

# Using Your Feet in Thai Massage

20 hours CEU, April 28-30, 2017

Instructor: Bob Haddad, RTT

Spirit Winds School of Thai Massage, Nevada City, CA



In this class we explore the many ways to effectively use the feet in Thai massage, and we practice and refine traditional techniques for supine, sitting, prone, and side positions. We practice and study specialized techniques to work the lateral and posterior lines of the legs. Working in this way helps to preserve the hands and fingers, while at the same time providing the client with a sense of well-being and balance. We explore techniques for working the hips, sacrum, and lower back. We focus on ways of "sensing" with our feet to detect energy blocks and area of tension. We also practice soft rocking and light suspension poses that aid in whole-body relaxation.

Working with your feet helps create more balanced and relaxing sessions for clients. It also allows the therapist to work in a more relaxed state, since it reduces the therapist's stress and muscle tension. When the therapist is relaxed and working from the core, the client responds more positively, and the process of self-healing is encouraged.

This workshop is popular and fun, and can easily change the way you work in Thai massage. Stop using your hands so much. Save your wrists from damage, and don't work so much with your palms. Use your feet more often!

20 hours CEU NCBTMB and THAI. Certificate awarded upon completion

**Friday/Saturday/Sunday, April 28-30, 2017 - \$375**



To register, or for more information,  
**contact: [info@spiritwinds.net](mailto:info@spiritwinds.net)**  
**call: 530-263-3181**  
**visit: [www.spiritwinds.net](http://www.spiritwinds.net)**



Bob Haddad is a Registered Thai Therapist and Instructor who has studied in Thailand and elsewhere since 1999. He is the author of "Thai Healing Arts: Practice, Culture & Spirituality", the founder of Thai Healing Alliance, and he teaches workshops internationally. For more information, visit: [www.thaihealing-arts.com](http://www.thaihealing-arts.com)