

Traditional Thai Massage

"Thai Yoga Massage is an ancient healing art, which has been handed down from teacher to pupil since the third century BC. It is a unique and powerful massage therapy, combining acupressure, gentle stretching and applied yoga. With such a clear visual and verbal presentation, this edition provides a thorough grounding to the art form. One, that appeals widely as a tool to aid understanding of Thai Massage, Yoga and Breathwork for healing and spiritual harmony."

Thai Massage, Sacred Bodywork is a complete guide to an ancient practice that benefits body, mind, and spirit. Interest in Thai massage has been growing rapidly. This is no surprise given its unique multifaceted approach to the body. Thai massage combines acupressure, stretching, reflexology, assisted yoga postures, herbal compresses, prayer and meditation. It benefits everyone. Sometimes called the "lazy person's yoga", Thai massage stretches and relaxes the muscles, increases the joints' range of motion, and balances energy flow throughout the body. Thai Massage, Sacred Bodywork provides fully illustrated, step-by-step instructions which enable the reader to use this integrative and interactive therapy with a partner at home or with a client. The book explains the historical and philosophical background of Thai massage as well as its religious origins. Throughout the book, Ananda always reminds us of the deeper meaning of this sacred modality—compassion in action. A must for all those interested in the healing arts.

Learn how to reduce joint pain and stiffness and muscle aches and pain naturally with this fully illustrated, step-by-step guide to the Self Massage and Joint Mobilization Techniques of Traditional Thai Yoga "Reusi Dat Ton," the traditional holistic self-care system of Thailand. After an enlightening introduction to traditional Thai yoga, Wells dives into step-by-step instructions and color photos allowing you to start practicing these techniques on your own. These gentle low-impact techniques will help you to: Reduce joint pain and stiffness Ease muscle aches and pains Improve flexibility and range of motion Reduce neck, shoulder, back, hip, and knee pain Improve circulation Increase your energy and vitality Reduce stress Increase your mobility and pain-free movement during your daily activities Save money by learning how to give yourself a "full body Thai style massage" Improve your massage skills by learning the system which is the origin of "traditional Thai massage" Deepen your yoga knowledge and practice by studying this little known yoga tradition from Thailand. The thorough guide stays true to its traditional roots, serving as a rich resource to yoga students, massage therapists, and all people who want to improve their health and vitality. "I have been doing the Thai Yoga Joint Mobilization exercises almost daily for 6 months now. My balance and strength have improved immensely. It helps relieve the morning stiffness that comes with aging. I am so glad to have all of this information at my fingertips as I get older." Jo Jensen, LMT "Thai Yoga "Reusi Dat Ton" offers healing practices that are as close to magic as I've ever gotten! They are simple exercises, postures, and other tools that bring energy, relieve joint pain, sore muscles, and back pain while improving both flexibility and range of motion. This gorgeous book reveals for the first time both the lore and wisdom of these ancient practices." Carol Sullivan, PhD, E-RYT "Thai Yoga is a wonderful gift which has truly improved my life! Thanks to David Wells for this carefully researched and meticulously detailed manual. As a massage therapist and yoga instructor the work has become an important daily practice for me and one that I share with my clients. The exercises help me to prepare my body for the day, identify limitations and restrictions in my body and balance my energy. The self-massage practice gives me a soothing way to treat those issues and heal myself. I use Thai Yoga to relieve tension headaches, reduce neck and shoulder tension and pain, improve a chronic back injury by mobilizing the low back and hips and releasing the accompanying muscles with self-massage. I also find the practice to reduce stress and increase energy. Most important

Thai Yoga is really fun and feels good. I recommend this practice for everybody!" Jennifer Vanderburg, LMT "Thai Yoga Joint Mobilization is part of my personal daily practice and something I recommend to all my clients for keeping joints open and in full function. It can be practiced standing or seated, making it accessible to people at any level of health." Jill Strong-Harman LMT, Founder/ Director Yin Thai Somatics "Thai Yoga has done more to free me from pain than anything else I've ever tried. For most of my adult life I endured crippling back, neck and joint pain due to several injuries. Now after a year and a half of daily practice of the joint mobilization exercises, I have virtually no pain and every muscle feels energized. I have gone from almost disabled to fully functional and can work and play like I did when I was a young man. I am self-sufficient and master of my physical health for the first time in my adult life. It has literally given me my life back!" James Galusha

This fascinating anthology presents a much wider scope than other books on Thai massage, and uncovers a wealth of previously unavailable information on the historical, spiritual, and cultural connections to this powerful healing art. Topics include ways to refine and maintain a healthy practice, breathwork and body mechanics, self-protection techniques, reading body language, acupressure concepts, and Thai herbal compress therapy. The spiritual and cultural section offers modern translations of ancient texts, Indian and Buddhist influences, magic amulets and sacred tattoos, and accessory modalities such as reusi dat ton (stretching) and tok sen (hammering therapy). Rounding out this thorough text, the final section features essays about actual practice with clients, written by therapists and teachers from around the world. The extensive experience and information provided in this reference book is invaluable to students or practitioners who wish to deepen their personal and professional understanding of traditional Thai healing arts.

