**Table**

Q What the different between Thai Table Massage 2 day class and the Foundation of Thai Massage Applied on Table: Level 1 Plus class?

A Some positions, some techniques are not included in Table class. For examples are some stretching positions and sitting positions. Also application of herbal balls. The Table class is only 2 days, the training is limited but enough for people that want to have some knowledge about Thai massage to work with using table.

 While the Level 1 Plus is the complete knowledge from Level 1 but apply on table plus the application of herbal ball on table with full 30 hours.