



Escuela Nuad Thai Europe Program

Escuela Nuad Thai offers its Studies Program both in Buenos Aires, where it is located, and in other locations where there are interested in studying the traditions that we transmit.

The program is made up of three stages: the Initial Course, the Training, and the Postgraduate Group.

- The **Initial Course** is designed so that those who are unaware of these teachings and the traditional way of transmitting knowledge can have a first access to them, and then decide whether to continue their studies. The contents transmitted in the Initial Course are enough to be able to start giving massages, since in it we teach the Thai Massage Style of the Blind, with which blind people work in Chiang Mai (Thailand).
- Students access our study Program, in which all the theoretical-practical contents that we transmit are presented, over 3 visits. This process will ideally take 1-3 years. This planning is designed so that students have enough time to be able to practice the contents transmitted in each visit, and to be able to reach an optimal level of study, practice and understanding of them.
- The Postgraduate Group is made up of students who have completed the Study Program, and wish to continue advancing in their understanding of what they have learned, practicing with their peers and those responsible for each node, etc. In each node, practice meetings will be offered, ideally weekly.



Initial Course - 24 hs

- 3 hs - Lineage. Wai Kru. Motivation.
- 3 hs - Basic elements. Joint Release in oneself. Layers.
- 3 hs - Joint Release in another. Layers in another.
- 15 hs - Thai Massage of the Blind style.

The Initial Course is the beginning of the Training, but it is a course in itself, so that those who do not want or cannot carry out the complete Program and only access this study, will be able to understand the bases of the external techniques of Thai Medicine and a full massage style.

In the Initial Course, students begin their study process by learning:

- about Tradition and our Lineage. The first *wai kru* that we transmit in the Program. The right motivation of a doctor.
- the foundations of element theory in the Thai Tradition. The Joint Release sequence on ones self and anatomical layers of the body (traditional Thai anatomy),
- the Joint Release Sequence in one another,
- work on the anatomical layers in one another to work taut tissues. Thai Massage of the Blind style.



Full Study Program - 72 hs

Visit 1 - 24 hours. Students who have finished the Initial Course begin the full Program by learning:

- 1.Traditional Anatomy 1.** The anatomical location of the main *sen*,
- 2.Diagnosis of Five Limbs.** Diagnosis of the wind through patient's pulse,
- 3.Abdominal massage.** A complete abdominal massage, respecting the anatomical layers. One of the most important techniques we will learn,
- 4.Massage with Oil.** We will study this work on the back, but the same concepts can be applied to all channels of the body.

Visit 2 - 24 hours. Students continue the training process by learning:

- 1.Hot balm. Yaa dhom.** We will make our own hot balm, which we will use to enhance massage sessions, and *yaa dhom*, a Thai inhaler formula,
- 2.Traditional Anatomy 2. Release Points.** Their anatomical location, and how to treat them to achieve a fast relaxation of the tissue,
- 3.Traditional Anatomy 3. Wind Gate Points.** Its anatomical location and treatment, to adjust this element in the affected area of the patient,
- 4.Lanna Stretches 1.** First part of this series, understanding how to work shortened tissues.



Visit 3 - 24 hours. Students continue the training process by learning:

- 1. Lanna Stretches** 2. Second part of this series,
- 2. Compresses.** How to prepare and apply hot compresses, which will help relax skin and tissues,
- 3. Cupping.** How to apply fixed and sliding cups, both plastic and glass, in order to help resolve old and deep tensions,
- 4. Access points.** Its anatomical location and treatment, subtly balancing the wind in the patient,
- 5. Khoot.** Technique with which we help to solve the excess of fire.

Graduate Group.

Students can continue the process of their training, increasing the level of their relationship with the teachers and their commitment to the Tradition by learning various techniques that require to receive a certain initiation from the teachers.

Tok Sen.

Chet Gai.

Others.

Endorsements. Representations. Collaborations.

Escuela Nuad Thai.

Is responsible for the Traditional Training Program.

Its director studies with traditional Thai doctors; since 2008 with Reusi Tevijjo and since 2014 with Ajahn Vichit.

All the teachers who visit the different nodes are part of the permanent staff at the headquarters in Buenos Aires, Argentina, and regularly study with traditional Thai doctors.

Lanna Traditional Doctor's Society.

Based in Hangdong (Chiang Mai).

Its director, Ajahn Prasong, knows personally the director of Escuela Nuad Thai and the doctors and professors with whom he studies. For all this, he was invited to represent it along with two other teachers / practitioners in 2015, receiving his endorsement ever since.

Red Nuad Internacional.

It was formed around 2017 by the director of Escuela Nuad Thai as a meeting place for those who have studied there, and want to start transmitting the knowledge they have acquired by opening their own schools.

In turn, the students trained in any school member of RNT can be part of it, being mentioned on its website, having priority in the events that the RNT organizes, etc.

Associazione Isimuni.

Carried out by Reusi Bhālacandra (an ascetic practitioner of Thai traditions), it is today a shelter for sick, mistreated animals, etc.

10% of the profits obtained will be donated to it.

The students who take the course in Italy (Turbigo) will have the opportunity to actively cultivate metta, participating every day in the daily activities of the association, if they wish.

