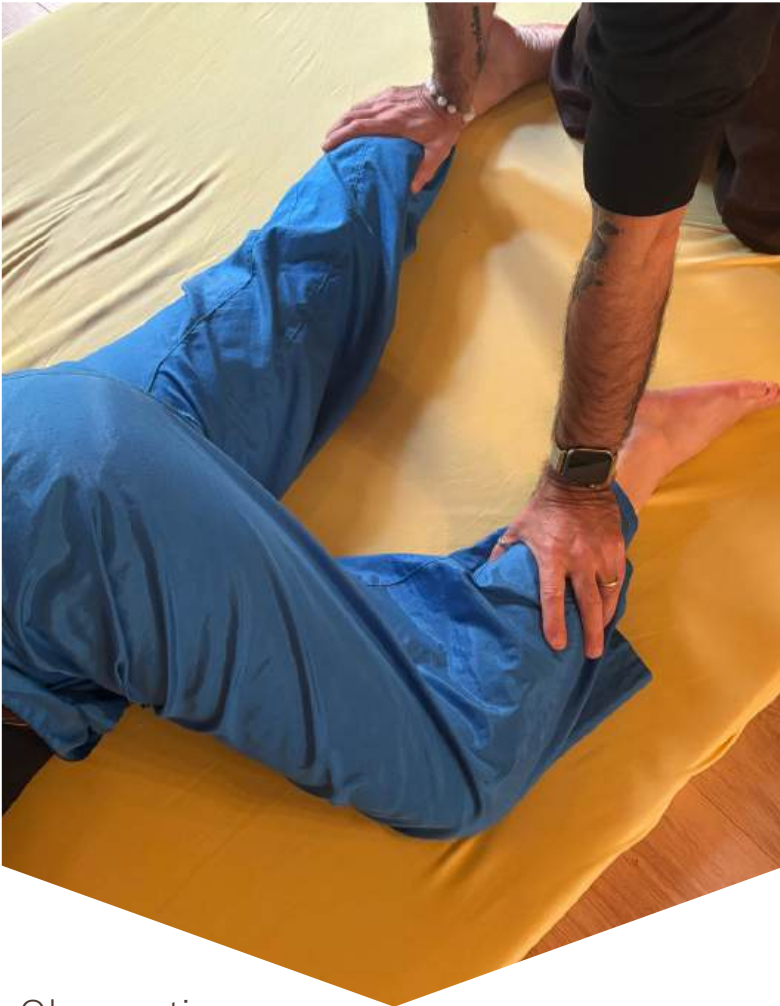
2. Knee to Chest, Foot to Butt & Transition to Side Position



- Your hand on foot, other hand on knee. Press 50-50 foot to butt and knee to chest
- 3 x
- Your hand on shoulder, other hand behind knee: push receiver into side position.

Observations:

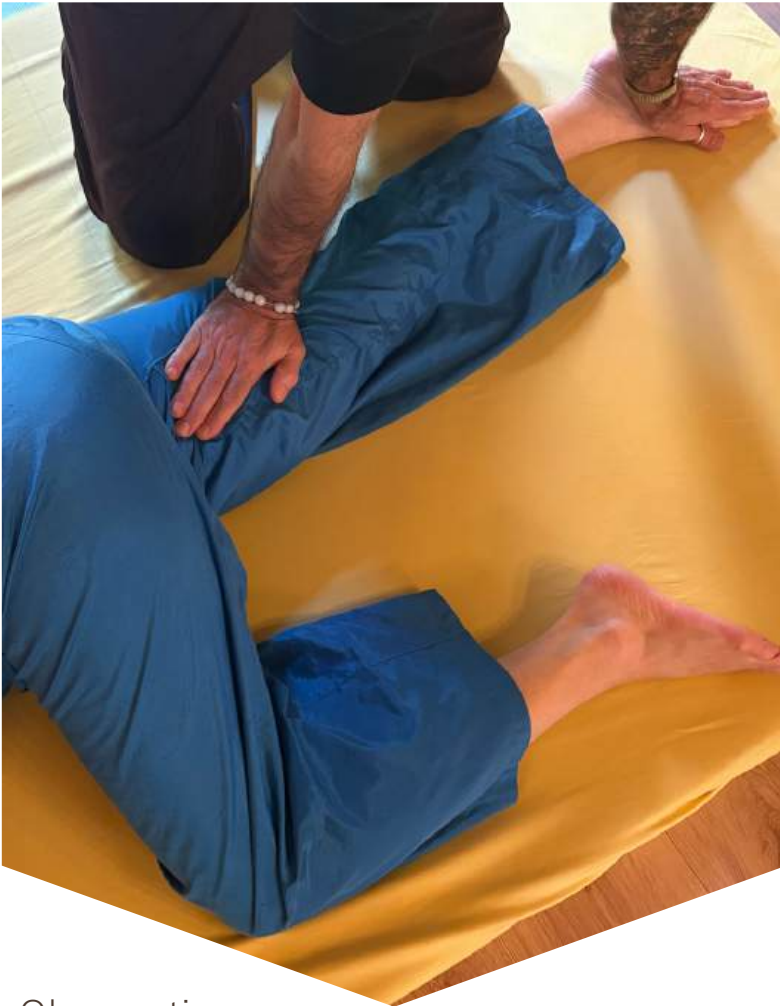
3. PP_I Side Position



- PPW feet & legs (skip knee)
- ↑ ↓

Observations:

4. PPA Straight Leg



- PPA Straight leg
(stretch leg, PPW in to knee, PPW out, PPW to knee, skip knee, PPW to ankle)
- Double PP 3x on sole foot

Observations:

5. TP Middle Line



- TP middle line
(start on achilles tendon
above ankle, skip knee,
then center line hamstring)
↑ ↓
- PPB (PPW ↑ ↓)

Observations:

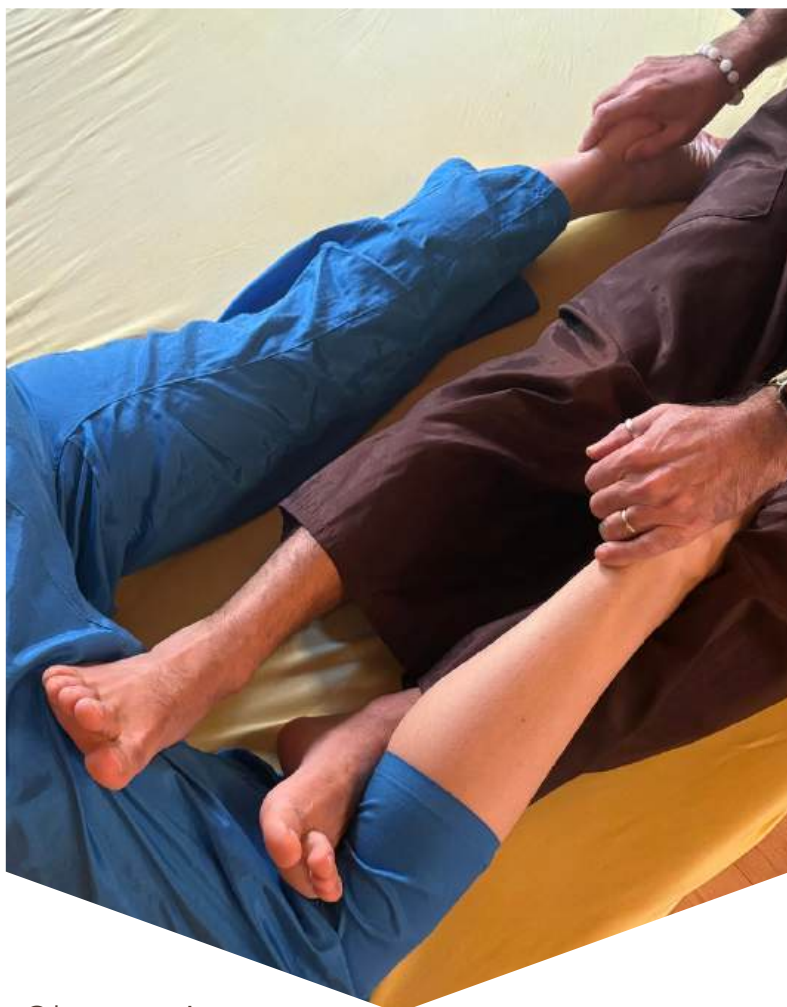
6. Close Groin



- Sit next to ankle straight leg
- FP point 1 hamstring
(push leg towards armpit)
2x

Observations:

7. Side Lock Leg



- Move foot over your leg, tuck the toes under your knee to hook. Your hand cups heel. Press with inside foot 1,2,3,2,1 (hard) and pull a bit on the heel

Observations:

8. Side Feet Walk



- Move foot back out (unlock from under your knee)
- FW (both feet) on hamstring
↑ ↓ (hand on foot pulls a bit)
- Sit behind the straight leg.
- PPW the bend leg from foot to hip ↑

Observations:

9. Side Energy Line Along Back



- Sit on knees behind back
- PP Back ↑ 1,2,3
Hands together, heel of hands above spine
(1: Hip & Low Back. 2: Middle Back 3. Shoulder & Scapula)
- PPW ↓

Observations:

10. TP Side Energy Line Back



- TP together motorbike ↑
Thumbs horizontal, tip of thumbs touch each other, above spine press in & up (90% press forward and 10% out from the spine)
- TPW ↓
- Repeat PP Back ↑ & PPW ↓ until the hip

Observations:

II. Side Half Locust (Standing)



- PPW straight leg ↓
- Hold ankle straight leg (1 hand on top foot, other on heel) of receiver with 2 hands and stand up.
- Walk behind to lower back.
- Tai chi turn (look over far shoulder (away from receiver) (80% up until 45 degree angle between upper leg and mat and 20% turn backwards)
- 2x

Observations:

12. Foot Press Sole to Sole Side Position



- FP with ball of foot on sole straight leg
- 3 x

Repeat on other leg picture 2-12

Observations:

13. PP Back Legs



- Ask receiver to turn to belly
- Sit in between receiver's ankles on knees and PPW feet & legs ↑ ↓

Observations:

14. Energy Line Far Leg



- Sit on right side of receiver on knees, face to far leg.
- PPW foot to crease butt (Skip knees)
- ↑ ↓
- TP middle line (start achilles tendon), skip knees, until sitting bone
- ↑ ↓
- PPW foot to crease butt (skip knees) ↑

Observations:

15. PP Back One Side



- Move on knees on side receiver lower back
- PP together (palms next to each other) on far side back. Heel of hands touching spine, no pressing on spine.
- 1,2,3 ↑ (lower back, middle back, upper back)
- PPW ↓

Observations:

16. Energy Line Back one Side



- TP motorbike together ↑
press down and forward
(opposite spine, far back,
90% down, 10% out
from the spine)
to top corner scapula
- TPW ↓
- PP far back together ↑
1,2,3
- PPW far back ↓
- Skip butt
- PPW far leg ↓

Observations:

17.FP Hamstring Prone



- Stand in between legs receiver, foot press on hamstring 1,2,3,2,1 while pull a bit on the foot (10% pull foot, 90% press hamstring)

Observations:

18. Foot to Butt Prone



- Place your foot point 1 behind knee (only toes under knee) and press foot to butt
- 1x

Observations:

.....

.....

.....

.....

.....

19. Sole on Sole



- Feet Walk Sole on Sole
- 3x

Repeat on other
leg picture 13-19

Observations:

20. Feet Walking



- Feet Walk sole on sole
- 3x each foot

Observations:

.....

.....

.....

.....

.....

21. Head to Knee, Crossed Legs



- Hold each others wrists, pull up and bend knees a lot
- Then walk behind and place to sit

Observations:

22. Trapezius PP & TP



- PP Trapezius
1,2,3,2,1 (out and in)
(fingers behind)
- TP Trapezius
1,2,3,2,1 (out and in)
(fingers behind)
- PP Trapezius
1,2,3,2,1 (out and in)
(fingers behind)

Observations:

23. Ice Picking Neck



- Interlaced TP Neck from C7 to Skull
- ↑ ↓ ↑

Observations:

24. Shampoo



- TFC everywhere on the hair/head

Observations:

25. Chop



- Chop Trapezius out and in
- Chop between Scapula & Spine ↓ ↑
- Repeat other side
- PC Back
- Brush 5x

