

Courses & Workshops in Thai Healing Arts

Bob Haddad, RTT

Bob Haddad, RTT, has studied traditional Thai massage since 1999, mostly in Chiang Mai, Thailand. He has learned from many teachers, but has been most influenced by Ajahn Pichest Boonthumme and Asokananda. He is the founder of Thai Healing Alliance International (THAI), and he teaches internationally. These specialized and advanced workshops offer fresh insights into the energy healing and spiritual aspects of traditional Thai massage.

3-5 day advanced workshops:

- **Assessment, Sensing, Flow & Intuition**
- **Explorations in Thai Massage**
- **Prone & Side Position Techniques**
- **Side & Seated Techniques**
- **Thai Medicinal Herbs & Compresses**
- **Upper Body Techniques & Concepts**
- **Using Your Feet in Thai Massage**
- **Supine & Seated Techniques**



Shorter, specialized workshops:



- **Energy Release and The Art of Self Protection**
- **Thai Massage for Pregnancy & Special Clients**
- **Using Your Feet in Thai Massage**
- **Lifts, Twists & Suspensions in Thai Massage**
- **Luk Pra Kob: Advanced Techniques**
- **Working the Shoulders, Neck, Head and Face**
- **Breathwork & Body Mechanics in Thai Massage**

For more information, contact Bob at: www.thaihealing-arts.com

The special series of workshops and courses for 2015-2016 draws on material and research from Bob's book, *Thai Massage: Practice, Culture & Spirituality*. This book is not based on the usual techniques and sequences. Instead, it is an anthology that presents a wide range of concepts based in the physical, energetic and spiritual healing traditions of Thailand. Available worldwide on amazon.com

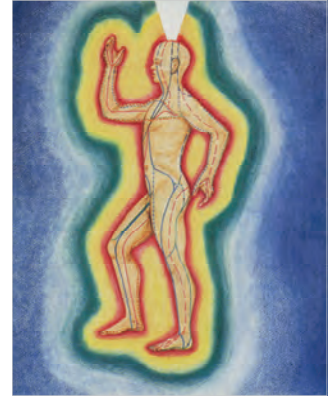


Core workshops and Advanced Intensives

Assessment, Sensing, Flow and Intuition

5 days, 30 hours or 4 days, 24 hours, previous experience is required

This intensive workshop deals with advanced techniques and concepts, and at least 90 hours previous study plus one year of practice is required. A variety of study modules focus on the following themes: Cultivating graceful flow in your practice; Self-protection techniques for the Thai therapist; Alternative ways to work leg lines; Breathwork & body mechanics; How to read body language and use it as a guide for your work; How to follow and sharpen your intuition; How to integrate graceful transitions and distraction techniques; Sensing and dissipating energy blockages; Incorporating resting poses into your sequence; and much more. Each day there is discussion, demonstration and practice. Each person gives and receives sessions, and the teacher guides and encourages you to organically integrate the new concepts and techniques into your own Thai massage styles and sequences. This is a unique and challenging course that will help you to work on the mat in a more spiritual and focused way.



Prone & Side Position Techniques - 3 days, 20 hours , or 2 days, 13 hours



If you have already studied some Thai massage, then this workshop will add many new techniques to your repertoire, and a fresh perspective on the work. Side position is extremely comfortable for the receiver, and is an excellent position for stretching your client and treating a variety of back problems. It is especially suited for large or inflexible people and it is also the only safe way to work with pregnant women. Prone position allows the therapist to treat the posterior aspect of the body, especially the feet, legs, lower back and shoulder blades. Each participant learns traditional Thai techniques, assisted yoga postures and acupressure therapies, and a period of silent, focused practice takes place at the end of each day. Many of the techniques may be integrated into table massage and other forms of healing. A special segment is dedicated to working with pregnant women in side position.

