

Bodhi Methods® Touch Therapy

Touch as Connection, Care & Everyday Healing

3-Day In-Person Experiential Training

09:00–15:00 daily

Bodhi Methods® Touch Therapy is an experiential journey into **touch, movement, connection, and self-care**.

Across cultures and generations, caring touch has been shared within families—from soothing babies and children, to comforting loved ones, supporting adults and elders, and caring for ourselves.

This course brings that simple human tradition into a contemporary learning experience through **mindful touch, Partner Yoga, body awareness, gentle therapeutic techniques, and self-myofascial release**.

Rather than focusing only on techniques, participants learn to listen through their hands, observe the body's responses, communicate clearly, respect boundaries, and develop greater confidence in giving and receiving touch.

Touch is a language.

Feel → Listen → Connect → Support → Integrate

Day 1 — Nurturing Touch

Touch Therapy for Babies & Toddlers

The first day explores our earliest experience of touch: **nurturing connection between caregiver and child**.

Participants learn how gentle, attentive touch can become a way of communicating care, comfort, and presence.

Understanding Nurturing Touch

- Touch as an early form of non-verbal communication
- Developing connection through calm, attentive contact
- Recognising a baby's or toddler's responses to touch
- Understanding when a child is receptive and when to pause or stop
- Creating a calm and comfortable environment
- Hygiene, positioning, appropriate pressure, and safety
- Respecting the child's cues and caregiver boundaries

Natural Oil Practice

Introduction to the traditional use of simple carrier oils such as:

- Pure coconut oil
- Almond oil

Participants learn about appropriate amounts, skin sensitivity, patch testing, hygiene, and situations when oils or massage should be avoided.

Gentle Touch Sequence

A simple nurturing sequence exploring:

Feet & Legs → Hands & Arms → Abdomen → Chest → Back → Face & Head → Whole-Body

Integration

The emphasis is on **rhythm, warmth, observation, gentle contact, and connection**, rather than complicated massage techniques.

Day 1 Practice

Participants develop a simple nurturing-touch routine that can be adapted for appropriate home and family care.

Day 2 — Caring Touch

Partner Yoga & Head-to-Toe Touch Therapy for Adults

Day 2 expands the experience from nurturing touch into **movement, partnership, communication, and whole-body care**.

Before learning touch therapy, participants experience a simple Bodhi Methods® Partner Yoga sequence.

Partner practice teaches us how to feel another person's movement, weight, breath, boundaries, and responses before attempting to work with their body.

Partner Yoga — Moving in Connection

The practice is accessible and focuses on connection rather than advanced yoga postures.

Participants explore:

- Arriving together through breath and grounding
- Back-to-back breathing
- Seated partner connection
- Gentle spinal movement
- Supported side bending
- Partner rotation and twisting
- Seated forward-and-back counterbalance
- Standing weight sharing
- Supported squat
- Gentle balance and stability
- Shoulder and upper-back release
- Supported resting positions
- Closing breath and stillness

Learning Through Partnership

Partner Yoga introduces principles that carry directly into touch therapy:

Connect → Listen → Support → Move → Release

Participants learn to:

- Communicate before and during physical contact
 - Ask for and respect consent
 - Recognise comfortable boundaries
 - Feel another person's weight without forcing movement
 - Adjust support according to feedback
 - Notice breathing, resistance, relaxation, and movement responses
 - Use their own body efficiently while assisting another person
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Head-to-Toe Touch Therapy

Following Partner Yoga, participants transition naturally from **moving together to working through touch**.

Principles of Caring Touch

- Quality of contact
- Listening through the hands
- Pressure, rhythm, and pace
- Comfortable positioning
- Using body weight efficiently
- Giving and receiving feedback
- Personal and professional boundaries
- Creating a calm environment for relaxation

Head-to-Toe Sequence

Head & Face

Scalp, temples, jaw, and gentle facial relaxation.

Neck, Shoulders & Upper Back

Supportive contact and gentle relaxation techniques.

