

TABLE THAI YOGA MASSAGE

A Practice of Loving Kindness



Presented by Heath & Nicole Reed



livingmetta
EMBODYING LOVING KINDNESS

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Thailand is known as the Land of Smiles, which are easy to come by whether resting on the numerous island beaches or trekking thru the jungle rainforests. Or smiles may come easy in a country filled with spiritual devotees: ninety-five percent of Thailand's populations are Buddhist.

The purpose of this workshop is to provide an introduction to Table Thai Yoga Massage. We emphasize hands-on practice, while incorporating a brief historic and theoretical overview. The following text and sequence of illustrations is adapted from our training provided by the Old Medicine Hospital and Master Pichest Boonthumme in Chiang Mai, studies with Kam Thye Chow in Montreal, trainings with advanced teachers of the Sunshine Network, as well as eclectic and integrative blend of our myriad experiences in bodywork continuing education. Due to the multiple levels of awareness gleaned in this fascinating practice, we encourage students to delve deeper into this ancient healing art, even beyond this brief introduction.

We welcome you to this class with open arms and hope that you will share the same enthusiasm in working with Thai Yoga massage as we do. May your journeys and explorations of energetic and physical bodywork be filled with peace and joy. Khap Khun Ka or Thank You!

Thailand's current capital, Bangkok, where big-city pace intermingles old world tradition, boasts nearly nine million residents.



Definition, Benefits & Contraindications

What is Thai Yoga Massage?

Thai Yoga Massage is where massage meets yoga. Thai Yoga Massage uses a combination of assisted stretches, range of motion and diverse massage techniques to balance the physical and energetic bodies.

Benefits of Thai Yoga Massage:

- Thai Yoga Massage creates space between the vertebrae, helping to improve postural alignment and balance to the nervous system.
- Thai Yoga Massage encourages the release of synovial fluid, which lubricates the joints and enhances joint mobility.
- Thai Yoga Massage assists lymph flow, which boosts the immune system.
- Thai Yoga Massage aids the circulatory system by distributing blood, oxygen and nutrients throughout the body.
- Thai Yoga Massage alleviates common painful conditions, such as back pain, sciatica, shoulder pain and headaches.

Contraindications

- Do not stretch sites of acute or severe injury, e.g., areas of acute injury or inflammation, sharp pain, herniated disks, etc. "If in doubt leave it out." If you are not sure, do not work on it and ask for a doctor's recommendation prior to performing Thai Yoga Massage.
- Do not work the abdomen during a pregnant client's first trimester; don't stretch to the maximum or distally traction the legs in the second and third trimester.
- Do not press on bone.
- Avoid skin conditions (open wounds, rashes, blisters, etc.)
- Do not "stop the blood" for clients with cardiac projects (e.g., high blood pressure, varicose veins, etc.) or with pregnant clients.

Be mindful that clients may feel sore 1-4 days following a Table Thai Yoga Massage, especially if they are flexible or do not exercise

Introduction

Historical Background

Thai massage was born in Northern India around 2,500 years ago, and was fathered by Jivaka Kumar Bhaccha. Bhaccha, called Shivagokumarpaj by the Thais, was a legendary doctor and surgeon who attended to the health of Maghada King Bimbisara and was most notably thought to be a close friend to Buddha. Though no written record exists delineating the direct dissemination of Thai massage from India to Thailand, it is believed to have been transmitted during the emigration of Buddhism into Thailand around the 2nd and 3rd century BCE. Thai massage was traditionally practiced by Buddhist monks in their wats or temples, and the emphasis of this healing modality incorporated "metta", the act of loving kindness. Metta continues to be the uniting thread in this flexible ancient healing art.

Most of the origins and application of Thai massage were passed down orally from master to pupil, and the few written Thai medical documents were mostly destroyed in 1767 when Burmese invaders sacked Thailand's capital. In 1832, Thai King Rama III commissioned Thai Massage's theoretical foundations to be depicted visually as illustration and sculpture in the Bangkok temple Wat Pho, which still exist today. Nevertheless, across the country, various Thai Massage masters and schools interpret and apply this healing art differently.