Thai Herbal Intensive and Compress Therapy (*luk pra kob*) 3 days, 20 hours

This is a popular workshop that presents a basic understanding and working knowledge of the preparation and use of Thai herbal compresses through discussion, herb mixing and topical application. Traditional Thai massage techniques are taught, and participants learn to apply the compresses along the major Thai energy pathways (sen lines) and other stress-bearing areas of the body. We practice routines of compress techniques that are specifically designed for certain areas of the body. This course offers a working knowledge of herbal compress therapy, so you can adapt it to your personal and professional practice. The use of herbal compresses extends to other modalities such as table massage, yoga and movement therapy. If you have no previous knowledge of working with Thai herbs, this is a wonderful introduction. If you have already taken a course in herbal compresses, even in Thailand, you will learn new techniques and concepts to go much deeper in your work, and to provide optimal benefits to your clients. All materials, including herbs, steamers and booklets, are included in the workshop, and each participant receives herb samples for practice at home. Registration is open to individuals and couples. Previous experience in herbalism or massage therapy is not required.





Upper Body Techniques & Concepts *5 days, 30 hours or 3 days, 20 hours*

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 course you will learn: specialized techniques to release back tension; creative ways to work the upper sen lines; deep and sensitive abdominal work; how to use your feet to sense and release blockages; how to use breathing for maximum effect; targeted techniques for shoulders and shoulder blades; how to use your body weight to avoid straining; stretches for the back, arms and shoulders; and how to refine and correct your body mechanics. The 5-day version includes assessment of your client's body language, energy release and self-protection techniques, and more time for practice and review of the concepts and techniques.

Supine and Seated Techniques - *3 days, 20 hours , or 2 days, 13 hours*

This workshop is presented over a three day period, allowing each participant an opportunity to learn and practice through repetition of key concepts and skills, and with close supervision of the instructor. It helps to have some previous experience in either massage, Thai therapy, or body movement, but it is not required. Participants should not have any major physical restrictions. By the end of the workshop, each person will have learned a basic routine of traditional Thai techniques that, when practiced sequentially, can provide a relaxing practice session in supine and seated positions. This is a fun, introductory workshop designed to provide a basic knowledge of Thai massage.



Explorations in Thai Massage - *3 days, 20 hours; previous experience is required*

This is an intensive workshop divided into four study modules. **Review and self-assessment:** This section of the workshop provides an opportunity to review previous study from your teachers, to refine your work, and to learn advanced techniques which can be integrated into your current practice. **Using your feet in Thai massage:** We study and refine several critical techniques for working lateral and posterior leg lines, chest, arms, hips and back. Stop palming so much, and save your wrists. **Lifts, twists and suspensions:** There are little-known and refined ways to reduce stress via gentle balancing suspensions, which allow us to go deeper in our work. We will learn them, and we'll review and also refine other more traditional twists and lifts. **Working the face, head, neck and shoulders:** We explore a wide variety of techniques to address the neck, head and face, working in all four positions. We learn new techniques and refine traditional Thai techniques for the face, including important pressure point work for headache, TMJ, sinus relief, and other conditions.



Using Your Feet in Thai Massage - *three days, 20 hours or two days, 13 hours*

This class explores the many ways to creatively and effectively use your feet as you work in Thai massage. We study and refine several critical techniques for working lateral and posterior leg lines, hips and back. We focus on ways to utilize sensing with feet to detect energy blocks and pockets of tension, and ways to ground ourselves while using feet in a standing position. We also practice ways to use the feet for gentle balancing and suspension poses that encourage tension and stress to leave our clients. 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 a very popular workshop which can easily change the way you approach your work. Stop palming so much and save your wrists. Use your feet more often!



Specialized workshops

Energy Release and the Art of Self Protection

two days, 13 hours Previous experience in Thai massage is required

As we work, we send love and compassion to the person we are touching. Because of this, it's important to keep an open heart. But when we facilitate or witness physical releases of tension and stress, and emotional releases of grief, sadness, or anger in our clients, then the therapist's heart energy must become more self-serving. It's important to not take in the "negative energies" that clients may release. Experienced healers understand the importance of preparation before and after they work with their clients, the need for self protection at critical moments during a treatment, and how to detoxify after a particularly stressful session. This workshop focuses on energy releases in clients, and ways that Thai therapists can protect themselves. Participants learn how to recognize the first signs of energy release, to determine where they are, and how to work with them. Over fifteen physical exercises and visualization techniques are practiced during the course of the workshop, and an instruction booklet is provided for reference.