A companion volume to the Encyclopedia of Thai Massage, this interactive teaching tool provides an overview of the basic course for classic Thai massage routines. Instructors who have had to create their own study guides will welcome this time-saving accessory, and students will appreciate the thoughtful design that allows room for taking notes, as well as links to images and pages in the original text. Updated with new content and a revamped layout, this handy reference also includes alternate steps from advanced courses as well as a section on Sen lines.

Thai Foot Massage is an ancient art, and part of traditional Thai Medicine. In Thailand, it is the most widely applied treatment. This book is indispensable for all massage teachers, as it contains information and tips from a well experienced massage instructor with 10+ years of experience. Also, it will be valuable for those who wish to start learning simple massage techniques in order to apply them to family members and friends. In this book, you will find:

- Detailed descriptions on traditional Thai Foot Massage techniques.
- Instructions on massage techniques on the dorsal and palmar surfaces of the foot
- Work with massage wooden tools and towels
- Thai Hand Massage instructions
- A small section on self-massage.

Table Thai Yoga Massage is a modern-day evolution and fusion of Traditional Thai Massage and Yoga. These blended healing practices harmonize breath, movement, and intention to provide decreased stress, tension, and pain. At the heart of Table Thai Yoga Massage is the practice of loving kindness, or what the Thais call "Metta." Metta is truly applied when both giver and receiver are in a space of loving kindness. That is, practicing Table Thai in a way that feels good to give AND feels good to receive. With the spirit of "metta," this book showcases simple, easy, and fun approaches to safely move and stretch the body to feel good from the inside out! Table Thai Yoga Massage is a 3-dimensional experience, where the muscles, tendons, ligaments, as well as the joints receive the benefit of movement and massage. Table Thai restores natural range of motion and joint health, enhances functional integration of the body, and clears

fascial restrictions from previous injuries and repetitive stress patterns. Likewise, Table Thai Yoga Massage clears blockages along the wind channels, or sen, and powerfully relaxes the mind and calms the heart. To respect the Thai culture and the inspiration for this book, we've included Thai cultural nuances entitled "The Thai Way." As reminders to let go of unnecessary tension, "Yoga Gem" inserts are provided to encourage physical and energetic alignment. In addition, we provide pointers for cultivating loving kindness with "Growing Metta" sections. And, to delineate where our Table Thai Yoga Massage techniques vary from traditional Thai Massage, or to provide additional variations to address different body types, we offer inserts entitled "Same-Same." It is with grateful hearts and warm smiles, that we are pleased to share Table Thai Yoga Massage!

Seven Peppercorns covers the vast scope of traditional Thai medicine practices including: Thai element theory, physical therapies, medical Buddhism, herbal medicine for massage, divinatory practices, and spirit medicine; all held within the context of a Thai bodyworker's instructional manual. This is not another step by step Thai massage photographic sequence book, but rather an in-depth training in the theory behind the steps, with instruction in a wide range of esoteric Thai physical therapies designed to bring practical understanding of Thai bodywork as it is practiced by traditional doctors in Thailand. Seven Peppercorns is divided into twelve main segments; each segment containing several chapters. The organizational flow takes the reader from introduction, overview and history, through an understanding of Thai anatomy, including element, point, and sen line theory, to instruction in Thai diagnosis, actual physical manipulations and practical application of the shamanistic and Buddhist components of traditional Thai medicine as it applies to bodywork; all in an easy to follow well organized format. Included in this guide are Thai self care practices and exercises as well as treatment guidelines for specific disorders. Seven Peppercorns serves as both an instruction manual and a reference book fully annotated with appendixes, notes, glossary, bibliography and index. The straight forward academic informational writing is gentled with moments of conversational author to reader comments (often humorous), and peppered with short personal narrative stories that bring the reader into the aensory tapestry of Thailand. It is intended as a stand alone manual, or as a text book for Thai massage instructors to use in classes.

Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand--as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

Written by the UK's leading teacher and practitioner Natasha de Grunwald, a pioneer of Thai massage and bodywork for 30 years.Â

Thai Massage Dissected is a book aimed at massage therapists, yoga teachers,

physiotherapists, osteopaths and all manual therapists who want to expand their therapeutic approach and are curious to learn about the body from a Thai anatomy and dissection perspective.Â Â

Therapeutic Thai massage and bodywork is a rich and diverse modality, so much more than the stretching and deep tissue work for which it is known. The book provides a richly curated combination of tools, techniques and protocols that will enhance all practitioners's™ skill sets.Â Natasha discusses the roots of this modality as Buddhist medicine, the five element system, the use of therapeutic herbs and Thai anatomy, whilst also writing about concepts such as proprioception and interoception. There is an additional chapter looking at traditional healthcare practices for women, informed by her time spent with village midwives on the Thai/Burmese border.

Natasha de Grunwald uses imagery from many hours spent in a cadaver lab to describe anatomical, textural layers and structures, bringing human form to life.

She consolidates this with a therapeutic perspective on Thai medical theory and how Thai massage and bodywork can be carried out in a clinical setting.Â This comes from her extensive research, studies and knowledge spanning over three decades.

This is the perfect introduction to using massage, yoga and acupressure to balance the body's natural energies, with easy-to-follow techniques shown in 400 photographs. It is a unique approach to unlocking your inner energy using a combination of yoga stretches and pressure-point work. You can gain greater awareness of your body and mind, to improve your physical health and find a new spiritual stillness and strength. It includes a complete body routine to follow for a total in-depth treatment, plus shorter routines to concentrate on specific areas of the body. It features bodywork specially devised for pregnant women and older people. It provides bodywork to ease everyday complaints such as headaches and an aching back. All techniques are illustrated with step-by-step photographs, with more than 400 photographs in total. This powerful form of body work uses the body's own energy lines, combining gentle yoga stretches with massage techniques and also introducing elements of other popular healing approaches, including acupressure and reflexology. The book begins by outlining this ancient healing therapy, its origins and objectives, and then explains and demonstrates the elements and requirements of a typical session. The core of the book is a comprehensive full body treatment, working through each area of the body sequentially. With over 400 specially taken photographs, this is the perfect guide to the subject, providing absorbing background information and clearly illustrated step-by-step routines.

Thai Massage is the touch that enhances health, happiness, and wholeness--and with more than 150 expertly demonstrated sequences unfolding on these pages, everyone can enjoy its benefits. Sometimes called "yoga in action," Thai massage has worked its relaxing wonders for more than 1,000 years. Explore its secrets with a detailed program that includes ten complete lessons, each concentrating on a particular part of the body. Like other forms of massage, it employs a flowing sequence of stretches, but instead of using only your fingers, pressure is applied with the thumbs, palms, elbows, knees, and feet. Full-color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements. Each technique is clearly explained and its benefits--from improved flexibility to increased vitality--detailed. "All of the techniques are shown in sharp color photographs that are pleasing to the eye. Descriptions of the

techniques are clear."--Massage Therapy Journal.

An authentic guide to Thai yoga massage, a unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy. • Includes more than 80 illustrations, 30 charts, and a complete series of postures for a two-hour full-body massage. • Author Kam Thye Chow has taught massage in Thailand and throughout Europe and North America. Until recently Thai yoga massage was virtually unknown in the West. It has its roots in both the ancient healing traditions of Ayurveda and Thai Buddhism. In this unique practice, the therapist gives a full-body massage that combines palming and thumbing along the Thai energy lines and pressure points with gentle stretching, movement, and breath work reminiscent of tai chi. Using his or her own hands, feet, arms, and legs, the practitioner gently guides the recipient through a series of yoga postures, creating a harmonious and therapeutic "dance" that leads to greater physical awareness, grace, and spiritual energy. In this comprehensive guide for practitioners, Kam Thye Chow leads readers through every aspect of this dance--from its history and philosophy to a detailed presentation of a complete Thai yoga massage session. This important reference includes more than 80 illustrated postures, 30 charts and drawings, and a complete series of postures for a two-hour full-body massage that focuses attention on both the upper and lower body, which receive equal stress in the Western lifestyle. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition. Massage therapists, physical therapists, nurses, and other medical professionals will find Thai Yoga Massage an important and innovative complement to their practice.

