

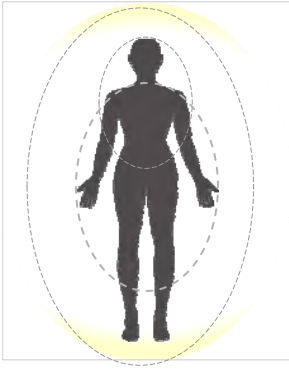
Special Thai Massage Workshops, May 2026

Care & Feeding of Your Practice (1 day, 7 hours CEU, \$150)

Upper Body Advanced Techniques (3 days, 20 hours CEU, \$500)

Instructor: Bob Haddad, RTT — Devanadi Yoga & Wellness, Minneapolis, MN

Care & Feeding of Your Thai Practice - (Thurs, May 28)



This specialized 1-day workshop deals with important aspects of massage that are often neglected in other programs of study. We practice ways to correct bad habits, and to work with good body mechanics and breath coordination. We learn to avoid injuring the hands, wrists and back; how to soften or intensify techniques without strain or hyper-extension; how to improve flow from one body position to another; and ways to support clients during treatments. Synchronized and oppositional breathing patterns are practiced with common Thai massage moves. We also learn and practice helpful techniques for preparation and energy protection before a Thai session, and cleansing and detox techniques after a client has an emotional release. This is a unique workshop especially designed for students and practitioners of Thai massage, bodywork, and movement therapy. Previous experience in Thai massage or bodywork is required.

[Click here for more info and to register](#)

Upper Body Concepts & Techniques (Fri-Sun, May 29-31)

After working the feet, legs and lower body in Thai massage, it's important to proceed with your work on the upper body in a targeted and holistic way. This workshop raises awareness of whole-body energy patterns, and helps connect your upper-body work to the things you do in the first half of your treatments. In this popular course we'll learn:

- * Specialized techniques to release back tension
- * Creative ways to work the upper sen lines
- * Deep and sensitive Thai abdominal work
- * Using your feet to sense and release blockages
- * Lifts, twists and suspensions
- * Breathing concepts for maximum effect
- * Targeted techniques for shoulders and shoulder blades
- * How to assess clients' body language
- * Advanced stretches for arms, shoulders and back
- * How to refine your body mechanics ... *and much more.*



This is an exciting, creative and exploratory course for all those with previous experience in Thai massage, shiatsu, physical therapy or any other floor-based modality. 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. Join us !

[Click here for more info and to register](#)

For more information, or to register for these courses, click the links above



Devanadi School of Yoga & Wellness, 4401 Upton Ave S, Minneapolis, MN

email: info@devanadiyoga.com web: www.devanadiyoga.com

Early bird and multi-course discounts available if you register before March 15

Contact the teacher if you have questions about course content: thaimassage@mindspring.com



These courses are approved by NCBTMB (USA) and Thai Healing Alliance (THAI) for continuing education credit, and certificates are awarded upon completion. Bob Haddad has studied Thai massage with masters in Thailand and around the world since 2000. He founded Thai Healing Alliance International, is author of two books on Thai massage, and he teaches internationally. Join us this May for two workshops that can change the way you practice.