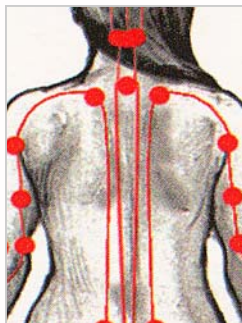


Thai Massage Techniques - Prone and Side Positions

Techniques, Concepts and Review - open to all - Bob Haddad, RTT, Instructor

\$479 (20 hours CEU) Thurs-Sat, May 2-4, 2024, Indianapolis, IN

Early bird discount - \$429 (pay before March 15, 2024)



Nuad Boran (known as Thai Massage in the West) combines Eastern acupressure techniques, Ayurvedic and Thai medicine principles, and assisted yoga postures. The overall effect is one of deep relaxation, rejuvenation, and physical and mental stability. Through assisted yoga, the body can be stretched in ways that are difficult through normal exercise and yoga practice. Thai Yoga Therapy is also a spiritual discipline, since it incorporates the Buddhist practices of mindfulness (breath awareness) and loving-kindness (focused compassion).

This workshop is unique because it focuses exclusively on techniques and postures in side-lying and prone (face down) positions. Previous experience in Thai therapy is not required, but a background in yoga, massage or body movement is helpful. If you have already studied some Thai massage, then this workshop will add many new techniques to your repertoire and a fresh perspective on traditional Thai massage. Side position is comfortable for the receiver, and is an excellent position for stretching and treating a variety of back problems. It is especially suited for large or inflexible people and is also the only safe way to work with pregnant women. Prone position allows the therapist to treat the posterior aspect of the body, especially feet, legs, lower back and shoulders. Each participant in the course learns traditional Thai techniques, assisted yoga postures and acupressure therapies, and a period of silent, focused practice takes place at the end of each day. Many of the techniques may be integrated into table massage and other forms of healing. The class is open to students of all levels.

Sponsored by SomaBolo Bodywork & Massage

\$429 (early bird discount)*

*Pay in full before March 15, 2024...afterward \$479. Includes all materials, student manual, and certificate

To hold your place with a deposit, click here: [register online](#)

Registration payments for this course are fully refundable only if the course is cancelled. Full course details and time schedule will be sent upon registration.

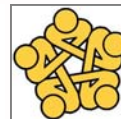


**For questions, to register, or for more info, contact Brandon at brandon@somabolo.com
or by phone/text: 701-446-6840 www.somabolo.com/events**

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 books on traditional Thai healing arts; and he teaches courses and workshops internationally. This course is valid for 20 hours of continuing education credit. For more information, contact Bob at www.thaihealing-arts.com



This workshop is approved by NCBTMB and Thai Healing Alliance International (THAI) for continuing education credit. Certificate for 20 hours of continuing education is awarded at the end of the course.