



American
Organization for
Bodywork
Therapies of
Asia

Nuad Bo'Rarn (Traditional Thai Massage/Bodywork): Five Criteria

Submitted by Ric Gold in February, 2010

Core Criteria for AOBTA Instructors

1. In addition to having a clear understanding of all aspects of TCM theory required by the AOBTA, instructors of Nuad Bo'Rarn will be familiar with the Ayurvedic theory of Doshas and Elements. Also, instructors will know the names and trajectories of the 10 basic Sen energy pathways and key indications for their utilization.
2. Clear knowledge of all of the Nuad Bo'Rarn hand, arm, foot and leg techniques. Instructors will be able to clearly instruct students in the safe and effective application of all the varied techniques that comprise Nuad Bo'Rarn.
3. Assessment skills that lead to a safe and effective application of techniques. A thorough history is taken. Ability to choose procedures that best serves the client according to their signs and symptoms, health concerns and Doshic type. All specific contra-indications to treatment are well understood and followed.
4. Application of all techniques utilizing safe and effective body mechanics, whether the work is being done on the floor or on a table. Application of all techniques while working in a state of concentrated mindfulness.
5. Commitment to a personal program of self-development, including but not limited to: meditation, yoga, t'ai ch'i, qi gong, exercise, intellectual and emotional growth, healthy food choices, cross cultural understanding and tolerance.