Both professional practitioners and casual massage enthusiasts will learn to raise their practice to an art with this step-by-step guide to foot massage as traditionally taught in Thailand. The practical sections of the book clearly cover the different parts of the massage process, and color photos and graphics provide clear explanations to help learners utilize the techniques with confidence. The book also covers the history and theory behind Thai foot massage, including discussions about the reflex points on the feet and the concept of Sen (energy) lines that flow throughout the body, to help explain how this ancient healing art works. Though Thai foot massage is not a curative in itself, the featured techniques can promote general health and well-being.

The book teaches you how to get a Thai massage. This book will show you: - Clear, detailed, step-by-step instructions for each massage technique. - Multiple benefits of each movement. - How to ensure the safety and comfort of your loved ones when giving them a massage. - Detailed instructions for massage in any position or position, from bed to mat on the floor.

The Complete Guide to Traditional Thai Massage contains valuable information about this ancient, sacred form of bodywork. - Historical background - Sip Sen: the Thai meridians - Instructions for techniques in 4 positions (supine, side, prone and seated). - Luk Pra Kob: Thai herbal packs. Preparation and application - A

short section on Tok Sen - See full table of contents below. This book is indispensable for the serious massage therapist, as well as for anyone who studies any form of bodywork. It will be also useful for those who simply wish to learn some massage techniques in order to apply them to family members and friends. 261 pages, with many photos and illustrations! table of contents about the author 4 the theory introduction & history 5 methodology of Thai massage 7 principles of Thai Royal Medicine 8 the mantra of Jivaka 10 contraindications & precautions 11 space & hygiene 11 sip sen: the Thai meridians 13 the techniques Jap Sen: working on the energy lines 25 how To Stop The Blood Flow 32 the feet 35 what lies underneath 48 leg techniques 52 single leg techniques 54 two legs techniques 78 what lies underneath 95 trunk - abdomen & thorax 99 what lies underneath 111 arms & hands 114 what lies underneath 134 side position 137 prone position 173 what lies underneath 206 Thai massage and lumbar disc degeneration 210 seated position 212 what lies underneath 228 face & scalp 230 what lies underneath 243 tok sen 246 luk pra kob 250 epilogue blending it all together 258

Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand—as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

Learn to apply the traditional Thai Massage techniques on the massage table, by the Thai Massage instructor Elefteria Mantzorou. What you will find in this book: - Techniques in supine, side and prone positions. Face included. - Techniques are matched with anatomy plates. - Sen work and Thai acupressure included. - The techniques can be combined with Swedish massage. Take your massage therapy skills to the next level with Thai mobilizations. The instructor has her own school and teaches the art since 2004! This book contains only black and white images, but full-color Kindle edition is free when you buy the paperback. Recommended for manual therapists, yoga instructors and practitioners, physiotherapists, dancers and massage therapists

A form of Thai Yoga Massage that focuses on the three Ayurvedic body types • Explains how to determine a person's Ayurvedic body type and provides hands-on techniques for working with them • Brings the practices presented in Thai Yoga Massage to a new customized level of therapeutic healing The traditional healing arts of Ayurveda and Thai Yoga Massage have a deep and integrated

relationship that provides an unparalleled modality for restoring body, mind, and spirit. Although it originated in India, over the centuries Ayurveda has been assimilated into the predominant Thai culture and has evolved into a distinctive folk medicine. With the growing popularity of Ayurveda and Thai Yoga Massage, there is a renewed interest in reuniting these practices into a powerful therapeutic alliance. Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality. The authors first explain in detail the fundamental principles of Ayurveda and then recommend daily practices for each of the three main body types of vata, pitta, and kapha. Practitioners learn how to customize their work with the appropriate massage approach, recommended yoga asanas, breathing techniques, and diet and lifestyle tips. More than 50 illustrated, full-body Thai Yoga Massage postures are presented as well as a massage flow for each body type. The authors indicate the Ayurvedic benefits of each posture and detail any precautions that should be followed in this dynamic practice of transformative healing.

