

To: [REDACTED]
From: Lesley Groff
Sent: Tue 9/13/2016 10:54:12 AM
Subject: Fwd: Thai Massage Sacred Bodywork Upcoming Workshops

FYI...

Begin forwarded message:

From: Thai Massage Sacred Bodywork
<[REDACTED]>
Subject: Thai Massage Sacred Bodywork Upcoming Workshops
Date: September 13, 2016 at 12:59:58 AM EDT
To: Jeffrey <[REDACTED]>
Reply-To: Thai Massage Sacred Bodywork
<[REDACTED]>

Upcoming Thai Massage Fall and Winter Workshops

[View this email in your browser](#)

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 & Prone</i>	Oct. 21-23 and Nov. 4-6, 2016
<i>Side lying, Inverted & 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.

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

Students
enjoying
massaging
their
partner's
neck.

Massaging
the calf
and foot -
feels so
good.

A happy
moment
learning a
new
technique.

Sawasdeeka,

Ananda

Ananda Apfelbaum, BA, LMT, RYT
www.thaimassagesacredbodywork.com

Copyright © 2016 Thai Massage Sacred Bodywork, All rights reserved.
You have been added to this list because you have previously expressed interest in Thai massage training.

Our mailing address is:
Thai Massage Sacred Bodywork
PO Box 231532
New York, NY 10023

[Add us to your address book](#)

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)