

## Depth & Play

# Introduction to Thai Massage Retreat

20 CEU Hours | 4 Days

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## Depth & Play: Introduction to Thai Massage

4 Day Energizing Retreat in Sedona | 20 CEU hours through NCTMB

## Learning & Transformation

Immerse yourself in a 20-hour CEU retreat dedicated to the art of Thai Massage, surrounded by the stunning red rock formations of Sedona! This transformative experience is designed for licensed massage therapists and bodywork practitioners looking to deepen their skills and reconnect with their passion & play for healing.

### Retreat Highlights:

**Thai Massage Workshops:** Every afternoon dive into the history and philosophy of Thai Massage with your instructor. We will focus on depth & play coming from the perspective of self-awareness, loving kindness & playful body movement. Discover the principles of energy flow and body mechanics, incorporating stretching and compression to enhance your practice and provide holistic care to your clients, family or friends. You will expand your limitations for what is possible body to body in a fun, safe and connective way.

**Mindfulness and Meditation:** Begin each day with guided mindfulness practices and breathwork, cultivating a deeper connection to your body and spirit. These sessions will empower you to bring a sense of calm and focus into your work.

**Nature Connection:** Experience the tranquility of Sedona's breathtaking landscapes right out your front door! Harmonize your body and mind while surrounded by the breathtaking landscape.

**Community and Connection:** Engage with fellow practitioners in a supportive and collaborative environment. Evening discussions will allow for sharing experiences, insights, and cultivating a sense of community that enriches your journey.

**CEU Credits:** This retreat is NCBTMB-approved for 20 continuing education units (CEUs), ensuring that you fulfill your professional requirements while engaging in a rewarding learning experience.

**Schedule:** Have the days free to explore Sedona and relax & restore in the red rocks! Workshop is scheduled Friday, Saturday & Sunday from 3-7 pm. You are free to practice on your off time, or simply relax & unwind.

\* **Optional:** Book additional massage sessions with some of Sedona's premiere therapists to receive in-home during your stay!

## What to Expect:

- ❖ **Comprehensive Workshops:** Hands-on training covering the fundamentals of Thai Massage, including essential techniques, stretches, and body mechanics along with loving kindness and metta meditation. These will be lifelong tools that you can practice with friends, family, clients and yourself!
- ❖ **Mindfulness Practices:** Daily guided meditation and breathwork to enhance emotional awareness and presence.
- ❖ **Practical Application:** Practice techniques in pairs with real-time feedback for skill refinement.
- ❖ **Cultural Insights:** Discover the history and philosophy of Thai Massage for a deeper understanding of its significance.
- ❖ **Supportive Community:** Connect with like-minded practitioners in a nurturing and collaborative environment.
- ❖ **Focused Reflection and Discussion:** Engage in group discussions and reflection sessions to integrate experiences and insights.
- ❖ **Nature Immersion:** Enjoy the serene retreat setting, with optional outdoor activities to connect with nature.
- ❖ **Personal Growth:** Enhance self-awareness and personal development as both a practitioner and an individual.
- ❖ **Resource Materials:** Receive handouts and materials summarizing techniques and concepts for future reference. Including a free online course available to you after completion.

## Who Should Attend:

This retreat is ideal for licensed massage therapists, bodyworkers, and holistic practitioners seeking to expand their knowledge and refine their skills in Thai Massage.

## Approximate Investment:

\$875 (includes accommodations)

\$425 (without accommodations)

*\*Meals & all other retreat activities are at the expense of the individual*

We have relationships with local vacation rentals to perform our retreats. This allows us to keep retreats affordable and sustainable within the community. The home we choose is based on availability, and accommodations are suited to the needs of the group. Our top priority is making sure everyone feels safe & comfortable. We provide more specific and detailed accommodation details and exact pricing closer to the dates!

*\*Payment plans are available please reach out to find a plan that works for you.*

**\*\*Limited Spaces Available!\*\***

Secure your spot today and embark on a journey of self-discovery and professional growth in the enchanting environment of Sedona.

Contact us for further consultation:

[sparrowmassagesedona@gmail.com](mailto:sparrowmassagesedona@gmail.com)

Call/text: 928.985.0815