

Tuesday	Wednesday	Thursday
Week 1 (General Introduction)		
January 3	January 4	January 5
8:30am-12:00pm Foundations in ETB	8:30am-12:00pm Foundations in ETB	8:30am-12:00pm Foundations in ETB
1:30pm-5:00pm Foundations in ETB	1:30pm-5:00pm Foundations in ETB	1:30pm-4:00pm Foundations in ETB

Monday	Wednesday	Friday
Week 2		
January 9	January 11	January 13
8:30-12:30 History of Thai Medicine and Massage	8:30am-10:30am History of Thai Medicine and Massage	8:30am-12:30pm Classic Routine
1:30pm-5:30pm Classic Routine	8:30am-10:30am Classic Routine	
	1:30pm-3:30pm Classic Routine	
	4:30pm-6:30pm Thai Practicum (i)	

Monday	Wednesday	Friday
Week 3		
January 16	January 18	January 20
8:30am-11:30am History of Thai Medicine and Massage	8:30am-11:30am Classic Routine	8:30am-12:30pm Classic Routine
11:30am-12:30pm Classic Routine	11:30am-12:30pm Thai Practicum (i)	
1:30pm-5:30pm Classic Routine	1:30pm-5:30pm Thai Practicum (i)	

Monday	Wednesday	Friday
Week 4		
January 23	January 25	January 27
8:30am-12:30pm Classic Routine	8:30am-12:30pm Classic Routine	8:30am-12:30pm Classic Routine
1:30pm-5:30pm Thai Practicum (i)	1:30pm-5:30pm Thai Practicum (i)	

Monday	Wednesday	Friday
Week 5		
January 30	February 1	February 3
8:30am-12:30pm Classic Routine	8:30am-12:30pm Classic Routine	8:30am-12:30pm Classic Routine
1:30pm-5:30pm Thai Practicum (i)	1:30pm-5:30pm Thai Practicum (i)	

Monday	Wednesday	Friday
Week 6		
February 6	February 8	February 10
8:30am-12:30pm Thai Practicum (i)	8:30am-12:30pm Thai Practicum (i)	8:30am-12:30pm Thai Practicum (i)
1:30pm-5:30pm Thai Practicum (i)	1:30pm-5:30pm Thai Practicum (i)	

Monday	Wednesday	Friday
Week 7		
February 13	February 15	February 17
8:30am-12:30pm Thai Practicum (i)	8:30am-12:30pm Thai Practicum (i)	8:30am-12:30pm Advanced Thai
1:30pm-5:30pm Thai Practicum (i)	1:30pm-3:30pm Thai Practicum (i)	
	3:30pm-5:30pm Advanced Thai	

Monday	Wednesday	Friday
Week 8		
February 20	February 22	February 24
8:30am-12:30pm Advanced Thai	8:30am-12:30pm Advanced Thai	8:30am-12:30pm Advanced Thai
1:30pm-5:30pm Thai Practicum (ii)	1:30pm-5:30pm Thai Practicum (ii)	

March Reading Break		
February 27	February 29	March 2
March Reading Break	March Reading Break	March Reading Break

Monday	Wednesday	Friday
Week 9		
March 5	March 7	March 9
8:30am-12:30pm Advanced Thai	8:30am-12:30pm Advanced Thai	8:30am-12:30pm Advanced Thai
1:30pm-5:30pm Thai Practicum (ii)	1:30pm-5:30pm Thai Practicum (ii)	

Monday	Wednesday	Friday
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Week 10		
March 12	March 14	March 16
8:30am-12:30pm Advanced Thai 1:30pm-5:30pm Thai Practicum (ii)	8:30am-12:30pm Advanced Thai 1:30pm-5:30pm Thai Practicum (ii)	8:30am-12:30pm Advanced Thai

Week 11		
March 19	March 21	March 23
8:30am-12:30pm Advanced Thai 1:30pm-5:30pm Thai Practicum (ii)	8:30am-10:30am Advanced Thai 10:30am-12:30pm Thai Practicum (ii) 1:30pm-5:30pm Thai Practicum (ii)	8:30am-12:30pm Thai Practicum (ii)

Week 12		
March 26	March 28	March 30
8:30am-12:30pm Thai Practicum (ii) 1:30pm-5:30pm Thai Practicum (ii)	8:30am-12:30pm Thai Practicum (ii) 1:30pm-5:30pm Thai Practicum (ii)	8:30am-12:30pm Thai Practicum (ii)

Week 13		
April 2	April 4	April 6
8:30am-12:30pm Thai Practicum (ii) 1:30pm-5:30pm Thai Practicum (ii)	8:30am-12:30pm Thai Practicum (ii) 1:30pm-5:30pm Thai Practicum (ii)	Good Friday

Week 14		
April 9	April 11	
8:30am-12:30pm Thai Practicum (ii) 1:30pm-5:30pm Thai Practicum (ii)	8:30am-12:30pm Thai Practicum (ii) 1:30pm-5:30pm Thai Practicum (ii)	

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>
Total	270 hours	18 credits

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 Yanumojja 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).

Taro Chiba, BA

Program Coordinator and Assistant, Diploma of Eastern Therapies and Bodywork program

Taro Chiba was trained in Seitai Therapy (Japanese Traditional Massage) and Reiki Energy Healing in Japan. He spent 2 years at International Seitai College at Fukuoka in Japan, completing 1325 hours study. He immigrated to Canada in 2006. He is also trained in Thai Massage, Marma Therapy, Yoga, Yogatherapy and Reconnection Healing in Canada. He became a Reiki Master in 2008. He continues to deepen training and studies in Victoria.