There are two basic styles of Thai Massage practiced in Thailand: a southern style and a northern style. The southern Thai Massage style takes its lead from Wat Pho where the massage exhibits a softer nature, is shorter in duration and emphasizes strumming the energetic pathways. In the north, the Old Medicine Hospital sets the standard, where treatments incorporate deeper stretching and pressing, and often last longer (up to three hours). In the past three decades, northern and southern styles have become more integrated and due to international enthusiasm, variations of Thai Massage are evolving to address the needs of many different cultures. Indeed, we have adapted our training in Thai Massage to complement western body mechanics and reflect our interests in yoga in order to forge Thai Yoga Massage on the Table.

Theoretical Background

Thai Massage is based on similar theoretical tenets as Traditional Chinese Medicine (TCM), however, is more thoroughly entrenched in the Traditional Indian Medicine of Ayurveda. Both founding medicines are ancient--TCM is approximately 4,000 years old, while Ayurveda is believed to be 5,000-6,000 years old. Likewise, both eastern paradigms perceive the human body as reflective of and dependent on nature. When we bring the body back into alignment with nature, we encourage the body's natural state, which is health. The east also asserts that the human body, and health in general, is determined by the quality of one's energy--referred to in the Orient as chi, qi, ki and described as prana in India. When the chi or prana flows freely throughout the body, people feel well; when the energy is obstructed or imbalanced, individuals develop illness. For example, we cannot scientifically measure intangible energies like our thoughts or feelings, though our physical wellbeing is jeopardized when our psychological state is challenged (e.g., when angered, anxious or confused). Hence, the primary purpose of Thai Massage is to encourage the flow of prana to enhance the body's health.

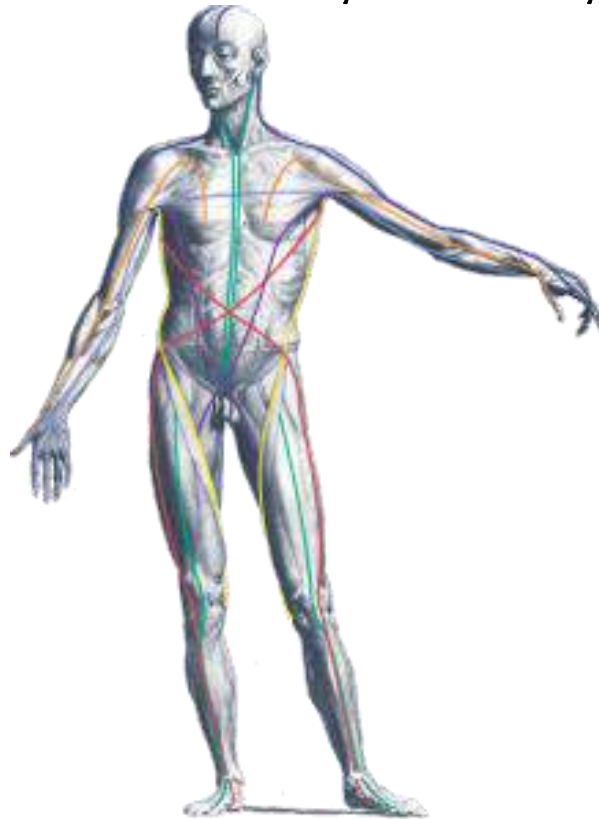
Thai Massage borrows from Ayurvedic Medicine's energy line system which affirms there are 72,000 energy pathways, or nadis comprising the pranic circulatory system. Fortunately, application of Thai Massage focuses on only 10 of these nadis, referred to as "sen." Though all Thai Massage schools agree on the presence of the 10 sen, the schools disagree about the exact anatomical location of the sen (included in this manual are depictions of the sen, however, Thai Massage emphasizes the greater importance of sensing the sen as opposed to relying on a universal anatomical measurement system). Many theories abound in Thai Massage regarding the movement of prana, though we gravitate to the following: the prana of the sen moves multidirectional from the human body and back to nature, and also from nature back into the human body. Specifically the prana of the body is emitted from the center of gravity near the navel at the energetic haven termed the hara and likewise returns back to the hara. In Thai Massage, direct palpation or indirect stretching of the sen is the primary mode of treatment, which enhances the free flow of prana throughout the body and returns the body to its natural balance.

