

Breath & Body Mechanics in Thai Massage

a two day advanced workshop - 13 hours NCBTMB & THAI

Sat-Sun September 26-27, 2020

Triangle Area, NC - Instructor Bob Haddad, RTT

Breath & Body Mechanics in Thai Massage: - \$279

(early bird discount \$30 if you register before Aug 20)

This course is specially designed for practitioners of traditional Thai massage, and basic experience in Thai, yoga or movement therapy is required. The focus of the workshop is to explore concepts that will help you to execute postures and techniques with less physical strength, more ergonomic balance, and greater integration of breath. Factors such as relative body size, proper body posture, “surrender”, synchronized and opposite breathing patterns, and graceful transitions and flow from one position to another are studied and practiced. You will have plenty of time to practice and refine these concepts with a variety of other students in class, and to discover how they can fit into your own personalized sequence.



We will also explore energy release and the role of breath in minimizing energy transference from one person to another. Finally, we practice physical and spiritual exercises to enhance your experience and that of your client during each session. This course familiarizes you with basic concepts that can be integrated into your own professional and personal practice. If you find yourself working too hard during a Thai massage, unsure of when to execute a



certain technique, or if you sometimes feel tired or depleted after a session, this workshop is for you.

Join us for an exciting workshop that can change the way you work in traditional Thai massage.

Sponsored by Apex Retreat

The course will be held either in Apex or Chapel Hill, depending on the size of the group

For more information or to reserve your space in this workshop, contact:

www.apexretreatseminars.com - info@apexretreat.com - 919-592-4922

For registration information, [click this link](#)



These workshops are approved by NCBTMB and Thai Healing Alliance (THAI) for continuing education credit. Certificates are awarded at the end of each class. Bob Haddad, RTT is a Thai Therapist trained in Thailand, and an approved instructor with NCBTMB & THAI. He has studied and practiced Thai massage for over 20 years; he is author of “Thai Massage & Thai Healing Arts”; he teaches workshops internationally, and is Founder of Thai Healing Alliance International.