

ชวดีโชธาณ
NUAT BORAN



THAI BODYWORK

The benefits of massage, yoga, and energy work in one nurturing dance.

with

Robert Wootton, PhD, LMBT

LEVEL 1 TRAINING

October 7- 9, Fri & Sat 9:30am – 6pm, Sun 9:30 – 5

21 CE Hours, \$350

Early registration discount before Sep 16: **\$320**

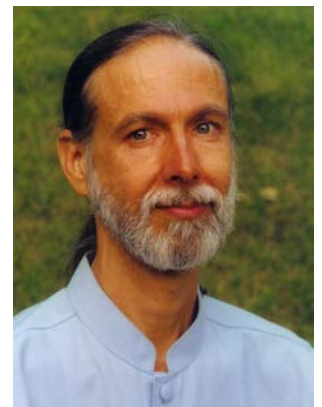
CONCORD, NC

Balance Wellness Center, www.balancewellnesscenter.com

Registration: 704-721-5976

- Learn the Bodywork that has it all: stretches & range of motion, energy work & meditation, breathing techniques & rhythm, cross-fiber, compression, and more.
- Learn from a master practitioner and teacher of Thai Bodywork with 20 years experience.
- Learn more than mechanics – get the spiritual attitude of this ancient Buddhist healing art.
- Learn more than a collection of moves – learn a flowing, rhythmic, interactive dance.
- Learn to give a full-body treatment that is safe and effective.
- Get step-by-step guidance in body mechanics to work effectively on a floor mat; then learn adaptations to table work.
- Experience a different approach to bodywork as Robert works on everyone and guides exercises & meditations.
- Even if you don't want to practice Thai Bodywork you can apply most of the elements to enhance other modalities.

Robert Wootton, PhD, LMBT, lived in Thailand for six years. He speaks Thai, knows the culture and religion. One of the first Americans to train with Thai masters of *Nuat Boran*, he has practiced Thai over 20 years and taught workshops for 12. Robert lives and practices near Asheville. Robert is approved by NCBTMB as a continuing education provider. (NC license 3731; NCBTMB provider 288581-00)



Info and course description: www.ThaiBodywork.info