The Main "Sip Sen"-The 10 Thai Medical Energy Lines



A primary goal of Thai Massage is to press and/or stretch the sen.

The Fascial Lines-Tom Myer's Anatomy Trains



Rules of a Good Thai Therapist

(Excerpted from the Old Medicine Hospital's
Handbook for Traditional Thai Massage)

1. Study diligently the techniques and practice
2. Do not hope for any gains
3. Do not practice in public places, but at places suitable for massage
4. Do not take patients from another doctor (therapist)
5. Do not boast about your knowledge
6. Ask for advice and listen to those who may know more than you
7. Bring a good reputation to the seven schools
8. Do not give certificates in Thai Massage to a person who is not qualified
9. Give thanks to the "Father Doctor" before and after every massage

Metta Meditation¹

May I abide in well-being, In freedom from hostility, In freedom from
ill-will, In freedom from anxiety,
And may I maintain well-being within myself.
May I be released from all suffering,
And may I not be parted from the good fortune I have attained.

May we abide in well-being, In freedom from hostility, In freedom from
ill-will, In freedom from anxiety,
And may we maintain well-being within ourselves.
May we be released from all suffering,
And may we not be parted from the good fortune we have attained.

May all beings abide in well-being, In freedom from hostility, In freedom
from ill-will, In freedom from anxiety,
And may they all maintain well-being within themselves.
May they be released from all suffering,
And may they not be parted from the good fortune they have attained.

¹ From Pierce Salguero's Encyclopedia of Thai Yoga Massage.

Important Considerations

The previous page lists attributes of being an effective Thai Massage therapist, though there are additional considerations when practicing the hybrid, Thai Yoga Massage on the Table. Thai Yoga Massage creates more spaciousness for our clients. Physically, this is seen in the greater range of motion and flexibility created by Thai techniques. Spaciousness may also be cultivated on energetic levels, e.g., psychologically and emotionally. Consider the space you create for your session. Thai Yoga Massage gives us and our clients the opportunity to let go of unnecessary clinging and to develop relationship with something beyond our ordinary life, such as self-realization, a greater sense of ease, acceptance... The yogic concept of "bhava" helps foster these experiences. Bhava refers to the preparations one takes to create space. Take time to become calm and centered; create a relaxing ambiance in your room; adjust your table low enough to comfortably come on and off the table; let go of wandering thoughts that may be picking up traces of the past or expectations of the future: *be here now*. By becoming focused and aligned in our thoughts, words and actions, we step closer to creating a bhava of freedom for our clients to experience what is in their highest interest. Over and over again, just be.

When performing a Thai Yoga Massage, it is paramount to create a graceful, rhythmic movement. Rhythmic movement is nurturing (like rocking a baby) and initiates a parasympathetic relaxation response. Experiment to find the perfect pace for you and your client, though it may be slower than you may be used to. Just as important as movement is stillness. Try holding stretches longer than usual. Or just hold a still point for a few minutes. Stillness allows clients the opportunity to sink into their experience so they may integrate it on all levels and dimensions.

As the Thai therapist facilitates deep yogic poses it is best to encourage and mimic full breaths of your client. This in turn allows for greater movement of prana. A primary goal of Thai Yoga Massage is to create fluidic movement throughout the sen by fostering freedom in the joints and musculature, which thereby creates greater physical movement in every direction. Movement is natural, and when in a state of health people move fluidly and have increased flexibility.

Another important consideration is body mechanics: therapists' spines need to be straight. A common mistake by beginners is sticking out the foundation of the spine, the sacrum, which increases the likelihood of low back pain. It is crucial to tuck the tailbone under while giving Thai Yoga Massage. Additionally, it is critical to keep the shoulder blades down and back, which prevents developing pain in the shoulders, upper back and neck. Alignment of the spine in both the therapist and client encourages the free flow of prana within the sēn (and the central energy centers called the chakras), and likewise fosters fluidic movement throughout the entire session. Remember: head over heart over hāra.

