

## Thai Massage on the Table: An Introduction

Description: Thai Massage is a traditional healing modality that has been practiced in Thailand for centuries. Techniques include a combination of gentle rocking, passive stretching, rhythmic compression, soft tissue manipulation and energy balancing that works to deeply open, relax, and revitalize the entire body. Although the work is traditionally done on a mat on the floor it can easily be adapted for a massage table. This course offers an introduction to the basic techniques and concepts of this spiritual form of bodywork. Thai Massage on the table can easily be incorporated into a regular western massage as well as being a powerful experience on its own merit.



Elizabeth Drapela graduated from the Florida School of Massage in Gainesville, FL in 1998. She has taught various workshops since 1999. Elizabeth has spent many winters studying Traditional Thai Massage in Chiang Mai, Thailand with several teachers, most notably with Ajharn Pichest Boonthamme, one of Thailand's most respected masters. In addition to massage, Elizabeth also teaches yoga. Her classes incorporate serious focus, spirituality and playful joy. Elizabeth Drapela is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.