



Study Thai Massage at the source!

Thai Massage & Spa Study Tour 2009

Thailand STUDY TOUR 2 0 0 9

*A professional and personal
opportunity of a lifetime!*

Only \$3,700
(all tax deductible*)



Departs 29 August 2009
Return 12 September 2009
Deposits must be received by
10 March, 2009.

Earlybirds (before March 10,
Mostly Massage members and
returning members from past
Mostly Massage Thai tours
receive a \$100 discount on the
2009 Tour)

- Includes return airfares from
Australia-Bangkok-Australia
- All accommodation in 3-4 star hotels
- Chiang Mai-Bangkok, all airport
transfers, 1st week Thai Massage
tuition, all Travel insurance, meals
where mentioned.

Only \$800 deposit secures your place

*This is a genuine professional development opportunity. Check with
your accountant prior to booking as to the level of tax deduction you
will be able to claim.

Thai Massage has gained wide
popularity in the West. It is an
extraordinary method of aligning the
energies of the body, and originates from
the time of the Buddha, 2,500 years ago.

*Thai Massage is part of the therapeutic
traditions of this beautiful country
and Mostly Massage offers you the
opportunity to learn Thai Massage and
advanced Thai Spa techniques where they
originated, in Chiang Mai, Thailand, in
the company of other massage therapists
from Australia and around the world.
Be part of this fascinating culture while
you learn a wonderful new massage style
to offer your clients back in your
own clinic.*

Amazing low cost!

*You can also see many of the fascinating
attractions during your tour;*

- **In Bangkok, the Grand Palace,
Emerald Buddha and Wat Pho**
- **Jungle & Elephant Tour**
- **Thai cooking lessons**
- **Day Tour to the Golden Triangle**
- **Night & weekend markets**

Teaching Program

We will be going to the premier Thai
Massage School, home of the northern style
of Thai Massage to learn how to perform
a comprehensive three hour Thai massage
treatment.

There are two levels over the 10 days. The
tuition will give international students a
substantial foundation in the major positions
of Thai Massage.

There are also exciting advanced courses in
selected Thai Spa modalities that are offered
as either a complement to your Thai Massage
training or as a stand alone alternative.

All lessons are in English and on completion
of the Course you will be a certified Thai
massage therapist with a certificate
accredited by the Thai Government and the
Australian Association of Massage Therapists
(accredited College)



For more information contact Greg at Mostly Massage
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info@mostlymassage.com.au | www.mostlymassage.com.au

Thai Massage & Spa Study Tour 2009

The original name of Thai Massage is "Nuad Thai" and correctly translates as Ancient Massage or Traditional Massage.

It is an extraordinary method of aligning the energies of the body, and originates from the time of the Buddha, 2,500 years ago. Shivago Komarpaj, a physician and contemporary of Buddha is considered to be the source of the basic knowledge for today's Thai Massage techniques.

As well as gaining an accredited Thai Massage qualification you could:

- Learn unique Spa techniques including Thai reflexology and Thai Herbal compresses
- Prepare and cook authentic Thai meals at the premier Thai cooking school in Chiang Mai.
- Be responsible for your very own elephant for a day; washing, feeding, teaching and understanding how to communicate with these beautiful animals
- Cuddle tiger cubs at the Tiger Kingdom.
- Visited the Golden Triangle and travel over to Laos for an afternoon
- Take advantage of some basic quality dental work at a fifth of the Australian cost
- Visit the silver, umbrella and Thai silk factories to discover the best local and unique crafts in Thailand
- Swing through the jungle canopy, in harness, experiencing the thrill of the 'Flight of the Gibbon'
- Visit Chiang Mai's Silver Temple and spend time de-stressing with a Buddhist monk
- Experience some of the most exquisite Thai food - in Thailand!
- Immerse yourself in the charming Thai culture.

For those interested in becoming involved in charity work within the Thai community, even for just a few hours on Tour, Mostly Massage can facilitate this for you. Discuss this with Greg if this area appeals to you.

Studying Thai massage

Teaching program

Level 1 (Week 1 Monday-Friday)

This course establishes the foundation of professional Thai massage. The concepts of meridians, energy lines (Sen), and Yin and Yang are introduced. This course covers practical aspects such as stretches, acupressure points, proper use of body weight, and techniques using thumbs, palms, elbows, and feet. Additional emphasis is placed on deep, focused abdominal (Hara) work.

At the end of the Level 1 course, students will be able to perform an effective 1½ hour treatment sequence covering the front (lying on the back) and the back part of the body.

Level II (Week 2 Monday-Friday)

This level builds upon Level I and continues to the side, back (lying on the stomach), and sitting positions. Students learn advanced yogic stretching positions and additional techniques using knees and fists.

Upon completion of Level I and II, students have a substantial foundation of understanding in complete major positions of Thai Massage and can expect to perform a comprehensive 3-hour treatment.

- All Courses are taught in English. The ITM Thai massage style focuses on flowing movements, sensitivity/awareness and tailor-made techniques to suit individual

needs. On successful completion of the course, students receive a certificate accredited by the Thai Government. (This School is also accredited by the Australian Association of Massage Therapists)

Studying Spa and other Techniques

You may decide to do all, or a selection of the Spa and massage techniques below.

