

To: [REDACTED]
From: Lesley Groff
Sent: Wed 3/15/2017 5:34:32 PM
Subject: Fwd: Upcoming Thai Massage Sacred Bodywork Workshops

just received this... :)

Begin forwarded message:

From: Thai Massage Sacred Bodywork
<[REDACTED]@[REDACTED]>
Subject: Upcoming Thai Massage Sacred Bodywork Workshops
Date: March 15, 2017 at 1:33:29 PM EDT
To: <[REDACTED]@[REDACTED]>
Reply-To: Thai Massage Sacred Bodywork
<[REDACTED]>

Upcoming Thai Massage Spring and Summer 2016 Workshops

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Dear Thai massage community,

I hope this finds you all very well. Many of you have expressed interest in learning Thai massage or going deeper into it. We have an advanced training program coming up this weekend and in two weeks for people who have already completed the Basic Training and we will soon begin our new expanded spring and summer Thai Massage Basic Training. We hope you'll be able to join us. We also offer Thai massage practice jams to anyone who wants to practice their Thai massage - all styles welcome.

Here's the schedule:

<i>Advanced</i>	March 18-19 and Apr 1-2
<i>Practice Jam</i>	April 12
<i>Supine & Prone</i>	April 7-9 and April 21-23
<i>Side lying, Inverted & Seated</i>	June 9-11 and June 23-25
<i>Putting It All Together</i>	July 8

All workshops are held at the beautiful 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 are there as they come to understand the techniques and feeling more deeply. Yes, it's all in the practice! We now even offer one-day drop in classes for repeat students who are short on time or money but if you can make a whole training it's even better!

We look forward to seeing you and sharing with you this wonderful form of bodymindspirit healing from Thailand.

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

Students
enjoying
massaging
their
partner's
neck.

Opening
circle.

Thai
mats!

Sawasdeeka,

Ananda

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

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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:

Thai Massage Sacred Bodywork
PO Box 231532
New York, NY 10023

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Dear Thai massage community,

I hope you've had a very good winter despite the recent epic snowstorm. Our big event this winter is that we created and hosted our first ever Valentine's Day Partner Yoga. It was a beautiful experience.

Moving on from winter, spring seems to be in the air. Some flowers have even started blooming in Central Park! We will soon begin our spring and summer Thai massage workshops and hope you will be able to join us.