

Ergonomics & Breathwork in Thai Massage

a one day advanced workshop - 7 hours CEU NCBTMB & THAI

Thursday, September 12, 2024, Minneapolis, MN

Devanadi Yoga & Wellness - Instructor Bob Haddad, RTT

Ergonomics & Breathwork in Thai Massage: - \$139

(multi-course discount available)

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 Devanadi Yoga & Wellness
Minneapolis, MN**

To register: www.devanadiyoga.com/training/bob-haddad/

For more information, contact: devanadiyoga@gmail.com



This workshop is 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 two books on Thai massage; and he teaches courses and workshops internationally.