Arms & Hands

Upper arms, forearms, palms, hands, and fingers.

Torso & Back

Gentle rib-cage awareness, back contact, and comfortable spinal support.

Hips & Pelvic Region

Appropriate positioning, clear boundaries, and external hip-area work.

Legs & Feet

Thighs, lower legs, ankles, feet, and soles.

From Movement to Touch

The Day 2 experience follows a simple progression:

Meet → Breathe → Move → Connect → Touch → Rest

Partner Yoga teaches participants to **listen through movement**.

Touch Therapy teaches participants to **listen through their hands**.

Day 3 — Healing Touch for Yourself

Self-Care & Myofascial Release Techniques

The final day turns attention inward.

After learning how to connect and care for another person, participants explore how touch can become a personal practice for **body awareness, relaxation, recovery, and everyday self-care**.

Understanding the Fascial Body

Participants receive an accessible introduction to:

- Fascia and connective tissue
- How different regions of the body relate to one another
- Movement habits and areas of tension
- Breath and tissue awareness
- The relationship between pressure, movement, and sensation
- Why slower and more attentive practice can sometimes be more useful than stronger pressure

The emphasis is on **exploration rather than forcing change**.

Self-Touch & Body Awareness

Participants learn to pause and listen before using a technique.

Practice includes:

- Grounding
- Body scanning
- Breath awareness
- Self-touch
- Recognising comfortable and uncomfortable sensations
- Exploring movement before and after release work

Myofascial Release Tools

Using appropriate self-care tools, participants explore simple release techniques for:

- Feet
- Calves
- Thighs
- Hips
- Back
- Chest
- Shoulders
- Arms and hands

Participants learn basic principles of **position, pressure, duration, breathing, and movement integration** rather than aggressive tissue work.

Developing a Personal Self-Care Ritual

Each participant creates a simple **10–20 minute Bodhi Methods® self-care sequence**.

Ground → Breathe → Feel → Release → Move → Rest

The intention is to leave the course with a realistic practice that can become part of everyday life.

Daily Learning Format

09:00–10:00 | Knowledge & Awareness

Understanding the day's theme, basic body awareness, safety, boundaries, and principles.

10:00–12:00 | Demonstration & Guided Exploration

Learning through observation, movement, touch, and experiential practice.

12:00–13:00 | Break

13:00–14:30 | Practical Experience

Partner practice, individual exploration, sequencing, and guided application.

14:30–15:00 | Integration

Rest, reflection, questions, and discussion.

Learning Outcomes

By the end of the three-day experience, participants will have explored how to:

- Understand touch as a form of communication, connection, and care
 - Give and receive touch with greater awareness
 - Recognise the importance of consent, boundaries, sensitivity, and feedback
 - Apply gentle nurturing touch appropriately for babies and toddlers
 - Use Partner Yoga to explore trust, support, movement, and communication
 - Practice a simple head-to-toe relaxation sequence for adults
 - Understand introductory concepts of fascia and myofascial release
 - Use simple self-myofascial release tools appropriately
 - Combine touch, breath, movement, and rest into a personal self-care practice
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Who Is This Course For?

This experiential course is suitable for:

- Parents and caregivers
- Individuals interested in traditional family care and wellbeing
- Pilates and yoga practitioners
- Movement teachers
- Wellness professionals
- Bodywork students
- Partners and family members interested in caring touch
- Anyone interested in mindful movement, touch, and self-care

No previous massage, yoga, Pilates, or bodywork experience is required.

The Bodhi Methods® Journey

Across the three days, participants experience touch through three relationships:

Day 1 — Nurture

Caring for the beginning of life

Day 2 — Connect

Moving with and caring for another

Day 3 — Restore

Learning to care for yourself

Nurture → Connect → Restore

Bodhi Methods® Touch Therapy is ultimately about remembering something very simple: meaningful touch does not begin with complicated techniques.

It begins with **presence, listening, respect, and care.**

Course Fee: USD 1,688 | THB 55,888