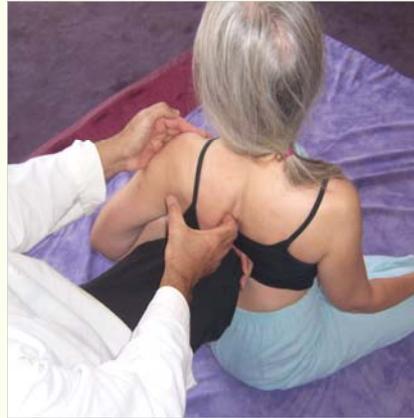


# Thai Yoga Massage for Shoulders, Neck, Head & Face

techniques and concepts for relaxation and wellbeing - open to all

**Apex Retreat, NC - Sat/Sun, April 25-26, 2020 - \$279 \***

*\* special discount for early registration - 13 hours continuing education credit NCBTMB*



Many people, especially those whose work involves sitting for long periods, store tension in their upper bodies. That stress often remains with us in the latter part of the day, and contributes to discomfort, pain, inflexibility, migraines and other conditions. The techniques and concepts practiced in this course may be used by anyone to help relieve stress and tension in the upper body; the back, shoulder blades, shoulders, neck, head and face. Working on floor mats in all four body positions, we explore a wide variety of techniques using feet, palms, forearms, elbows, palms, thumbs and fingers.

Participants explore many new and interesting techniques to release stored tension through Thai yoga stretches, compressions, acupressure, and opening techniques. We also review and refine traditional Thai techniques for the shoulders, upper back, and neck. Finally, a wide variety of manual techniques and pressure points for the head and face are presented, many of which are not usually taught in general Thai massage classes.

Herbal balms and Thai herbal waters are used for some of the face and neck techniques. Participants have ample time to give and receive each day. This is always an enjoyable workshop because the mood is meditative, and everyone loves to receive work on their shoulders, neck, head and face. No previous experience in Thai yoga massage is necessary. Please join us for this exciting, fun and relaxing workshop!

**Sponsored by Apex Retreat - \$279** \*(\$249 if you register and pay before March 10, 2020)

*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](http://www.apexretreatseminars.com) - [info@apexretreat.com](mailto:info@apexretreat.com) - 919-592-4922

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



Bob Haddad, RTT has studied traditional Thai massage in Thailand and elsewhere since 1999. He is the founder of Thai Healing Alliance, the author of 'Thai Healing Arts: Practice, Culture & Spirituality', and he teaches workshops internationally. Contact Bob at [www.thaihealing-arts.com](http://www.thaihealing-arts.com)



This workshop is approved by NCBTMB and Thai Healing Alliance International (THAI) for continuing education credit