



โรงเรียนอาทิตย์นวดแผนไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

Advanced Thai Massage classes at Sunshine Massage School

Advanced Techniques for Shoulders, Neck, Head and Face

with Bob Haddad



This workshop presents advanced concepts and techniques for working the shoulder blades, clavicle, shoulders, neck, head and face. Working in all four body positions, we explore a wide variety of techniques using feet, palms, forearms, elbows, thumbs and fingers.

Participants explore many new and interesting techniques to release stored tension through stretches, compressions, fascia release, 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 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 everyone loves to receive work on their shoulders, neck, head and face.



*Prerequisite: Basic experience in Thai Massage
2 days / 13 CE Hours – Baht 4'500.-*

15 to 16 Dec. 2018 (weekend)
12 to 13 Jan. 2019 (weekend)

