



THERE ARE NO PREREQUISITES BEYOND A DESIRE TO EXPLORE. YOU WILL LEARN TO RELAX WHILE USING YOUR BODY WEIGHT AND GRAVITY TO APPLY FIRM PRESSURE. YOU WILL GAIN CONFIDENCE USING A WIDE VARIETY OF STRETCHING TECHNIQUES WHILE GENTLY STRETCHING YOURSELF AS WELL.

- THIS WORKSHOP IS DESIGNED FOR BEGINNERS BUT ALL WILL BENEFIT. EXPERIENCE IS NOT NECESSARY. YOU MUST FEEL SOMEWHAT COMFORTABLE ON YOUR KNEES.
- ALSO INCLUDED ARE YOGA FOR THAI MASSAGE, HISTORICAL AND PHILOSOPHICAL FOUNDATIONS OF THAI MASSAGE, AND SELF-CARE TECHNIQUES.
- FLOOR MATS ARE PROVIDED.

USING BREATH AND MOVEMENT, WE WILL CREATE A COMFORTABLE AND SAFE ENVIRONMENT OF HEALING TOUCH. YOU WILL WALK AWAY WITH A SIMPLE AND EFFECTIVE THAI "ROUTINE" TO PRACTICE ON YOUR FAMILY AND FRIENDS.

WORKSHOP

INTRODUCTION TO THAI MASSAGE

NO THAI EXPERIENCE NECESSARY



THIS CLASS IS DESIGNED TO INTRODUCE THE AMAZING FLOOR BASED PRACTICE OF THAI MASSAGE TO THOSE WITH LITTLE OR NO EXPERIENCE IN FLOOR BODYWORK.

DECEMBER 10-11, 2011

INSTRUCTOR	PAUL FOWLER
NCBTMB CE's	14
DAYS & TIMES	SATURDAY: 9am - 5pm SUNDAY: 9am - 5pm
COST	\$300 \$250 register by Nov 22
LOCATION	CHICAGO SCHOOL OF THAI MASSAGE AT MOKSHA YOGA LOGAN SQUARE 2528 W Armitage Ave Chicago, IL 60647

ENROLL NOW • www.CHICAGOSCHOOLOFTHAIMASSAGE.com •
312.361.0034