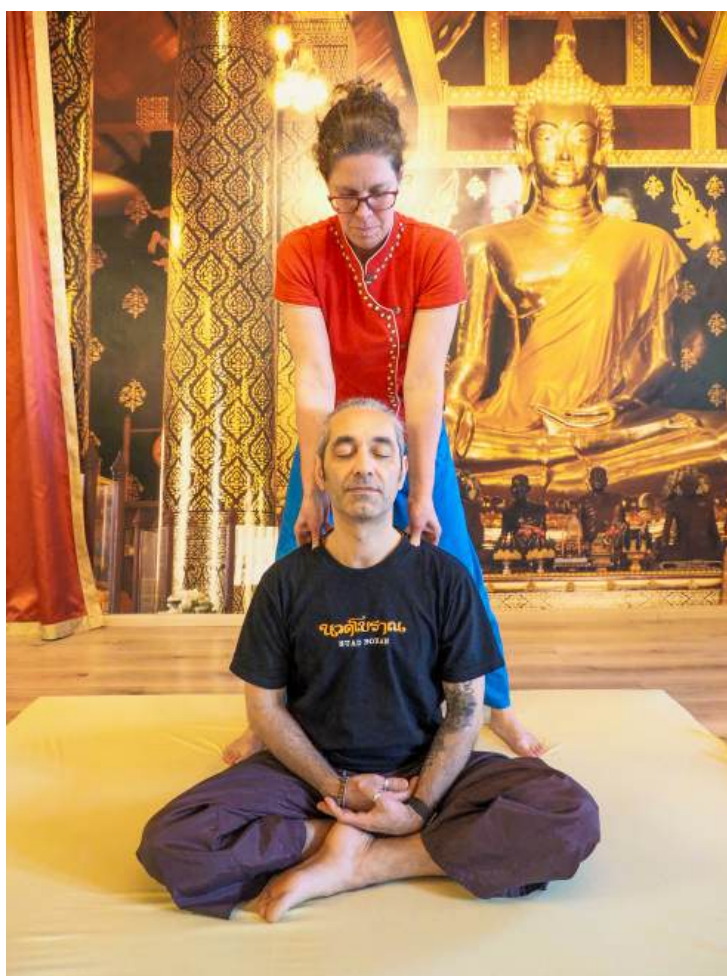
**End of the
massage, now you
switch to receive
the massage (I-25)**

Observations:

Part 5

Abbreviations

PP	Palm Press
PC	Palm Circle
TP	Thumb Press
TC	Thumb Circle
FP	Finger Press / Foot Press
FPW	Foot Press Walk
FC	Finger Circle
PPW	Palm Press Walk
TPW	Thumb Press Walk
BF	Butterfly
TFC	Thumb Finger Circle
PPA	Palm Press A
PPB	Palm Press B



Part 6 Overview of Thai Hand Method

The Massage Class 2 Sequence

Thai Hand Method – Level 2 Massage Class



Wai Khru



1. PP1



3. Knee to Chest, Foot to Butt



3. PP1 Side Position



4. PPA Straight Leg



5. TP Middle Line



6. Close Groin



7. Side Lock Leg



8. Side Feet Walk



9. Side Energy Line Along Back



10. TP Side Energy Line Back



11. Side Half Locust
(Standing)



12. Foot Press Sole Side
Position
Repeat on other Leg 2-12



13. PP Back Legs



14. Energy Line Far Leg



15. PP Back One Side



16. Energy Line Back one Side



17. FP Hamstring Prone



18. Foot to Butt Prone



19. Sole on Sole

Repeat on other Leg 13-19



20. Feet Walking



21. Head to Knee, Crossed Legs



22. Trapezius PP & TP



23. Ice Picking Neck



24. Shampoo



25. Chop



End Massage Mantra

Thai Hand Method – Level 2 Massage Class



Wai Khru



1. PP1



3. Knee to Chest, Foot to Butt



3. PP1 Side Position



4. PPA Straight Leg



5. TP Middle Line



6. Close Groin



7. Side Lock Leg



8. Side Feet Walk



9. Side Energy Line Along Back



10. TP Side Energy Line Back



11. Side Half Locust (Standing)



12. Foot Press Sole Side Position
Repeat on other Leg 2-12



13. PP Back Legs



14. Energy Line Far Leg



15. PP Back One Side



16. Energy Line Back one Side



17. FP Hamstring Prone



18. Foot to Butt Prone



19. Sole on Sole

Repeat on other Leg 13-19



20. Feet Walking



21. Head to Knee, Crossed Legs



22. Trapezius PP & TP



23. Ice Picking Neck



24. Shampoo



25. Chop



End Massage Mantra