Lifts, Twists and Suspensions - *two days, 13 hours; or one day, 7 hours*

Many workshops present techniques for lifting and suspending clients that simply don't work when one person is larger, heavier, or taller than the other. Little emphasis is given to why and when we should practice these techniques, and the potential for hurting yourself or hurting the client is great. This workshop takes a new look at when, why and how we should twist, suspend and lift a client in Thai massage. There are little-known ways to reduce a client's stress via gentle balancing and rocking suspensions. These techniques have less to do with physical strength, and they depend more on proper body mechanics, breath, and physics. We will learn them, and we'll also review and refine other traditional Thai massage techniques for twisting and gently suspending

clients. We work in all four body positions; supine, prone, seated and side, and special attention is given to the motivation behind each technique – when to use them, and when to NOT use them. If you like the idea of balancing and suspension poses, but you are not always comfortable when you try them, then this workshop is for you.

Side Position Techniques for Pregnancy & Special Clients

two days, 13 hours; or one day, 7 hours

This course presents special techniques to work the legs, to relieve back pain, mobilize the hips, open the abdomen and work the arms and shoulders in side position. Special emphasis is placed on working with pregnant clients, including the use of props, avoiding certain pressure points and areas of the body, keeping your client comfortable, and taking precautionary measures. Participants learn about the preparations and tools required to work with pregnant women, and about contra-indicated techniques and acupressure points. Suggested body positioning sequences are explored, and special importance is given to working the back, legs, face and head. Finally, we explore ways to give an entire Thai massage in side position, which is the only practical body position for women in mid to late-term pregnancy. This course reflects material from the new book by the teacher: *Thai Healing Arts: Practice, Culture & Spirituality*. An instruction booklet is provided for reference.



Working the Shoulders, Neck, Head and Face - *two days, 13 hours; or one day, 7 hours*

This workshop presents advanced concepts and techniques for working the upper torso, including the shoulder blades, clavicle, shoulders, neck, head and face. Working in all body positions, we explore a wide variety of techniques using feet, palms, forearms, elbows, thumbs and fingers. Participants explore new and interesting techniques to release stored tension through stretches, compressions, fascia release, and opening techniques. We also review and refine traditional Thai techniques for the shoulders, upper back, and neck. Finally, a wide variety of manual techniques and pressure points for the head and face are presented, many of which are not usually taught in general Thai massage classes. Herbal balms are used for some of the face and neck techniques. Participants have ample time to give and receive each day. This is always an enjoyable workshop because the mood is meditative, and everyone loves to receive work on their shoulders, neck, head and face.



Breathwork & Body Mechanics in Thai Massage

two days, 13 hours; or one day, 7 hours



This course is specially designed for practitioners of traditional Thai massage, and basic experience in Thai, yoga or movement therapy is required. The focus of the workshop is to explore concepts that will help you to execute postures and techniques with less physical strength, more ergonomic balance, and greater integration of breath. Factors such as relative body size, proper body posture, “surrender”, synchronized and oppositional breathing patterns, and graceful transitions from one position to another are studied. Each participant will have time to practice and refine these concepts with a variety of other students in class. We will also explore energy release and the role of breath in minimizing energy transference from one person to another. Finally, we practice physical and spiritual exercises to enhance your experience and that of your client

during each session. This course familiarizes you with basic concepts that can be integrated into your own professional and personal practice. If you find yourself working too hard during a Thai massage, or if you sometimes feel tired or depleted after a session, this workshop is for you.

Luk Pra Kob: Advanced Techniques - *two days, 13 hours; or one day, 7 hours*



This workshop introduces advanced techniques for using *luk pra kob* (herbal compresses) in traditional Thai massage. You should have previous experience with herbal compresses in order to participate. Study modules include: Combining herbs for clients with special needs; Advanced techniques in applying compresses; Using intuition with *luk pra kob*; Effective handling of the steamer during a session; Using cold compresses for sprains and hematomas; Refining ergonomic and breathing patterns; and preparing herbal bath infusions. Various techniques are studied and practiced, but the workshop is

also experiential, allowing all participants to refine and customize their herbal compress skills through on-site practice and close teacher supervision.

