

Course Title: Traditional Thai Massage Sidelying

Presenter: Ova Luethye NCBTMB Approved Provider #452038-12

CEs Awarded: 12

Dates: Tuesday, Sept. 11 Hours: 9-12 and 1-4

Wednesday, Sept. 12 Hours: 9-12 and 1-4

Cost: \$300., After August 14th \$350.

Course Type: Live

Practice giving and receiving this Ancient and exceptionally effective form of Thai Massage as practiced in Thailand with fully clothed patients on the floor mat, no oil. Save your Therapist thumbs with more use of palms, forearms, elbows, knees, and feet; less pushing, more pulling; and adding more pressure with ease by leaning in with your body weight, rather than using muscles.

The Sidelying Position on the floor addresses Scoliosis and Right to Left Body Imbalances; Clears blocked energy in the legs and lower back; Relieves joint pain; Re-aligns Pelvis with the Shoulder Girdle while balancing the Psoas muscle for a deeply Relaxing, Healing Experience! Please come to class with a Yoga Mat and dressed in loose, light clothing (no jeans or Belts).

For more info and photos check my website:

www.wholistichealingarts.net