

Monday	Wednesday	Friday
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Week 1 (General Introduction)		
January 4	January 6	January 8
8:45am-11:45am <b>Foundations in ETB</b>	8:45am-11:45am <b>Foundations in ETB</b>	8:45am-12:45pm <b>Foundations in ETB</b>
3:30pm-6:30pm <b>Foundations in ETB</b>	3:30pm-6:30pm <b>Foundations in ETB</b>	2pm-4pm (field trip) <b>Foundations in ETB</b>
		4:30pm-6:30pm <b>Foundations in ETB</b>

Week 2		
January 11	January 13	January 15
8:45am-11:45am <b>History of Thai Medicine and Massage</b>	8:45am-11:45am <b>History of Thai Medicine and Massage</b>	8:45am-12:45pm <b>Classic Routine</b>
3:30pm-6:30pm <b>Classic Routine</b>	3:30pm-6:30pm <b>Classic Routine</b>	2pm-4pm (field trip) <b>Classic Routine</b>
		4:30pm-6:30pm <b>Thai Practicum (i)</b>

Week 3		
January 18	January 20	January 22
8:45am-11:45am <b>History of Thai Medicine and Massage</b>	8:45am-11:45am <b>Classic Routine</b>	8:45am-12:45pm <b>Classic Routine</b>
3:30pm-6:30pm <b>Classic Routine</b>	3:30pm-6:30pm <b>Thai Practicum (i)</b>	2pm-4pm (field trip) <b>Classic Routine</b>
		4:30pm-6:30pm <b>Thai Practicum (i)</b>

Week 4		
January 25	January 27	January 29
8:45am-11:45am <b>Classic Routine</b>	8:45am-11:45am <b>Classic Routine</b>	8:45am-12:45pm <b>Classic Routine</b>
3:30pm-6:30pm <b>Thai Practicum (i)</b>	3:30pm-6:30pm <b>Thai Practicum (i)</b>	2pm-4pm (field trip) <b>Classic Routine</b>
		4:30pm-6:30pm <b>Thai Practicum (i)</b>

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Week 5		
February 1	February 3	February 5
8:45am-11:45am <b>Classic Routine</b>	8:45am-11:45am <b>Classic Routine</b>	8:45am-12:45pm <b>Classic Routine</b>
3:30pm-6:30pm <b>Thai Practicum (i)</b>	3:30pm-6:30pm <b>Thai Practicum (i)</b>	2pm-4pm (field trip) <b>Classic Routine</b>
		4:30pm-6:30pm <b>Thai Practicum (i)</b>

Week 6		
February 8	February 10	February 12
8:45am-11:45am <b>Thai Practicum (i)</b>	8:45am-11:45am <b>Thai Practicum (i)</b>	8:45am-12:45pm <b>Thai Practicum (i)</b>
3:30pm-6:30pm <b>Thai Practicum (i)</b>	3:30pm-6:30pm <b>Thai Practicum (i)</b>	2pm-4pm (field trip) <b>Thai Practicum (i)</b>
		4:30pm-6:30pm <b>Thai Practicum (i)</b>

Week 7		
February 15	February 17	February 19
8:45am-11:45am <b>Thai Practicum (i)</b>	8:45am-11:45am <b>Thai Practicum (i)</b>	8:45am-12:45pm <b>Advanced Thai</b>
3:30pm-6:30pm <b>Thai Practicum (i)</b>	3:30pm-6:30pm <b>Thai Practicum (i)</b>	2pm-4pm (field trip) <b>Thai Practicum (i)</b>
		4:30pm-6:30pm <b>Advanced Thai</b>

Week 8		
February 22	February 24	February 26
8:45am-11:45am <b>Advanced Thai</b>	8:45am-11:45am <b>Advanced Thai</b>	8:45am-12:45pm <b>Advanced Thai</b>
3:30pm-6:30pm <b>Thai Practicum (ii)</b>	3:30pm-6:30pm <b>Thai Practicum (ii)</b>	2pm-4pm (field trip) <b>Advanced Thai</b>
		4:30pm-6:30pm <b>Thai Practicum (ii)</b>

March Reading Break		
March 1	March 3	March 5
March Reading Break	March Reading Break	March Reading Break

