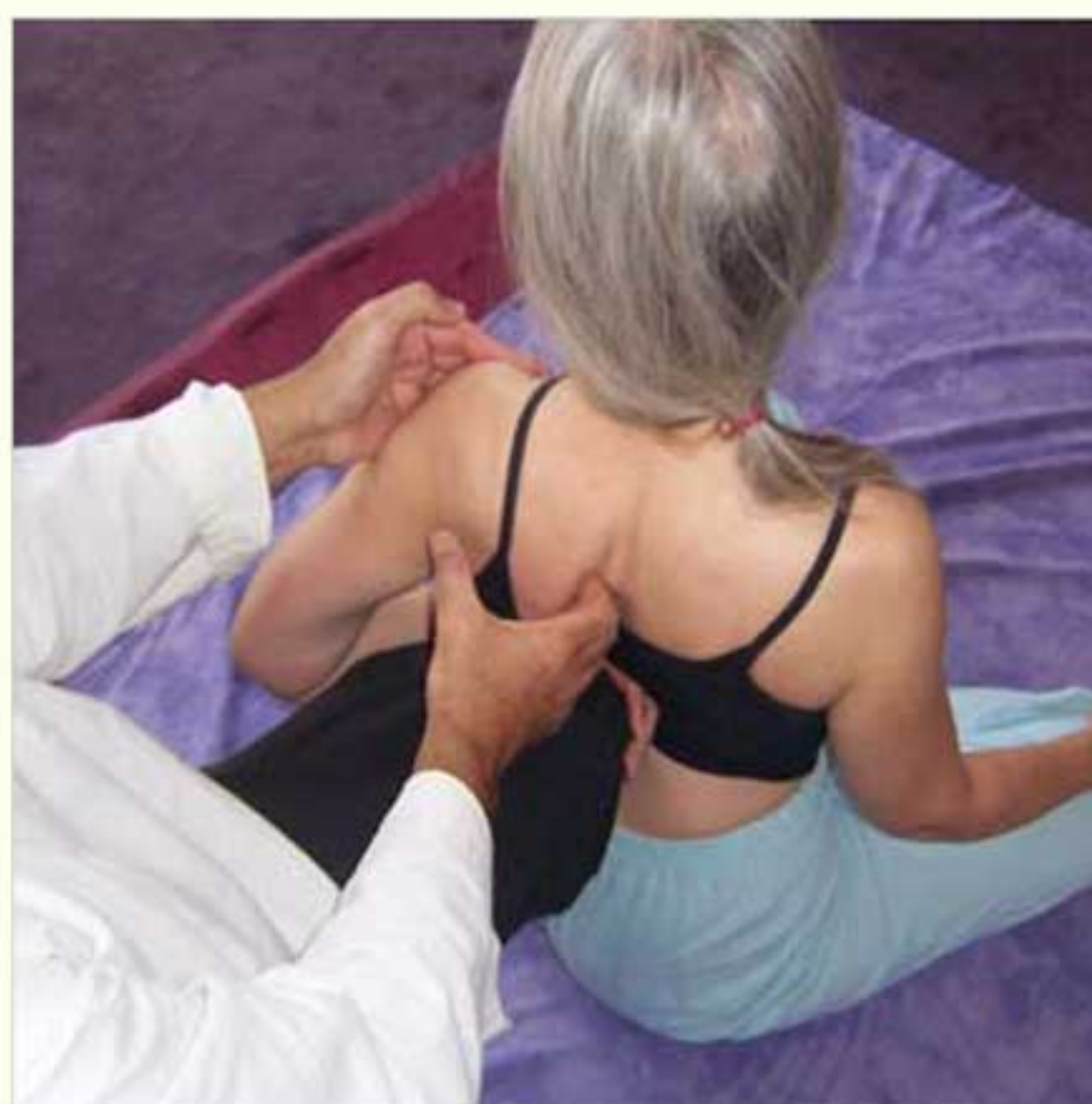


Thai Massage for Shoulders, Neck, Head & Face

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

250 € (3 days, 20 hours) June 2-3-4, 2017

Zagreb, Croatia



Many people, especially those whose work involves sitting for long periods, store tension in their upper bodies. This stress often remains with us in the latter part of the day, and it 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 in four body positions, we explore a wide variety of techniques using feet, palms, forearms, elbows, palms, thumbs and fingers.

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 Thai ablutions are used for some of the face and neck techniques. 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. No previous experience in Thai massage is necessary. Massage therapists, yoga practitioners, healers, singles and couples are welcome. Please join us !

Sponsored by Davor Haber, RTT - Zagreb, Croatia (Hrvatska) - Deposit is required.

To register, or for questions, contact Davor Haber / Haber Bodywork

email: davorhaber@gmail.com **web:** www.haberbodywork.hr/Kontakt.html

Facebook: <https://www.facebook.com/events/1808885676058167/>



Bob Haddad, RTT 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, contact Bob at www.thaihealing-arts.com



This workshop is approved by Thai Healing Alliance International (THAI) and by NCBTMB for continuing education credit. A certificate is given at the end of the course.