- Presents guidelines for effortless and effective practice, including body mechanics, breathing patterns, flowing movements, incremental pressure, and exercises to improve sensing and to strengthen intuition as you work
- Offers ways to refine and improve classic techniques that are often performed incorrectly, explains broad healing concepts behind individual techniques, and discusses the awareness and sensitivity with which they should be performed
- Answers common questions, clarifies misunderstandings, and presents ways to work with focused intention on a deeper level, and with more grace, ease, and efficiency

Unlike most books about Thai massage, this guide offers a deep and insightful view of important and often neglected aspects of Thai bodywork. Many of the concepts presented in the book also apply to table massage, physical therapy, yoga, and other healing arts. Sharing insights from his many years of practice and teaching, Bob Haddad takes a deeper look at the conceptual, spiritual, and practical approaches behind effective bodywork. An entire section is dedicated to awareness of breath for massage, movement, and everyday activities. Assessment guidelines are offered to work with others based on physical appearance, pre-existing conditions, and elemental predisposition. Exercises to sharpen sensing abilities and intuition are presented, and ways to find, coax, and release blockages in the body are discussed. The author demonstrates in detail the execution of twelve important Thai massage techniques that are often taught and performed incorrectly. The chapters on Upper Body, Lower Body, and Flow offer ways to structure a customized sequence for each individual and help therapists to move from one technique to another with grace and ease. Finally, the chapter on medicinal herbs discusses the preparation, use, and benefits of hot and cold compresses, medicinal poultices, balms, oils, and herbal baths, as well as easy recipes for all of these traditional therapies. This exciting and valuable guide contains information that

has never been previously available in print. Full of exercises and insights to help therapists hone their bodywork skills, this book reveals the key principles that give way to effective treatment, and it explores traditional Thai massage with a special focus on intention, awareness, sensitivity, breath, movement, stillness, and spirituality.

This practical and highly illustrated introduction to the principles and techniques of Thai massage discusses the theories of Thai medicine and its Chinese and Ayurvedic influences. It offers clear and easy-to-follow descriptions for all Thai massage techniques accompanied by full color photographs and drawings, with arrows to indicate direction of movement. Basic explanations describe how massage therapists can use elements of these techniques and apply them immediately in their own practice. Gives clear and easy-to-follow descriptions for each technique. Techniques can be used alone, in conjunction with other forms of massage, or to facilitate Yoga and other meditation practices. Clinically valuable and practical explanations of how to use elements of the procedures make it easy for therapists to enrich their practice with these techniques -- whether applying all of the methods, or starting with stretches alone. Features an icon throughout the text that calls attention to precautions therapists must be aware of for safe and effective sessions. Includes a 45-minute DVD presenting video of techniques and routines in real time, to demonstrate proper pacing. Photographs, drawings, and illustrations of techniques are now in full color, for greater clarity of concepts. More historical background provides a deeper understanding of this ancient medical art. An accompanying DVD offers a 45-minute video of a Thai massage session in real time - demonstrating procedures with proper pacing. The visual approach along with its step-by-step narration helps viewers understand how the concepts discussed in the book translate to actual practice. The book also includes DVD icons that indicate which techniques are demonstrated on the DVD. Increased coverage of body mechanics helps readers understand the difference between correct and incorrect technique. Legends below the photographs provide specific information on the muscles being pressed or stretched with each technique to help therapists understand how this art of Asian healing corresponds to Western anatomy. A new Muscle Atlas appendix helps to further identify muscles mentioned in these legends. A new chapter, Correlations to Yoga, outlines the correlations between specific Thai massage procedures and yoga postures to help therapists incorporate Yoga into their practices. A new chapter, Suggested Sequences, provides guidelines for 60-, 90-, and 120-minute sessions - taking the guesswork out of planning Thai massage sessions.

This is an illustrated guide to a powerful ancient massage therapy, combining breathwork, acupressure, gentle stretching and applied yoga to promote physical and spiritual health and well-being.

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medicine for massage, divinatory practices, and spirit medicine; all held within the context of a Thai bodyworker's instructional manual. This is not another step-by-step Thai massage photographic sequence book, but rather an in-depth training in the theory behind the steps, with instruction in a wide range of esoteric Thai physical therapies designed to bring practical understanding of Thai bodywork as it is practiced by traditional doctors in Thailand. "Seven Peppercorns" is divided into twelve main segments; each segment containing several chapters. The organizational flow takes the reader from introduction, overview and history, through an understanding of Thai anatomy, including element, point, and sen line theory, to instruction in Thai diagnosis, actual physical manipulations and practical application of the shamanistic and Buddhist components of traditional Thai medicine as it applies to bodywork; all in an easy-to-follow well organized format. Included in this guide are Thai self care practices and exercises as well as treatment guidelines for specific disorders. "Seven Peppercorns" serves as both an instruction manual and a reference book fully annotated with appendixes, notes, glossary, bibliography and index. The straightforward academic informational writing is gentled with moments of conversational author-to-reader comments (often humorous), and peppered with short personal narrative stories that bring the reader into the sensory tapestry of Thailand. It is intended as a stand alone manual, or as a text book for Thai massage instructors to use in classes.