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Week 9		
March 8	March 10	March 12
8:45am-11:45am <b>Advanced Thai</b>	8:45am-11:45am <b>Advanced Thai</b>	8:45am-12:45pm <b>Advanced Thai</b>
3:30pm-6:30pm <b>Thai Practicum (ii)</b>	3:30pm-6:30pm <b>Thai Practicum (ii)</b>	2pm-4pm (field trip) <b>Advanced Thai</b>
		4:30pm-6:30pm <b>Thai Practicum (ii)</b>

Week 10		
March 15	March 17	March 19
8:45am-11:45am <b>Advanced Thai</b>	8:45am-11:45am <b>Advanced Thai</b>	8:45am-12:45pm <b>Advanced Thai</b>
3:30pm-6:30pm <b>Thai Practicum (ii)</b>	3:30pm-6:30pm <b>Thai Practicum (ii)</b>	2pm-4pm (field trip) <b>Advanced Thai</b>
		4:30pm-6:30pm <b>Thai Practicum (ii)</b>

Week 11		
March 22	March 24	March 26
8:45am-11:45am <b>Advanced Thai</b>	8:45am-11:45am <b>Advanced Thai</b>	8:45am-12:45pm <b>Thai Practicum (ii)</b>
3:30pm-6:30pm <b>Thai Practicum (ii)</b>	3:30pm-6:30pm <b>Thai Practicum (ii)</b>	2pm-4pm (field trip) <b>Thai Practicum (ii)</b>
		4:30pm-6:30pm <b>Thai Practicum (ii)</b>

Week 12		
March 29	March 31	April 2
8:45am-11:45am <b>Thai Practicum (ii)</b>	8:45am-11:45am <b>Thai Practicum (ii)</b>	8:45am-12:45pm <b>Thai Practicum (ii)</b>
3:30pm-6:30pm <b>Thai Practicum (ii)</b>	3:30pm-6:30pm <b>Thai Practicum (ii)</b>	2pm-4pm (field trip) <b>Thai Practicum (ii)</b>
		4:30pm-6:30pm <b>Thai Practicum (ii)</b>

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Week 13		
April 5	April 7	April 9
Easter Holiday	8:45am-11:45am <b>Thai Practicum (ii)</b>	8:45am-12:45pm <b>Thai Practicum (ii)</b>
	3:30pm-6:30pm <b>Thai Practicum (ii)</b>	2pm-4pm (field trip) <b>Thai Practicum (ii)</b>
		4:30pm-6:30pm <b>Thai Practicum (ii)</b>

Week 14		
April 12	April 14	April 16
8:45am-11:45am <b>Thai Practicum (ii)</b>	8:45am-11:45am <b>Thai Practicum (ii)</b>	8:45am-11:45pm <b>Thai Practicum (ii)</b>
3:30pm-6:30pm <b>Thai Practicum (ii)</b>	3:30pm-6:30pm <b>Thai Practicum (ii)</b>	4:30pm-6:30pm <b>Thai Practicum (ii)</b>

Program Total		
Foundations of Eastern Therapies and Bodywork	18 hours	1.2 credits
History of Thai Medicine and Massage	9 hours	0.6 credits
Classic Routine	45 hours	3 credits
Thai Practicum (i)	60 hours	4 credits
Advanced Thai	48 hours	3.2 credits
Thai Practicum (ii)	<u>90 hours</u>	<u>6 credits</u>
<b>Total</b>	<b>270 hours</b>	<b>18 credits</b>

### Teaching Faculty

#### Nikki Manzie, BSc

#### Director, Diploma of Eastern Therapies and Bodywork program

Nikki Manzie is the Director of the Diploma of Eastern Therapies and Bodywork program at Pacific Rim College. She has a Bachelor of Science with Honours in Integrated Sciences, is a Certified Yoga Teacher, an Ayurvedic Medical practitioner and educator, and is trained as a Traditional Thai Massage teacher and practitioner.

A meditation practitioner since 17 years of age, in 1998 Nikki founded Yanumoja Yoga, a practice of self-exploration through movement, breath, meditation and reflection on seasonal themes. Since then she has provided professional training for yoga teachers and, in more recent years, has expanded her teaching to include traditional Thai massage and Ayurvedic Marmatherapy (acupoints in the Indian tradition).