Thai Yoga Massage techniques often combine stretching and simultaneously compressing body parts. In our yogic adaptation to this work, we emphasize stretching the muscles rather than applying pressure in the vast majority of techniques. In techniques that are repeated, the application of stretching or pressing incrementally increases from light, medium to deep (be cautious not to go from 0 to 60 in an instant). Try to embody, "Maximum Awareness, and Minim Effort" so you may ease yourself into each technique without hurting your client or yourself.

The foundation of Thai Yoga Massage is infused with the intention of Metta. Metta is the Thai expression of loving kindness—the feeling that all beings are our friends, and holding a sincere desire to benefit all beings through our words, thoughts and actions. Through the healing art of Thai Yoga Massage, we practice with others to cultivate metta for ourselves and all beings.

Does it feel good to give?
Does it feel good to receive?
If the answer is 'YES' to both of these questions,
then you're doing it right!

*Remember to breathe, relax and have fun.
It is possible to receive as much benefit as your client,
if not more, while you give a Table Thai Yoga Massage!*



Stalking Thai-grrr (Bilateral Series)

- Simultaneous and/or alternate palm press medial arch
- Alternate Palm Press up and down legs--pause at knees and circle towards and then away from midline



Bilateral Thumb Press/Circle Kalathari

Thumb press between heel and arch along the straight line of each toe; when arrive at toes, thumb circle dotted lines



Foot Sandwich Tib Press

Cross one foot over the other in plantar flexion, and move to the front corner of the table where the foot is on top. Alternate or simultaneous palm or soft fist press the tibialis anterior as you plantar flex and stretch the feet.



Stir the Hip

Support behind knee or calf and foot while rotating hip through clockwise and counterclockwise range of motion



Supine Tree

Bend knee so contours of foot rest next to contours of straight leg knee

- Alternate palm press upper and lower bent leg
- Butterfly hands simultaneously press knee-hip-knee



Hip Opener 1

Place client's foot into hip and stretch knee towards head while palm pressing opposite thigh



Hip Opener 2

Place client's foot into hip and stretch knee towards head while palm pressing the hamstrings/adductors with one or two hands



Hip Opener 3

Place client's lateral edge of foot on your shoulder. Support the knee while palm pressing the adductors towards the earth



Rolling Pin Hamstring Stretch

Stretch client's foot over head while rolling pin forearm (moving arm from pronation to supination) along the hamstring, IT band, or Deep 6



Lumbar Twist

Support at knee and opposite shoulder and emphasize bringing the knee across body
 Light-foot remains in line with the hip
 Medium-press knee into chest
 Deep-cross foot over straight leg



Blood Stop at Femoral Artery

Use one or two palms to press and hold over femoral pulse with the leg bent or straight. Hold for 30-60 seconds. * Contraindicated during pregnancy and when client presents with severe or unregulated cardiovascular challenges.



Double Leg Circles

Support under heels make varying sized circles clockwise and counterclockwise



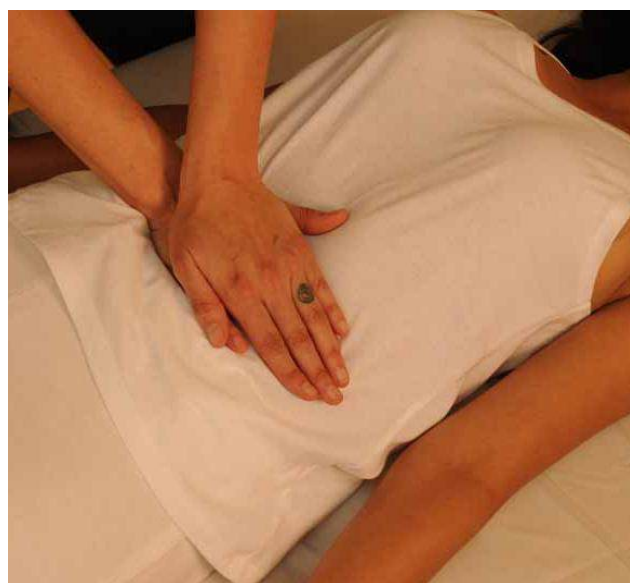
Staff

Support behind ankles bring legs into a 90 degree angle; step onto the table and support their heels on your belly or thighs and tapote, thumb press, or work the bottom of the feet



