

# LMT 155 : EASTERN THEORY & PRACTICE

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## Transcript title

Eastern Theory Practice

## Credits

2

## Grading mode

Standard letter grades

## Total contact hours

40

## Other hours

40

## Corequisites

LMT 130, LMT 170.

## Recommended preparation

BI 105 or BI 231; WR 065 or higher or placement in Wr/Comm Level 7;  
MTH 015 or higher or minimum placement in Math Level 7.

## Course Description

Explores the connection ancient eastern cultures to health. Philosophies and massage techniques from China, Japan, India and Thailand are a main focal point. Introduces hands-on techniques and applications that are offered as full term LMT elective courses.

## Course learning outcomes

1. Discuss the history of ancient cultures and their perspective on health.
2. Explore Chinese Medicine and Ayurveda.
3. Explore yin and yang, and the chakra system.
4. Locate three acupressure points and two meridians on the human body.
5. Demonstrate ten basic Thai and Shiatsu massage techniques.

## Content outline

1. Discuss syllabus
2. History of Eastern Theory
3. Discuss yin/yang, points and meridians
4. Perform Shiatsu
5. An introduction to basic Ayurvedic principles
6. Jin Shin
7. Thai Massage
8. Written final

## Required materials

Loose, comfortable clothing is required for bodywork.