

Advanced Thai Massage Workshop

Using Your Feet in Thai Massage: Fri-Sun, August 17-19, 2018

Held at the teacher's private studio - Bob Haddad, RTT, Instructor

Using Your Feet in Thai Massage - August 17-19, 2018 - \$375

This 3-day, 20 hour course explores the many ways to creatively and effectively use your feet as you work in traditional Thai massage. The class is open to all levels of students, and is especially appropriate for those who work on a floor mat in Thai massage, shiatsu or other modalities. It is also of special interest to yoga practitioners and table massage therapists.



We study and refine several critical techniques for working lateral and posterior leg lines, the hips, and the upper and lower back. We focus on ways to utilize sensing with our feet to detect energy blocks and pockets of tension, and ways to ground ourselves while using feet in sitting and standing positions. We also practice ways to use the feet for gentle balancing and suspension poses that encourage tension and stress to fade away.



Working with your feet helps to create more grounded and balanced sessions for clients. It also allows the therapist to work in a more relaxed state, and reduces stress and muscle tension. When the therapist is relaxed and is working from the core, the client responds more positively, and the process of self healing is encouraged. This is an extremely popular workshop which can easily change the way you approach your work on the mat.

*Join us for a unique and fun workshop.
Stop palming so much, and save your wrists.
Use your feet more often !*

20 hours, certificate - CEU for NCBTMB



Held at Apsara Studio, Chapel Hill, North Carolina



Apsara

For more information [click here](#) or [send an email](#)

Join us for a fun and creative workshop held in a beautiful intimate setting. Combine study with a vacation at the beautiful beaches or mountains of North Carolina. Travel assistance offered to out-of-town students. 20 hours CEU, certificate NCBTMB and THAI

Space is limited, and a deposit is required to hold your place in this workshop



Bob Haddad, RTT has studied traditional Thai massage in Thailand and elsewhere since 1999. He is the author of 'Thai Healing Arts: Practice, Culture & Spirituality,' the founder of Thai Healing Alliance International (THAI), and he teaches workshops internationally.

For more information visit: www.thaihealing-arts.com