Plow

If legs don't shake or resist in Staff, continue onto partial or full Plow:
Support behind ankles and walk the legs close to the torso as you move to the head of the table
Have client interlace fingers and flex feet for a deeper expression of the pose
When client ready to release, press firmly into soles of feet and have client press into their heels as you roll vertebrae down one at a time until sacrum arrives, and float legs down



Laying Bricks

Stack palm over palm directly over the navel and incrementally increase pressure until comfortably deep- hold for 30-60 seconds



Arm Traction Series

Support at wrist and place supinated foot in axilla; lean back with straight arms and hold



Arm Traction 2

Arm is out like a wing, support at wrist and place foot near axilla; lean back and hold



Arm Traction 3

Support at wrist and elbow; from head of table, lean back and hold



Web Shimmy

Thumbs alternately shimmy firmly between the carpal bones of each finger. Move from the wrist to the webbing of each finger—then squeeze the webbing



Hand Opener

Thumb slide and glide the palm of hand—alternate and simultaneous

Add elbow flexion, wrist extension as you pump in and out 6 points: 2 on the heel of the palm, two on the center of the palm, two on the ball of the palm



Triceps Stretch and Squeeze

Place palm of client's hand next to their head in a comfortable position

1. Press elbow superior to client while alternating or simultaneous one-handed petrissage length of triceps
2. Press elbow superior and simultaneous palm press ribs, then ASIS, then upper thigh (each on client's exhalation)



Thoracic Twist

Draw client's arm across their body and begin to lift that shoulder towards you

1. Support the scapula with superior hand and hook and drag along length of erectors with inferior hand
2. Support the scapula with superior hand and compress hip towards the table
3. Support the wrist and elbow as you pull arm towards the floor



Tug-O Arms

Grasp both wrists and traction arms superior with slight horizontal jostling

Repeat arm routine on opposite arm



Cervical Press

Firmly press the body of the cervicles anterior starting from C7 thru C1



Figure 8

Bring ear to shoulder, and then draw chin towards the same shoulder, repeat on the other side and move with the appropriate rhythm



Still Point

Focus/meditate/energize third eye chakra



Classic Thai Face and Head Massage

Spread forehead away from midline and circle at temples

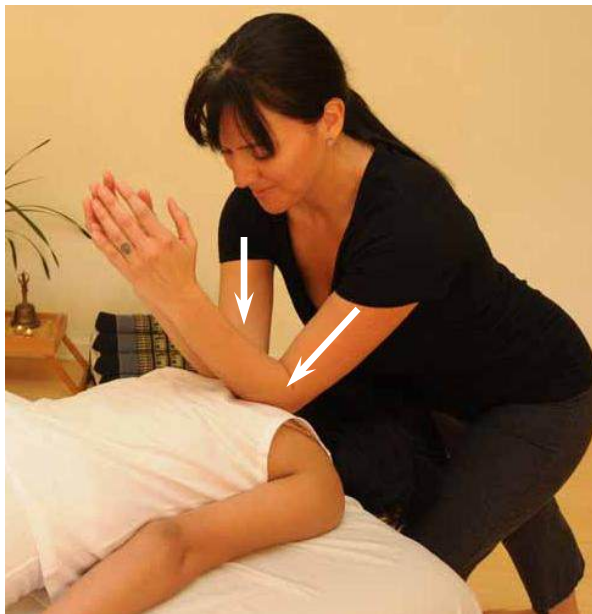
Spread cheeks away from midline and circle TMJ

Finger circle scalp and suboccipitals



Back Warm-Ups

Alternate and/or simultaneous palm press along erectors and traps



Trap Release

Elbow press on either side of C7



Yin Yang Spread

Alternate or simultaneous stretch the scapula away from opposite gluteal using hands or forearms



