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Ananda Apfelbaum, BA, LMT, RYT - Thai Massage Sacred ...

Ananda Apfelbaum, BA, LMT, RYT Photo by Maya Apfelbaum Ananda is the director of Thai Massage Sacred Bodywork which offers training programs in traditional Thai Massage. She has been teaching nationally and internationally for over 25 years and has been on faculty at the Omega Institute for Holistic Studies as well as at the Pacific College of Oriental Medicine.

Thai Massage: Sacred Body Work by Ananda Apfelbaum

This massage combines acupressure, stretching, reflexology, assisted yoga postures, herbal compresses, prayer and meditation. It benefits eve Thai Massage. Sacred Bodywork is a complete guide to an ancient practice that benefits body, mind, and spirit.

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Ananda Apfelbaum - Sacred Bodywork-Traditional Thai ...

Thai massage is a sacred form of bodywork widely practiced in Thailand today. For centuries it was done in

Thai temples and homes. Its origins are shrouded in mystery, but seem to have derived mainly from Indian Ayurvedic medicine as well as from Yoga, Buddhism, Traditional Chinese Medicine, and Thai indigenous healing arts.

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Ananda Apfelbaum, featured in TIME magazine's August 2004 issue, is the author of Thai Massage, Sacred Bodywork published by Penguin and Putnam. She also produced the instructional accompanying DVD, Thai Massage, Sacred Bodywork .

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Thai Massage Sacred Bodywork "Putting It All Together - Review and Refinement" workshop for those who have already completed the Supine, Prone, Side Lying, Inverted & Seated workshops.