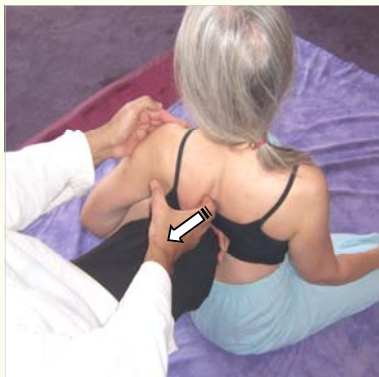


# Thai Massage Techniques for Shoulders, Neck, Head & Face

**Techniques, Concepts and Review - open to all - Bob Haddad, RTT, Instructor**

**\$425 (20 hours CEU) Fri-Sun, Sept. 24-26, 2021, Indianapolis, IN**



Many people, especially those who sit for long periods, store tension in their upper bodies. This stress remains with us in the latter part of the day, and often contributes 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 on floor mats in four body positions, we explore a wide variety of techniques using feet, palms, forearms, elbows, palms, thumbs and fingers to release pockets of tension through stretches, compressions, acupressure, and opening techniques. We also review and refine upper body *sen* (energy lines), and traditional Thai techniques for the shoulders, upper back, and neck, many of which can be adapted to table work. Finally, a wide variety of manual techniques and pressure points for the head and face are presented, many of which are not taught in general Thai massage classes.

Herbal balms and waters are used for some of the face and neck techniques, and Thai rituals are explained and practiced. Formulas and ways to make herbal balms are discussed, and participants have ample time to give and receive each day. This is always an enjoyable workshop because the mood is meditative, and because everyone loves to receive work on their shoulders, neck, head and face. Previous experience in Thai massage is helpful, but not necessary. Massage therapists, yoga practitioners, healers, singles, and couples are welcome. Start time each day is 9 a.m. Please join us for this exciting, fun and relaxing workshop!

**Sponsored by Somabolo - deposit is required to hold your place**

To register, send a \$100 deposit by Paypal to [brandon@somabolo.com](mailto:brandon@somabolo.com) or by Venmo @SomaBolo

**Workshop is held at Broadway United Methodist, 609 E. 29th St., Indianapolis, IN**  
**For questions or additional info, contact Brandon at [brandon@somabolo.com](mailto:brandon@somabolo.com)**  
**or by phone/text: 701-446-6840**

Registration payments for this course are fully refundable in case the course is cancelled, but not if it is held as planned.  
Full course details and time schedule will be sent upon registration.



Bob Haddad, RTT has studied traditional Thai massage in Thailand and elsewhere since 1999. He founded Thai Healing Alliance, he is the author of 'several books on traditional Thai healing arts, and he teaches courses and workshops internationally. This course is valid for 18 hours of continuing education credit. For more information, contact Bob at [www.thaihealing-arts.com](http://www.thaihealing-arts.com) or [thaimassage@mindspring.com](mailto:thaimassage@mindspring.com)



**This workshop is approved by NCBTMB and Thai Healing Alliance International (THAI) for continuing education credit.**  
**Certificate for 20 hours of continuing education is awarded at the end of the course.**