

Special Thai Massage Workshop

Upper Body Concepts and Techniques

6-9 June, 2019 - Zagreb, Croatia
4 days, 20 hours - certificate course €450

Upper Body Advanced Concepts & Techniques

After working the feet, legs and lower body in 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 and correct your body mechanics ... and much more.



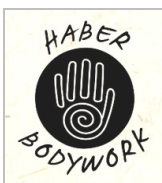
This is an exciting, creative and exploratory course for all those with some previous experience in Thai massage. We work in all body positions, and plenty of time is given for practice and review each day. This is a unique opportunity to study closely with the teacher, and to work in an intimate setting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



Nakon rada na stopalima, nogama i donjem dijelu tijela važno je da naš tretman tajlandske masaže nastavimo i po trupu na cjeloviti i ciljan način. Ova radionica podići će vašu svijest o energetskim obrascima cijeloga tijela te vam pomoći da povežete rad na trupu i rukama sa stvarima koje ste napravili u prvom dijelu tretmana.

Na ovom popularnom tečaju ćete naučiti kreativne načine za rad na gornjim energetskim linijama; dubok i senzitivan rad na abdomenu; ciljane tehnike za rad na ramenima i lopaticama; kako koristiti težinu tijela i time izbjeći umor, napredne vježbe istezanja leđa, ruku i ramena, prekrasne opuštajuće tehnike...i još mnogo toga.

Ova radionica je uzbuđljiva, kreativna i istraživački orijentirana te otvorena za masere tajlandske masaže i kolege iz srodnih bodywork vještina. Raditi ćemo sa primaocima u sva četiri položaja ostavljajući dovoljno vremena za vježbanje i ponavljanje. Pridruži nam se na ovom zabavnom i uzbuđljivom tečaju.



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

davorhaber@gmail.com

- a deposit of €100 is required to hold your place in this course -

www.haberbodwork.hr tel: (+385) 91 561 6644

You may also contact the teacher if you have questions: thaimassage@mindspring.com



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 November for a workshop that can change the way you practice.