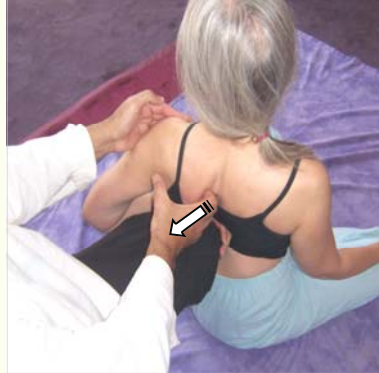


Thai Massage Techniques for Shoulders, Neck, Head & Face

Techniques, Concepts and Review - open to all - Bob Haddad, RTT, Instructor

\$479 (20 hours CEU) Thurs-Fri-Sat, May 16-18, 2024, Chapel Hill, NC

Early bird discount - \$439 (pay before March 31)



Many people, especially those who sit for long periods, store tension in their upper bodies. This stress remains with us in the latter part of the day, and often contributes to discomfort, pain, inflexibility, migraines and other conditions. The techniques and concepts practiced in this course may be used by anyone to help relieve stress and tension in the upper body; the back, shoulder blades, shoulders, neck, head and face. Working on floor mats in four body positions, we explore a wide variety of techniques using feet, palms, forearms, elbows, palms, thumbs and fingers to release pockets of tension through stretches, compressions, acupressure, and opening techniques. We also review and refine upper body *sen* (energy lines), and traditional Thai techniques for the shoulders, upper back, and neck, many of which can be adapted to table work. Finally, a wide variety of manual techniques and pressure points for the head and face are presented, many of which are not taught in general Thai massage classes.

Thai herbal balms and waters are used for some of the face and neck techniques, and Thai healing concepts are explained and practiced. Recipes and ways to make herbal balms are discussed, and participants have ample time to give and receive each day. This is always an enjoyable workshop because the mood is meditative, and because everyone loves to receive work on their shoulders, neck, head and face. Previous experience in Thai massage is helpful, but not necessary. Massage therapists, yoga practitioners, healers, singles, and couples are welcome. Start time each day is 9 a.m. For those who are traveling, assistance is provided for sharing of lodging. Please join us for this exciting, fun and relaxing workshop!

Sponsored by Apex Retreat and Apsara Studio

To register, pay in full or make a deposit of \$200 to hold your place

\$439 (early bird discount)

Early bird pay before March 31...afterward \$479 - Includes all materials, student manual, and certificate

For more information, and to register, click here: [register online](#)

Workshop is held at Apsara Studio, Chapel Hill, NC

For additional info, contact Fernanda: info@healingfeelsgood.com or by phone/text: 919-592-1999
or contact the teacher through his website below



Bob Haddad, RTT has studied traditional Thai massage in Thailand and elsewhere since 1999. He founded Thai Healing Alliance, he is the author of two books on traditional Thai healing arts, and teaches courses and workshops internationally. This course is valid for 20 hours of continuing education credit. For more information, contact Bob at www.thaihealing-arts.com



This workshop is approved by NCBTMB and Thai Healing Alliance International (THAI) for continuing education credit. Certificate for 20 hours of continuing education is awarded at the end of the course.