

Thai Massage - 1-day workshop

Lifts, Twists & Suspensions

\$139 - Sunday, May 5, 2024, Indianapolis, IN

7 hours CEU NCBTMB - special discount: see below

Lifts, Twists & Suspensions in Thai Massage



Some Thai massage and partner yoga courses present techniques for lifting and suspending clients that simply don't work when one person is larger, heavier, or taller than the other. All too often, little emphasis is given to why and when we should practice these techniques, and the potential for hurting yourself or hurting the client is real, and should be avoided.

This one-day workshop takes a new look at when, why and how we should twist, suspend and lift a person in Thai massage and yoga therapy. There are little-known but very effective ways to reduce a client's stress via gentle balancing and rocking suspensions. These techniques have less to do with physical strength, and they depend more on proper body mechanics, breath, and physics. We will learn them, and we'll also review and refine other traditional Thai massage techniques for twisting and gently suspending clients.

We work in several body positions, and special attention is given to the motivation behind each technique – when to use them, and when to NOT use them. If you like the idea of balancing, stretching, and suspension poses, but you are not always comfortable when you try them, then this workshop is for you.

\$40 discount if you also register for the 3-day course: Side and Prone Positions, May 2-4

**** **Contact Brandon at SomaBolo for details** ****



Sponsored by SomaBolo Bodywork & Massage

To register, pay in full to hold your place

\$139 (\$99 if you also take the 3-day course on May 2-4)

For more information, and to register, click here: [register online](#)



For questions or more info, contact Brandon at brandon@somabolo.com

or by phone/text: 701-446-6840

Workshop is held at **Broadway United Methodist, 609 E. 29th St., Indianapolis, IN**



Bob Haddad, RTT has studied traditional Thai massage in Thailand and elsewhere since 1999. He founded Thai Healing Alliance; is the author of two important books on traditional Thai healing arts; and he teaches courses and workshops internationally. This course is valid for 7 hours of continuing education credit. For more information, contact Bob at www.thaihealing-arts.com