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**Sent:** Tue 9/13/2016 4:59:58 AM  
**Subject:** Thai Massage Sacred Bodywork Upcoming Workshops

Title: Thai Massage Sacred Bodywork Upcoming Workshops

Upcoming Thai Massage Fall and Winter Workshops

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Dear Thai massage community,

I hope you've had a very good summer with lots of outdoor time. Now with the cooler weather coming, it's a great time to learn new things and review old things. Our Basic Thai Massage training will start anew next month. I know a lot of you have been hoping to study Thai Massage, so here's your chance.

Here's the schedule:

<i>Supine &amp; Prone</i>	Oct. 21-23 and Nov. 4-6, 2016
<i>Side lying, Inverted &amp; Seated</i>	Jan. 20-22 and Feb. 3-4, 2017
<i>Putting It All Together</i>	Feb. 5, 2017
<i>Advanced Techniques</i>	March 18-19 and April 1-2, 2017

All trainings will be held at the beautiful and calm Warshaw studio in Soho, which is conveniently located near many subway lines. For more information, go to:

<https://thaimassageSacredbodywork.com/thai-massage-workshops/>.

Even if you've already taken a workshop, I encourage you to come again. Repeat students tell me they're glad they've come a second time as this time they find they understand the techniques more deeply. It really is all in the practice! it's half price for repeat students. We now even offer one-day drop in classes for repeat students if you're short on time or money.

I look forward to seeing you and sharing with you this wonderful form of body, mind

and spirit healing from Thailand.

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Ananda  
demonstrating  
a Thai  
Massage  
technique for  
stretching the  
achilles  
tendon.

Massaging  
the calf  
and foot -  
feels so  
good.

Sawasdeeka,

Ananda

Ananda Apfelbaum, BA, LMT, RYT  
[www.thaimassageSacredBodyWork.com](http://www.thaimassageSacredBodyWork.com)

Students  
enjoying  
massaging  
their  
partner's  
neck.

A happy  
moment  
learning a  
new  
technique.

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You have been added to this list because you have previously expressed interest in Thai massage training.

**Our mailing address is:**

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