

Specialized Thai Massage Workshops

Lifts, Twists & Suspensions in Thai Massage, Sunday, Jan 8, 2017

Using Your Feet in Thai Massage, Sat/Sun, Jan 14-15, 2017

Loi Kroh Massage School Instructor : Bob Haddad, RTT

Lifts, Twists & Suspensions in Thai massage - Sunday, 8 January, 2017



7 hours, 3,000 baht Many workshops present techniques for lifting and suspending clients that do not work when one person is larger, heavier, or taller than the other. When suspending or lifting a client, the potential is great for hurting yourself or hurting the client. There are little-known ways to reduce a client's stress with gentle balancing and rocking suspensions. These techniques have less to do with physical strength, and they depend more on proper body mechanics, breath, and physics. We work in all four body positions; supine, prone, seated and side, and 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.

Using Your Feet in Thai Massage - Saturday-Sunday, 14-15 January, 2017

13 hours, 4,500 baht This weekend 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 with previous study in Thai massage. 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 using the feet for gentle balancing and suspension poses that encourage tension and stress to leave our 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 a very popular course 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!

Held at: Loi Kroh Massage School - 1/3 Loikroh Road Soi 3, Chiang Mai, Thailand

To register, or for more information about these workshops, contact:

school@loikrohmassage.com



Bob Haddad, RTT, is the guest instructor for these special workshops at Loi Kroh. Bob has studied traditional Thai massage in Thailand and elsewhere since 1999. He founded Thai Healing Alliance, he is the author of 'Thai Healing Arts: Practice, Culture & Spirituality', and he teaches workshops internationally.

For more information about these workshops, visit: www.thaihealing-arts.com