Parallel Feet to Seat

1. Draw the feet toward the outer hips
2. Draw the feet toward the sacrum

OR

Cross Feet to Seat

1. Cross foot over foot stretching toward the seat and reverse
2. Cross ankle over ankle stretching toward the seat and reverse



Toe Lock

First bring toes of one foot into opposite popliteal fossa. Find a 'flamingo stance' with the knee resting in the QL.; lean back to float foot off the table



Leg Cradle

With the foot that was raised in Toe Lock, lift the leg up and place your thigh high under client's thigh

1. rolling pin along lateral leg and gluteals with one or both arms
2. elbow press into sacral attachments
3. prayer chopping along lateral thigh



Reverse Tree

Bring leg into reverse figure-four position

1. rolling pin lateral leg and gluteals



Frog Pose

2. support at foot and knee with hand or outside hip, and lunge knee toward same side axilla

Repeat on opposite side starting at Toe Lock



Church Press

Reverse interlace your hands and press along the erectors



Cobra

Knees in gluteals and feet between thighs; interlace wrists and use bodyweight to extend back



Pillow Cobra

Place padding on client's sacrum and sit on base of sacrum (*be sure there is no weight in lumbar vertebrae). Slide feet to front corners of table and hold under anterior deltoids. Push into feet with a straight spine



Decompress L5-S1

Use one or both palms to decompress the sacrum inferior



Back Sen

Thumb press up and down Ittha/Pingkhala (lamina groove) and Kalathari (erector spinae)



Child's Pose

Ask client to rest back onto their heels as you decompress sacrum; may trace sen lines and add quacking to finish



Advanced Variations

Can sit on sacrum or even lie back to back and stretch arms toward ceiling for pec opener



Seated Prep: have client come to sitting with their legs crossed, straight, or hanging off the sides. If they need support to sit straight put a pillow/blanket under their seat.

Rolling Pin

Starting in supination roll fatty part of forearm near elbow across the top of client's traps



Shoulder Drop

1. Rotate shoulders up and back several times and repeat in opposite direction
2. End with shoulder drops and a lit'l sugar



Neck Flexion

1. Have client release chin to chest while using your interlaced hands to squeeze up and down their cervicals

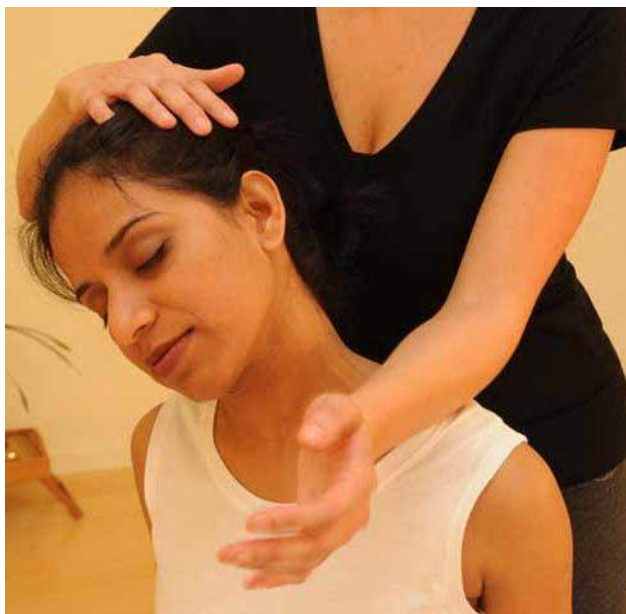


2. Turn interlaced palms upside down and TP up and down cervical muscles



Neck Extension

Support gently under client's jaw line and use forearm pressure into traps to ease client into neck extension—more press than stretch



Rolling Pin and Stretch

Draw client's ear to shoulder and rolling pin across top of trapezius



Lookey Here

Stabilize jaw line gently to shoulder while tractioning opposite shoulder posterior



Forward Fold Back Release

1. Make sure client is not too close to edge of table to risk falling off and begin to move them into a bolstered forward fold
2. Alternate and/or simultaneous palm press erectors and thighs
3. Simultaneous thumb press bilateral sen Ittha/Pingkhala and sen Kalathari



4. Add quacking percussion along the entire back
5. Brush off back and bring back to sitting upright



Sumana Press & Twist

With client in a forward fold, place hand over hand to cup the spine and then compress and twist. Compress and twist up and down the spine.



