

Asian Body Therapy Program: Learn Thai Massage and Shiatsu

Registration:

Download catalog at www.kcfitnesslink.com/catalog. The application is located at the end of the catalog.

Introduction to Asian Body Therapy (ABT)

Become an Asian Body Therapist, work for yourself, set your own hours and have the independence to enjoy a life helping others.



ABT encompasses traditional healing techniques from Thailand, China, India, and Indonesia Japan. These techniques focus on the balance of energy in the body through the use of pressure points, passive stretching, reflexology, and relaxation techniques.

While Western massage has an anatomical focus with the intention of relieving local muscular tension or toxins, the intent of ABT is to open energy in the body which leads to physical, mental and spiritual well-being.

Our ABT program has three options: 1) a 650 hour program in Zen Shiatsu 2) a 650 hour program in Thai Massage or 3) a 1000 hour combined program in Zen Shiatsu and Thai Massage.

Current massage therapists who are already licensed can take only the core curriculum in Thai/Shiatsu (Levels I-III) along with Ayurveda and Traditional Chinese Medicine.

Course Dates and Comparison: (see full catalog for all dates including science courses)

	650 Hour Thai Massage	650 Hour Zen Shiatsu	1000 Hour Combined ABT Program
120 Hour Anatomy	x	x	x
60 Hour Pathology	x	x	x
60 Hour Business/Ethics	x	x	x
60 Hour Intro to Western Massage	x	x	x
60 Hour Intro to Energy Healing			x
40 hour National Exam Review	x	x	x
60 hour Ayurveda	x		x
120 Hour Traditional Chinese Medicine	x	x	x
180 Hour Thai Massage: levels I-III	x		x
180 Zen Shiatsu Massage: Levels I-III		x	x
80 Hour Practicum	x	x	x
60 Hour Mind Body Training			x

Frequently Asked Questions:

1. Why should I study massage at KCFitnessLinK? We offer several benefits:
 - a. **Small classes** (less than 10 people).
 - b. **Affordability and fast-track nature.** Many comparable programs cost 1/3 to 1/2 more than KCFitnessLink. Our programs are not degree-based and allow you to get the minimal amount of coursework to get certified without taking unrelated coursework to create a degree. The 650 hour programs can be completed in one year.
 - c. **Unique training.** Many massage schools focus on Western massage modalities and don't go into extensive study in Asian Body Therapy.

2. What is the difference between Asian Body Therapy and Western massage?

Essentially the intent is the biggest difference in ABT and Western massage. The goal is to open the energy channels in the body and balance the elements in the body. When energy channels are blocked, physical as well as mental and emotional tension develops. Also, ABT is done on the ground, fully clothed and uses little or no lotion/oil.

3. What does an Asian Body Therapist do? Asian Body Therapists use acupressure techniques, breathing, relaxation and traditional herbal therapies to individuals develop optimal health.

4. Where can I work after this training? ABT Therapists work in many conventional places similar to massage therapists: hotels, spas, massage therapy studios, hospitals, wellness centers, acupuncture centers cruise ships and more.

5. What is the difference between Shiatsu and Thai massage? Thai Massage is practiced in two styles: Northern and Southern. Southern style uses heavy pressure and focuses on working key points. Northern style places more emphasis on Yoga-like stretching positions or interaction. It reflects the gentleness of the Northern-Thai people and the "slower pace" of their lifestyle. Both styles were influenced from yoga and eastern practice from India. The movements in Thai massage are a lot more dynamic than Shiatsu. The energy lines are given a lot of deep stretches some of which resemble yoga poses. The energy lines are also worked on in both an up and down direction. Finally, there is much less theory, as little written documentation has survived in Thailand. Many Thai therapist derive theory from Traditional Thai Medicine and Ayurveda from India.

6. **What is the job outlook and what does a massage therapist earn?** Employment of massage therapists is expected to increase by 19 percent from 2008 to 2018, faster than the average for all occupations. The median expected salary for a typical Massage Therapist in the United States is \$43,065

7. **How long will it take to complete the program?** Both 650 hour programs can be completed in approximately 12 months. The combines program will take 18-24 months to complete.

8. **Are continuing education units required upon certification?** Yes, KCFitnessLink requires continuing education on an annual basis. Most local or state jurisdictions, as well as National Certification from NCBTMB will require continuing education.

9. **Am I eligible for licensing after completing the course?** Students re encouraged to understand the laws regulating massage in the areas they live in. Regulation varies from state to state. Most states require 500 hours of certification along with national certification through examination. Some state have no requirements or state-based laws including (local jurisdiction still applies). These states include: KC, OK, WY, ID, MN, VT. Visit the [state-by-state overview](#) of applicable laws.

10. **Do I sit for a national exam in massage upon completion?** Yes, upon completion of our programs, we encourage students to sit for the national exam administered by the National Certification Board for Therapeutic Massage & Bodywork. [Thirty nine states](#) use the national NCBTMB exam. The exam is a multiple choice and 160-questions. The test is a computer-based exam that can be taken at national testing facilities.

11. **What are typical work hours of a massage therapist?** Because of the physical nature of the work and the time needed in between sessions, massage therapists typically work less than 40 hours per week. Most therapists who work 15 to 30 hours per week consider themselves to be full-time workers, because when time for travel, for setting up equipment, and for completing business functions, such as billing, are added, a massage therapist's hours per week may very well be more than 40 hours.