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fully illustrated, step-by-step instructions which enable the reader to use this integrative and interactive therapy with a partner at home or with a client. The book explains the historical and philosophical background of Thai massage as well as its religious origins.

**Thai Massage:
Sacred Body Work
by Ananda**

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Apfelbaum ...

Thai Massage Sacred Bodywork offers traditional training in the ancient art of Thai Massage. This amazing form of bodywork is still widely practiced in Thailand today and also has spread worldwide due to its inherent healing qualities. It's original name, Nuad Bo' Rarn, literally means "ancient healing touch."

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Thai Massage combines many bodywork techniques usually found isolated in the west, including Trigger Point Therapy, Myofascial Release Techniques, Manual Therapy, Reflexology, Sports Massage and others. This combination of energetic and physical

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bodywork makes Thai Massage unique, and so are its multidimensional effects. Our Sacred Bodywork Traditional Thai Massage Certification Program consists of 364 total CE Hours and is divided between six portions: The Basic Practitioner Program, Thai ...

**Traditional Thai
Massage
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Thai Massage Sacred Bodywork elaborates on Thai Massage's history, theory and practice. For the hands on aspects, Apfelbaum leads us through a complete, full-body Thai sequence which covers Thai Massage's five traditional positions: supine, side lying, prone, inverted and seated.

Thai Massage Book -

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**Thai Massage
Sacred Bodywork by
Ananda ...**

Ananda has a healing heart, and is graced with the intuition needed to be a powerful Thai Massage practitioner. She goes above the call for therapeutic session of healing body work, to include useful information about further ways to heal. The herbal hot packs augmented the

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benefits from the
session.

**Thai Massage
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Littleton, MA**

Sacred Bodywork
NCBTMB Provider #
450670-08 Florida
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50-9043 Our two day
hands on (12 CE hours)
Thai massage training
class is a sample of
what Traditional Thai
Massage has to offer.

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**Introduction to Thai
Massage - Sacred
Bodywork**

NYS Massage License
Number 004786-1
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Number 451263-10
Ananda Apfelbaum is
approved by the
National Certification
Board for Therapeutic
Massage & Bodywork
(NCBTMB) as a
continuing education
Approved Provider and
is also sponsored by
NCBTMB to teach New

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York LMTs continuing education that is accepted by the state of New York for license renewal.

Contact - Thai Massage Sacred Bodywork - Ananda Apfelbaum ...

Our Thai Massage Training Program is an exceptional, in-depth study of Thai Massage Sacred Bodywork focused primarily on hands-on embodied

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training - rather than on theoretical training. In addition to learning the physical aspects of Thai bodywork, we also explore the spiritual and emotional components behind healing work.

Thai Massage Training Program - Thai Massage Sacred Bodywork

Learn Traditional Thai
Massage - Northern
Style or Hawaiian

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Lomilomi Massage.

Contact us to schedule a private, semi-private, group or Spa Staff Training. We are based in South Florida and travel throughout the world for trainings.

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Sacred Bodywork
Traditional Massage

Thais have used these

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steamed herbal bundles, called luk pra kob, as a multi-faceted and multi-purpose healing treatment for centuries. The Thai Herbal Compress Massage, also known as LukPraKob, Thai herbal balls treatment, Thai herbal bundles treatment, herbal bolus treatment, or herbal heat revival treatment, uses heated herbal aromatic bundles containing a blend of

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16-20 traditional Thai herbs: Aromatic Salisb, Derris Scandens Benth, Zingiber cassumunar, Cassumunar, Camphor, Borneo ...

**Thai Herbal Bundles
Massage Continuing
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Our Thai Foot Massage and Thai Reflexology training classes are another wonderful extra Thai treatment to be able to be offer your clients. This hands-on

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course focuses on
Traditional Thai
techniques for working
on the feet to balance
and treat the whole
body.

**Thai Foot Massage -
Sacred Bodywork
Traditional Massage**

Thai Massage Sacred
Bodywork
demonstration by Thai
Massage therapist
Ananda Apfelbaum of
NYC. See how she
works on the feet in

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the supine position.

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Thai massage is a sacred form of bodywork widely

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practiced in Thailand today. It is an amazing synthesis of acupressure, stretching, reflexology, joint mobilization and assisted yoga poses. Thai Yoga Massage sessions will help to increase your flexibility, reduce your stress, give you energy and simply said make you feel wonderful.

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