- Aroma Herbal Oil massage
- Facial & Body Treatments
- Thai Herbal Compress
- Tok Sen Ancient Thai Therapy
- Thai Chair Massage
- Thai Foot Reflexology Massage
- Thai Table Massage.

Thai Massage Study Tour to Chiang Mai Thailand 2009

Dates: 29 August - 12 September 2009
Cost: \$ 3,700.00 + airline taxes (\$605.00)

Deposits must be received by 10 March, 2009. The above cost includes return airfares from Australia to Bangkok with Thai Airways, all accommodation in 3-4 star hotels, internal flights Bangkok – Chiang Mai – Bangkok, all airport transfers as mentioned above, meals where mentioned and all sightseeing including entrance fees as per itinerary.

Places on this tour are limited and as we have invited New Zealand therapists to join us on the 2009 Tour, it would be wise to send your deposit promptly to ensure you are part of this wonderful professional and cultural experience.



Mostly Massage Thai Massage and Spa Tour 2009

Group booking form

PLEASE PROVIDE YOUR NAME AS PER YOUR PASSPORT:

Surname: _____ Given names: _____

Date of birth: _____ Passport number: _____ Passport expiry: _____

(please send a photo copy of your passport along with this form)

CONTACT DETAILS

Street address: _____

Suburb: _____ State: _____ Post code: _____

Home number: _____ Work number: _____

Mobile: _____

(please provide at least 2 contact numbers)

Email address: _____

(must be provided to send you information updates)

EMERGENCY CONTACT:

Name: _____ Relationship: _____

Home number: _____ Work number: _____

Mobile: _____

(Please provide at least 2 contact numbers)

PERSONAL DETAILS:

Do you have any specific meal requirements/allergies that we should know about? (eg Vegetarian)

Do you have any physical or mobility issues that we need to be informed of?

TOUR PERSONALISER:

Your Departure city: _____

Your Tour Leader (Greg) will be departing from/ returning to Sydney and in the past most travellers have preferred to do the same so they enjoy the Group Experience. If however you prefer to depart from another Australian Capital City please provide details below. Your overall tour cost may change according to your city of departure due to variations in air taxes and flight costs. Due to flight scheduling you may also be required to depart a day earlier than the Sydney departure date in order to have you arrive at your destination in time to take part in the tour activities.

Departure City from Australia: _____

Arrival City in Australia: _____

Rooming choices and costs

Please tick (✓) your preference:

Single room (supplement cost of \$548 will apply)

Twin share with someone of same sex:

Twin share with someone of either sex:

Double share with partner: Partners name: _____

If you have chosen twin share and you wish to be roomed with a fellow traveller please provide their name below. We will do our best to ensure that you are sharing together.

Want to extend your stay?

Some travellers wish to extend their stay at the end of the group tour and have family/friends join them. If you wish to do this please provide a brief description of your requirements below and the Group Travel Consultant will contact you by email.

Where did you hear about the Mostly Massage Tours?

PAYMENT ENCLOSED (please tick ✓ where appropriate):

- Deposit enclosed \$800 (this is non-refundable)
- Second Payment \$ 1,400 by 1 June
- Final payment \$ 1,500 by 6 July (\$1400 for early birds or Mostly Massage Members) + \$548 single supplement if required + \$605 airline taxes
- Accompanying spouse/friend/partner (not attending the Thai massage classes \$3,600) Earlybird + spouse/friend/ partner \$3500
- Full payment \$3,700 early bird and/or Mostly Massage Member \$3,600 (add \$605 airline taxes and single supplement charge of \$548 if applicable) Amount enclosed \$ _____

NB: Due to the negotiated price for low cost hotel rooms in Chiang Mai it is very expensive and difficult to arrange single rooms once we are there so please decide carefully.

Due to the fluctuating Australian dollar and other variables, it is strongly advised that you pay the full amount of Tour costs as soon as you can to avoid any price increases.

Your payment includes the cost of the Level 1 Thai massage course (Week 1)

TOUR BOOKING CONDITIONS AND USEFUL INFORMATION:

- All Group tour information and updates will be forwarded to your Group Leader All of your tour and flight details will be forwarded to your Group Leader Greg Morling. The Group Leader is then responsible for forwarding the information to you. If you have any questions with regards to your tour please contact Greg and not the Travel Consultant. You will only have direct contact with the Travel Consultant with regards to any trip extension details which you have requested to be organised.
- All prices are subject to availability and can be withdrawn or varied without notice. Your deposit and Final payment due dates will be forwarded to you by the Group Leader. However due to the current economic situation travellers have experienced several fluctuations in pricings of Air Fares and taxes with which we have been given limited or No notice. We will ensure that your Group Leader is notified as soon as we are if there are any changes that effect your booking. At the moment we are advising that you pay in Full for your trip as soon as possible to avoid any price increases.
- All deposits paid are non refundable. If you are cancelling due to an unforeseen circumstance or medical situation you may be able to make a claim request with your Travel Insurance. Please see your policy for cover and conditions.
- No changes to Flights are permitted after full payment has been made. As you are travelling on a group booking we cannot make flight changes after you have paid in full and your tickets have been issued by the airlines. Please ensure that you check with your Group Leader (Greg Morling) your flight details prior to paying in full.
- Vaccinations and medical requirements for your travel. You can visit your local GP for information on travel health and Vaccinations for your trip. Otherwise you can call the International Travel Vaccination Centre on 1300 557 070.

