

Sparrow Massage

10-Day Thai Massage Intensive

40 CEU Hours



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Thai Massage Intensive: A Transformative CEU Retreat in Sedona

Transformation & Community

Join us for an enriching 40-hour CEU retreat focused on the art of Thai Massage, set amidst the stunning landscapes of Sedona! This immersive experience invites all licensed massage therapists and bodywork practitioners to deepen their practice while embracing the healing energy of this sacred dance & massage technique. Open to non-massage therapists on a case by case basis.

Throughout the retreat, you will explore the history, philosophy, and principles of Thai Massage. You'll learn how to integrate dynamic movement, stretching, and acupressure techniques to promote relaxation, balance, and healing for your clients. Each day is carefully structured to provide a comprehensive understanding of both the theoretical and practical aspects of Thai Massage.

Retreat Highlights:

Thai Massage Workshops: Every afternoon dive into the history and philosophy of Loving kindness and Thai Massage with expert instructors. Engage in daily hands-on workshops where you will practice essential techniques, including rhythmic compressions, assisted stretches, and the manipulation of energy/fascial lines. Learn how to assess clients' needs and tailor your sessions accordingly. You'll work closely with fellow participants, allowing for personalized feedback and skill refinement.

Mindfulness and Meditation: Begin each day with guided mindfulness exercises, meditation, and breathwork. These practices will help you cultivate a deeper connection to your own body and enhance your presence as a practitioner, allowing you to offer more effective and compassionate care.

Nature Connection: Experience the tranquility of Sedona's breathtaking landscapes right out your front door! Connecting with the stunning landscape will inspire and rejuvenate your spirit, enhancing your overall retreat experience.

Reflection and Community: Engage with fellow practitioners in a warm, supportive environment. Share insights and experiences during evening discussions, fostering a sense of community that enriches your professional and personal journey. Participate in focused group discussions and reflection sessions that foster a sense of community among participants. Share experiences, insights, and challenges in a supportive environment, enhancing your learning experience.

CEU Credits: This retreat is NCBTMB-approved for 40 continuing education units (CEUs), ensuring that you fulfill your professional requirements while immersing yourself in a transformative learning experience. You will also have included lifetime access to our online course Introduction to Thai Massage.

Schedule: Have the days free to explore Sedona and relax & restore in the red rocks! All workshops are scheduled daily from 3-7 pm. You are free to practice on your off time, or simply relax & unwind.

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

What to Expect:

- ❖ **In-Depth Workshops:** Comprehensive training on both foundational and advanced Thai Massage techniques, including dynamic stretches, deep compressions, and specialized sequences.
- ❖ **Hands-On Practice:** Daily practical sessions to apply techniques in real-time, allowing for skill refinement and personalized feedback from peers.
- ❖ **Advanced Techniques:** Learn and practice advanced modalities such as Thai acupressure, joint mobilization, and targeted muscle release strategies working with diaphragmatic breathing and the yoga bandhas.
- ❖ **Mindfulness Practices:** Begin each day with guided meditation and breathwork to cultivate presence and enhance your healing practice.
- ❖ **Cultural and Historical Insights:** Explore the rich history and philosophy of Thai Massage, understanding its holistic approach to well-being.
- ❖ **Individualized Instruction:** Benefit from personalized coaching and guidance tailored to your skill level and learning pace.
- ❖ **Peer Collaboration:** Work closely with fellow participants, fostering a sense of community and shared learning experiences.
- ❖ **Reflection and Integration:** Engage in group discussions and reflection sessions to deepen your understanding and integrate new knowledge.
- ❖ **Resource Materials:** Receive comprehensive handouts and reference materials summarizing techniques and concepts covered throughout the retreat.

- ❖ **Professional Development:** Enhance your skills and confidence as a practitioner, preparing you to integrate Thai Massage into your practice effectively.

Who Should Attend:

This retreat is ideal for licensed massage therapists, bodyworkers, and holistic practitioners looking to expand their repertoire with the art of Thai Massage. Whether you're a beginner or have some experience, you'll leave equipped with valuable skills and a deeper understanding of this holistic practice.

Approximate Investment:

\$1875-\$2225 (includes accommodations)

\$1025 (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

Call/text: 928.985.0815