



โรงเรียนอาทิตย์นวดแผนไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

Advanced Thai Massage classes at Sunshine Massage School

Upper-Body Advanced Techniques

with **Bob Haddad**



After working the feet, legs and lower body in Thai massage, it is important to proceed with your work on the upper body in a targeted and holistic way. This workshop raises your awareness of whole-body energy patterns, and helps you connect your upper-body work to the things you do in the first half of your treatments.

In this course you will learn:

- Specialized techniques to release back tension
- Creative ways to work the upper sen lines
- Deep and sensitive abdominal work
- How to use your feet to sense and release blockages
- Lifts, spinal twists and suspensions
- How to use breathing for maximum effect
- Targeted techniques for shoulders and shoulder blades
- How to use your body weight to avoid straining
- Assessment of your client's body language
- Advanced stretches for the back, arms and shoulders
- Energy release and self-protection techniques
- How to refine and correct your body mechanics ... and much more.

This is an exciting, creative and exploratory course for all those with previous experience in Thai massage. We work in all 4 body positions, and plenty of time is given for practice and review each day. Join us !

*Prerequisite: Basic experience in Thai Massage
5 days / 30 CE Hours – Baht 12'500.-*

3 to 7 Dec. 2018
7 to 11 Jan. 2019

