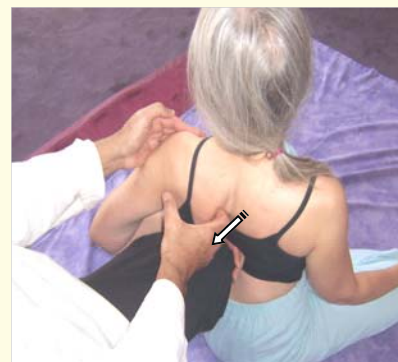
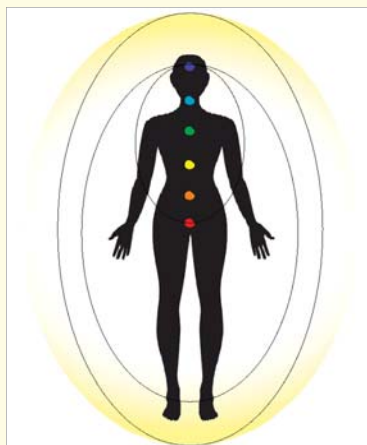


Traditional Thai Massage - a Buddhist healing art

Open to singles, couples and friends. No previous experience required.

Friday, May 22, 10 am - 4 pm \$79



Traditional Thai massage (*nuad boran*) is an ancient Buddhist healing art that helps to release blockages in the body and the human energy system, and brings about healing and relaxation. Thai massage is performed on comfortable floor mats, and we all wear loose clothing. Many techniques incorporate yoga-like stretches, twists, compressions, and applied pressure to certain parts of the body.

In this 5 hour hands-on workshop, we learn and practice specific techniques to release tension in the legs, back, shoulders, neck, head and face. These techniques can be used at home with friends and family.

We will define basic Thai massage principles, identify major energy lines in the human body, and learn how to search for blockages in order to release tension in ourselves and in others. We'll also practice important breathing patterns which can help to relieve stress and bring about relaxation.

In addition to practice sessions, there will be an audio-visual presentation about traditional Thai healing arts and their connections to Buddhism and traditional Thai medicine, and we'll also have a lunch break in-between the morning and afternoon practice sessions. This is a fun and relaxing workshop that is open to everyone. A large portion of the income goes to the Won Buddhism Temple to support their wonderful work in this community. Please join us for this fun and relaxing event !

a 5-hour workshop

Friday, May 22, from 10 am to 4 pm - \$79

Won Buddhism Temple, Chapel Hill, NC

For more information contact the temple or the teacher.

To register, visit: www.thaihealing-arts.com

Registration and payment is required to hold your place

This workshop is sponsored by Triangle Thai Massage and Won Buddhism Temple



Bob Haddad, RTT is a Registered Thai Therapist and Instructor who has studied with master teachers and others in Thailand since 2000. He is author of two books on Thai healing arts, and he teaches workshops internationally. This workshop is approved by THAI and NCBTMB for continuing education credit for licensed massage therapists. Contact Bob at thaimassage@mindspring.com or 919-932-9700

WONBuddhism of
North Carolina