

Thai Massage for Yoga & Bodywork

Assisted stretches and working energy lines

Sept. 18-20, 2020 | 18 CE hours | \$329

Indianapolis, Indiana - Sponsored by Somabolo Bodywork

A workshop for lovers of massage, yoga & movement therapies

Traditional Thai massage, which began to evolve over a thousand years ago, combines assisted yoga postures, stretches, compressions, acupressure techniques, and stimulation of energy lines in the body. Through assisted yoga, the body is stretched in ways that are difficult to attain through normal exercise and personal yoga practice. Correct breathing patterns and body mechanics are essential, and a session is most effective when both parties are fully relaxed and in a meditative state. The overall effect is one of deep relaxation, grounding, and physical and mental stability.



Basic Thai massage techniques can be enjoyed by everyone, and this workshop is specially designed for practitioners and teachers of Western massage therapy, yoga, body movement, and physical therapy. This workshop discusses the origin and evolution of traditional Thai massage, and it focuses on several important energy lines in the Thai healing system. We learn and practice acupressure techniques, proper breathing patterns & body mechanics, assisted Thai yoga postures, and a variety of stretching techniques. Special attention is given to traditional Thai techniques that can be

adapted to other disciplines, including table massage and partner yoga, and there is plenty of time each day to give and receive.



This course will familiarize you with basic Thai techniques and concepts that can be practiced with family and friends, and integrated into your own professional, personal and spiritual practices.

Please join us for a fun and exciting workshop !

Sept 18-20, 2020 Fri & Sat, 9:00 am-4:30 pm; Sun 9:00-2:00 pm, \$329

To register, or for more information, contact:

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visit www.somabolo.com



Bob Haddad, RTT has studied Thai massage for almost 20 years with many teachers in Thailand and elsewhere. Bob teaches courses and workshops in the Americas, Europe and Thailand. He is the founder of Thai Healing Alliance International (THAI), and is the author of *Thai Healing Arts: Practice, Culture, Spirituality* (Findhorn Press). For more information, or to contact the teacher, visit: www.thaihealing-arts.com