

Special January workshops at Loi Kroh Massage - Reserve your place

Using Your Feet in Thai Massage 13 hours, 4,500 baht

Saturday/Sunday, 6-7 January, 2018 with Bob Haddad, RTT

This weekend course explores ways to creatively and effectively use your feet as you work in Thai massage. We study several critical techniques for working leg lines, hips and upper and lower back. We focus on sensing with our feet to detect energy blocks and pockets of tension, and ways to ground ourselves while using feet in a standing position. 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. This is a very popular course which can easily change the way you approach your work on the mat. Join this unique and fun workshop. Stop palming so much, & save your wrists. Use your feet !



Lifts, Twists & Suspensions in Thai Massage 7 hours, 3,000 baht

Saturday, 13 January, 2018 with Bob Haddad, RTT

Many workshops present techniques for lifting and suspending clients that don't work when one person is larger, heavier, or taller than the other. When suspending or lifting a client, it is easy to hurt yourself or to hurt the client, but there are ways to reduce a client's stress with gentle balancing and rocking suspensions. These techniques depend on proper body mechanics and breath. Special attention is given to the motivation behind each technique. If you like the idea of balancing and suspension poses, but you are not always comfortable when you try them, then this workshop is for you.

Loi Kroh Massage School, Loi Kroh Rd, soi 3, Chiang Mai. Thailand

For more information, write: school@loikrohmassage.com

tel: (66) 053 274 681 To register now, click here: [register](#)

