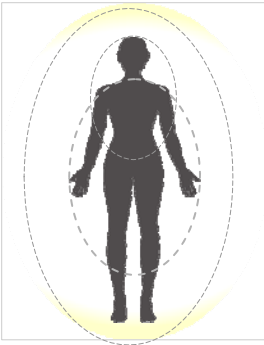


Special Thai Massage Workshops, August 2026

Breath & Body Mechanics in Thai Massage (1 day, 7 hours CEU, \$175)

Techniques for Shoulders, Neck, Head and Face (2 days, 13 hours CEU, \$325)

Instructor: Bob Haddad, RTT — Zen Blossom Massage & Wellness, Nashville, TN



Breath and Body Mechanics in Thai Massage - (Fri, August 14)

This course is geared to practitioners of traditional Thai massage and movement therapists, and basic experience in Thai massage, yoga or other bodywork therapy is required. The focus of the workshop is to explore concepts that help to execute techniques with less physical strength, more ergonomic balance, and greater awareness of breathing patterns. Synchronized and oppositional breathing patterns, and graceful transitions from one position to another are studied. We practice ways to use our bodyweight (instead of our muscles) to carry out techniques, and ways to avoid damaging our bodies as we work with clients. We practice and refine these concepts and techniques with a variety of other students in class.

This course familiarizes you with important concepts and techniques that can be integrated into your own professional and personal practice. If you find yourself working too hard during a Thai massage, or if you sometimes feel tired or depleted after a session, this workshop is for you. Join us for a fun and challenging one-day workshop !

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

Thai Techniques for Shoulders, Neck, Head and Face (Sat-Sun, Aug. 15-16)

Many people, especially those who work while sitting for long periods, store tension in their upper bodies. That stress often remains with us in the latter part of the day, and can contribute 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 in all four body positions, we explore a wide variety of techniques using palms, forearms, thumbs, fingers and feet. Participants explore many new and interesting techniques to release stored tension through stretches, compressions, acupressure, and opening techniques. We also review and refine traditional Thai techniques for the shoulders, upper back, and neck. Finally, a wide variety of manual techniques and pressure points for the head and face are presented, many of which are not usually taught in general Thai massage classes.

Herbal balms and waters are used for some of the face and neck techniques, and participants have plenty of time to give and receive each day. This is always an enjoyable workshop because the mood is meditative, the techniques are very effective, and because everyone loves to receive work on their shoulders, neck, head and face. Please join us !

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

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

Courses held at: Global Education Center, 4822 Charlotte Ave #3, Nashville, TN

Sponsored by: Zen Blossom Massage & Wellness email: contact@reorientbodywork.com tel: 629-206-9358



Early bird and multi-course discounts available if you register before July 1

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



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