

ITM:

An Exceptional Thai Massage School?

If “Kate” Chulaluck Setthakorn, executive managing director of Chiang Mai’s International Training Massage (ITM) school, were in search of Thai massage training, how would she choose among the plethora of faculties available?



ITM – International Training Massage School

59/9 Chang Puek Road Soi 4, T. Sri Phum, A. Muang, Chiang Mai 50200

Tel. (053) 218 632, (083) 763 1002 Fax. (053) 224 197

E-mail: <itm@itmthaimassage.com> www.itmthaimassage.com

“I would look for a school with a good reputation, that is well-established and has been around for a long time. Teachers are important; environment; good location; not too far from the city; not too crowded.

“Apart from this, it’s important if the school cares about me, not just as a student but as a friend. However, this you won’t know until you actually get there...It’s important to get the feeling that you are welcome.”

Delving a bit deeper into ITM as an option, one may experience an encompassing sense of inner calm upon entering its tinted-glass doors. Perhaps the feng shui wizardry involved with a new, tastefully laid-out building space may further enhance this aura of authentic professionalism.

Each of ITM’s three floors reveal great attention paid to detail, so students can get the most from their training; while everything from seven, various-sized classrooms to a library, conference room and lounge opening onto an outdoor area is included.

With nearly 20 years of providing optimal-quality, Thai massage instruction – earning ITM an international network of over 17,000 students from 142 countries in-total, many now working with high-class resorts, spas and hotels – this pretty much suffices as the *well-established* component of Kate’s criteria.

Furthermore, ITM is accredited in Thailand, the United States, Canada, England, Australia and the Netherlands, and is a certified provider for health care professionals seeking continuing education credits. Kate says that about 12 of 30 massage schools embark on the journey required for attaining this status.

What primarily sets ITM apart from other Thai massage schools? Well, its students essentially learn how to accommodate their physical being into Northern Thai massage movements and techniques via a unique combination of yoga-style stretching exercises and therapeutic acupressure.

ITM provides for 16, carefully selected instructors – fluent in English, with several speaking Japanese and French as well – who are experts in the art of *nuad bo-rarn* (ancient Thai massage).

Kate says ITM’s teachers are trained to deliver these skills by holistically approaching students with the knowledge that everybody comes from different personal and professional backgrounds.

“I want teachers who have a service-mind,” maintains Kate. “The skill you can train. Good teachers have to listen, be receptive and helpful to the students.”

Using informative workbooks, from beginners to seasoned massage professionals can effectively receive this life-changing instruction – whether it’s an introductory Thai massage or foot reflexology treatment course; or the Certified Advanced Practitioner and Teacher Training Program (CAPT), which involves a local community outreach program involving the training of disadvantaged youth.

ITM shies away from pushing an agenda unto its students, but rather works toward enhancing life skills that trainees may already possess – whether as a seasoned massage professional, or “a blank page” seeking something new.

“Here, we teach students...in a gentle way...that there are many ways to do massage,” said Kate, adding that learning ITM’s style before adopting these new skills into other techniques is encouraged.

“We respect students’ knowledge. Sometimes, we just share knowledge with each other...make friends.”

She also says that most aspiring massage students consider a school’s physical environment first and foremost. And “I think Chiang Mai is the best place to learn massage and yoga” because it is “a peaceful city,” plump full of culture and friendly people who are encompassed by nature.

Likewise, ITM seeks to provide further service to its students by “always trying to get better.” Above all, “We want our students to feel warm, like they are at home...”

**Become further acquainted with ITM via an open house held every Friday, beginning at 10 a.m. Courses start every Monday, with registration beginning at 8.30 a.m. Register in advance or on the first day of class.*