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An illustrated guide to releasing emotional and physical blockages in the pelvic area through massage • Presents step-by-step instructions for sexual organ massages for women and men • Explains techniques to release knots, unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow • Effective for impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido as well as back pain, sciatica, and hormone imbalance Our sexual organs play a major role in our physical and emotional health. Many emotional traumas and stresses are stored in the pelvic region in the form of tension in the muscles, ligaments, and tendons and imbalances in the meridians and organs, resulting in an accumulation of toxins and energetic knots and tangles. Freeing the jing chi of the sexual organs--a powerful source of healing energy--Karsai Nei Tsang helps to resolve physical and emotional blockages in the pelvic area through massage, meridian clearing, and detoxification. Illustrating complete sexual organ massages for women and for men, this book guides you through the techniques of Karsai Nei Tsang--including necessary detox preparations and the underlying Chi Nei Tsang principles--and shows you how to release knots and tight muscles (including the hip, buttock, and thigh muscles), unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow to the pelvic area. Addressing common problems associated with our sexual organs, this practice can be used to treat impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido. It is also effective in alleviating back pain and sciatica, improving the body's alignment, strengthening the pelvic floor, balancing the hormones, and increasing general vitality.

A complete guide to the ancient technique of Ruesri Dat Ton, also known as Thai yoga • Presents 60 step-by-step, illustrated exercises for self-healing and balanced well-being • Reveals the practice and evolution of Thai yoga, said to have originated with Buddha's physician, Jivaka Kumarabhaccha • Explains how the postures allow individuals to rebalance the flow of energy in the body Traditional Thai yoga--or Ruesri Dat Ton--is an individual yoga practice rooted in

the ancient Ayurvedic tradition. It is comprised of exercises that--like the partnered practice of traditional Thai massage--originated with Buddha's own physician, Jivaka Kumarabhaccha. Enrico Corsi and Elena Fanfani present, for the first time in English, 60 of these postures fully illustrated with step-by-step instructions designed to stimulate self-healing by rebalancing the flow of energy in the body. Each of the postures works within the sen energy system that underlies Thai medicine. Fundamental to the practice is retention of the breath once the body has assumed the desired posture. The practitioner concentrates the breath on the place where the body is storing tension or dysfunction. When the breath is exhaled the body also expels the negative energy, allowing restorative energy to take its place. The simple yet highly effective postures in Traditional Thai Yoga address many common ailments--including physical ailments of the back, knees, shoulders, hips, arms, feet, and neck and more generalized ailments such as nausea and shortness of breath--as well as offering exercises that promote weight loss, longevity, and overall balanced well-being. Thai Acupressure is presenting 60 acupressure lines and points traditional formulas. It is Thailand's Physical therapy. It is practiced in special clinics in most of Thailand's Hospitals. It's the medical knowledge of Thai Massage. It's a very effective and simple method to treat the most common orthopedic disorders. Expand your Thai yoga massage practice with advanced postures and energy work to treat stress, back pain, headaches, and several other common conditions

- Includes step-by-step photographs for more than 50 advanced Thai yoga massage postures
- Illustrates in full color the locations of the sen lines and explains their specific therapeutic qualities and connections to ayurveda and the 5 kosha bodies
- Details successful treatment plans for 8 common ailments with custom 60-minute Thai yoga massage posture flows as well as ayurvedic and yoga recommendations for continued healing and prevention at home

In the unique healing system of Thai yoga massage--based on yoga, ayurveda, and the martial arts--the practitioner uses his or her own hands, feet, arms, and legs to gently guide the recipient through a series of yoga postures while palming and thumbing along the body's energy pathways and pressure points, known in the Thai tradition as sen lines and in ayurveda as marma points. Providing a way to expand one's Thai yoga massage practice, this book includes step-by-step photos and guidelines for more than 50 advanced Thai yoga postures as well as successful treatment plans for 8 common ailments: stress, back pain, stiff neck and shoulders, arm and hand exhaustion, headaches, constipation, fibromyalgia, and anxiety/depression. Each treatment plan offers a customized one-hour Thai yoga massage posture flow specific to that ailment along with ayurvedic and yoga recommendations for continued healing and prevention after the massage session. This comprehensive guide also illustrates the exact location of the sen lines and marma points, detailing their therapeutic indications and connections to ayurveda and the five kosha bodies, as well as explaining how to incorporate them into sessions for deeper healing.

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