

Special Thai Massage Workshop

Using Your Feet in Thai Massage

Fri/Sat/Sun, Sept. 13-15, 2024

Devanadi Yoga, Minneapolis, MN - Bob Haddad, Instructor

Using Your Feet in Thai Massage - Sept. 13-15, 2024 - \$495*

(\$595 after July 13, 2024)*

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 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 partners & 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 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 NCBTMB & THAI

Sponsored by Devanadi School of Yoga & Wellness, Minneapolis, MN



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WELLNESS

To register, or for more information, contact:

**Devanadi Yoga - www.devanadiyoga.com/training/bob-haddad/
email: devanadiyoga@gmail.com**

***A deposit is required to hold your place in this workshop.
Register early for special discounts.***



Bob Haddad, RTT has studied traditional Thai massage in Thailand and elsewhere since 1999. He's the author of two seminal books on Thai massage, he founded Thai Healing Alliance International (THAI), and he teaches workshops internationally. For more information visit: www.thaihealing-arts.com