PLEASE SIGN BELOW:

I acknowledge that the information that I have provided is correct and that I understand and agree with the above conditions.

Signature: X

Full Name: _____ Date: _____

Mostly Massage Thai Massage and Spa Tour 2009 - Booking Terms and Conditions

On behalf of Mostly Massage

ABN 88003375835

These Booking Conditions constitute the entire agreement between the parties as to their subject matter, and supersede all prior agreements and understandings between the parties..

Prices:

All prices are subject to availability and can be withdrawn or varied without notice.

Cancellation Fees:

We are unable to provide a refund to you until we receive the funds from the relevant supplier.

Cancelled bookings will incur charges. These charges can be up to 100% of the cost of the booking, regardless of whether travel has commenced. Fees will also apply where a booking is changed or tickets are re-issued.

Where we incur any liability for a cancellation fee or charge for any booking which you cancel, you agree to indemnify us for the amount of that fee or charge.

Deposit and Final Payment:

We require a minimum deposit of \$800 per person when booking. Your service provider will require further deposits. All deposits are non-refundable. Final payment is required no later than 6 weeks prior to departure unless otherwise stated on your invoice.

Credit Card Transactions:

Credit card surcharges of 2.0% for Visa, MasterCard will apply when paying by credit card. If for any reason any travel service provider is unable to provide the services for which you have contracted, your remedy lies against that provider, and not against Mostly Massage . In the event that payment has been made to Mostly Massage by credit card, you agree that you will not seek to charge back your payment to Mostly Massage .

Taxes:

Certain taxes are mandatory in various countries. There may also be an additional local tax charged at some airports. All taxes are subject to change without notice.

Liability:

We do not accept any liability of whatever nature, whether in form or otherwise, for the acts, omissions or default, whether negligent or otherwise, of third party providers over whom we have no direct control. Under circumstances where liability cannot be excluded, such liability is to the value of the purchased travel arrangements. We do not accept any liability in contract, tort or otherwise for any injury, damage, loss (including consequential loss), delay, additional expense or inconvenience caused directly or indirectly by force majeure or any other event which is beyond our control which is not preventable by reasonable diligence on our part.

Special Requirements:

Please advise your consultant of any special requirements you may have, for example, special meals, medical requirements and so on.

Frequent Flyer:

Please advise your consultant of your frequent flyer details. Your consultant will pass these details on to the relevant supplier but cannot guarantee that the supplier will credit points for your booking. Please retain all boarding passes to allow verification of your travel if required.

Passports & Visas:

It is your responsibility to ensure that you have valid passports, visas and re-entry permits which meet the requirements of immigration and other government authorities. Any fines, penalties, payments or expenditures incurred as a result of such documents not meeting the requirements of those authorities will be your sole responsibility. All travelers must have a valid passport for international travel and many countries require at least 6 months validity from the date of entry. If you need information regarding visa and other travel document requirements for your trip please let us know. We can obtain such information from an external visa advisory service provider on your behalf. We do not warrant the accuracy of such information and accept no liability for any loss or damage which you may suffer in reliance on it. We can obtain visas for you if you wish and fees may apply for this service.

Travel Advice:

For travel advice please contact the Department of Foreign Affairs and Trade or visit their website at www.smarttraveller.gov.au.

Travel Documents:

Travel documents include (without limitation) airline tickets, hotel vouchers, tour vouchers or any other document (whether in electronic form or otherwise) used to confirm an arrangement with a service provider. Travel documents may be subject to certain conditions and/or restrictions including (without limitation) being non-refundable, non-date-changeable and subject to cancellation and/or amendment fees. All travel documents are non transferable. All airline tickets must be issued in the name of the passport/photo identity holder, some carriers will deny carriage if the name varies and the booking may be cancelled. Any errors in names on your documentation will be your responsibility if not advised at the time of booking. It is your responsibility to collect all travel documents from us prior to travel. As a general rule your travel documents will be available for collection 2 weeks prior to departure, however this will depend on your individual arrangements.

Please contact your consultant the day before collection to confirm that the travel documents are ready for collection.

Health:

It is your responsibility to ensure that you are aware of any health requirements for your travel destinations and to ensure that you carry all necessary vaccination documentation.

Privacy Policy:

Mostly Massage is committed to protecting the privacy and confidentiality of personal information.

Mostly Massage

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Rodd Point

Sydney 2046

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Fax: 02 9713 5578

Email: info@mostlymassage.com.au

Web: www.mostlymassage.com.au

Signature: _____

Full Name: _____

Date: _____