

# Thai Massage for Pregnancy and special conditions

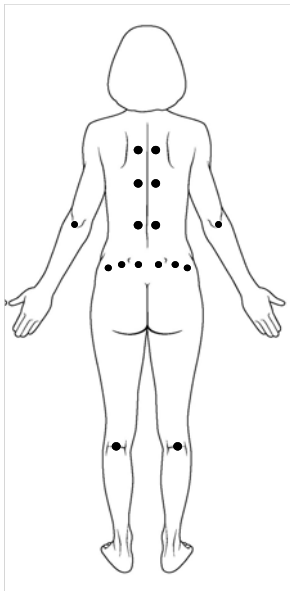
**Saturday, August 17, 2024 - \$215**

**1-day intensive workshop - 7 hours CEU**

*Soul 2 Sole Studio, Edmonton, AL - Guest Instructor: Bob Haddad, RTT*

## Thai massage for pregnancy

General Thai massage courses don't usually provide instruction or training for pregnant clients, and there is a lot of misleading information on the web and in print these days. This **intensive 1-day course** explores the benefits of using certain Thai massage techniques and concepts for pregnancy; it helps you understand which things to NOT do; and it helps to give you more confidence when you work with pregnant women in your practice. Reference is also made to treating clients with special conditions such as osteoarthritis, fused vertebrae, osteoporosis, inflexibility, advanced age and obesity, all of whom may benefit from extensive work in side position.



Each day there is **discussion, demonstration and hands-on practice**. All techniques are done in **side-lying position and in reclining supine position**, and we work with props such as pillows, bolsters and beach towels. Special attention is given to **relieve back stress** and pressure caused by the baby's weight and to **open and gently stretch the mid-torso** in order to **relax and expand the abdominal cavity**. **Hot herbal compresses** are used in indicated areas, **Thai herbal balms** are explored, and we discuss ways in which pregnant women are treated in traditional Thai society. **Acupressure routines** are presented for **back lines and hips**, as well as alternative ways to work the legs, feet and arms in side position. Finally, we study ways to work the **shoulders, neck, head and face** in semi-reclining supine position.

This is a fun and informative class for all those who have some basic knowledge of traditional Thai massage. It will reduce your fears about treating pregnant women and special clients, and it will give you solid information and guidance to boost your confidence.

*Registration fee includes booklet, certificate and use of herbs and balms. A deposit is required to hold your place in this workshop. A limited number of spaces are available.*



**Sponsored by Soul 2 Sole Wellness Studio, Edmonton, AB**



**For more information, contact**

**Soul 2 Sole Wellness Studio**

email: [management@soul2solestudio.com](mailto:management@soul2solestudio.com) tel: 780-340-9242

**A deposit is required to hold your place in this workshop. Space is limited: register early.**



This workshop is approved by NCBTMB and Thai Healing Alliance (THAI) for continuing education credit. Certificates are awarded at the end of each class. Bob Haddad, RTT is a Thai massage therapist who has studied in Thailand since 1999. He is author of two important books on Thai massage; is the Founder of Thai Healing Alliance, and he teaches workshops internationally. [www.thaihealing-arts.com](http://www.thaihealing-arts.com)

