

Special Thai Massage Workshop

Upper Body Concepts and Techniques

August 15-18, 2019 - Longview, Texas

4 days, 25 hours - certificate course \$429 (special discounts below)

Advanced Thai Massage course: **Upper Body Concepts & Techniques**

After working the feet, legs and lower body in traditional Thai massage, it is important to proceed with your work on the upper body in a targeted and holistic way. This workshop raises your awareness of whole-body energy patterns, and helps you connect your upper-body work to the things you do in the first half of your treatments.



In this popular course you will learn:



- * Specialized techniques to release back tension
- * Creative ways to work the upper sen lines
- * Deep and sensitive Thai abdominal work
- * How to use your feet to sense and release blockages
- * Lifts, spinal twists and suspensions
- * How to use breathing for maximum effect
- * Targeted techniques for shoulders and shoulder blades
- * How to use your body weight to avoid straining
- * How to assess your client's body language
- * Advanced stretches for the back, arms and shoulders
- * How to refine your body mechanics ... *and much more.*



This is an exciting, creative and exploratory course for all those with some previous experience in Thai massage, shiatsu, physical therapy or any other floor-based modality. We work in all body positions, and plenty of time is given for practice and review each day. This is a unique opportunity to study closely with the teacher, and to work in an intimate setting with a small group of people. Please join us for this exciting workshop !

For more information, or to register for this course, contact Mark:

email: mwisdom43@aol.com tel: (903) 918-8092

Held at: Integrative Bodywork, Longview, Texas

Early bird discount (\$379 before July 4) After that date, \$429

a 50% deposit is required to hold your place in this course -

An additional 10% discount is given to those who refer another student. Speak to the organizer for details.



Integrative Bodywork
of Longview



This workshop is approved by NCBTMB (USA) and Thai Healing Alliance (THAI) for continuing education credit, and a certificate is awarded upon completion. Bob Haddad has studied Thai massage in Thailand and around the world since 1999. He founded Thai Healing Alliance International, is author of Thai Healing Arts: Practice, Culture & Spirituality', and he teaches workshops internationally. Join us this August for a workshop that can change the way you practice.