Flexion/Extension

Have client interlace fingers behind their head, weave your hands below triceps and behind wrists. Use a half kneeling position to lean your client into a forward fold.



Push off from your forward quads and bring both your knees together behind client and lean back to bring client into a gentle back extension.

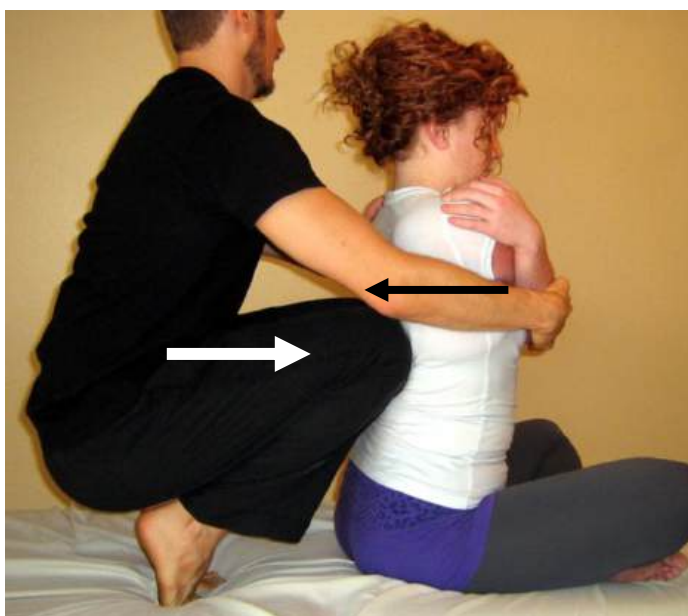
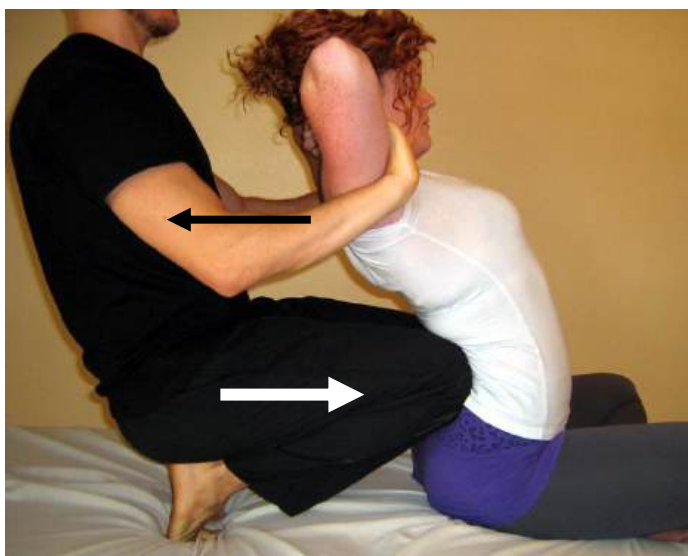
Move back to a half kneel as you bring partner back to forward fold and repeat.



Knees in Lumbar

Have client interlace fingers behind their head as you balance on the balls of your feet and shift to tippy-toes to press into upper and lower QL while drawing arms posterior. 50/50 stretch to press.

(can also hold outside of elbows instead of position pictured)



Knees in Thoracic

Have client wrap arms across their chest as you stabilize and hold onto their elbows. Balance on the balls of your feet and shift to your tippy-toes to press into the mid back, along the thoraco-lumbar hinge while you pull the body into your knees. 50/50 stretch to press



Leaning Lusii

Have client interlace their hands behind their head (or just bend the upper elbow). Gently lean client sideways over your thigh to laterally flex their spine.



Pull the top elbow toward you and as you press the scapula away. Palm press up and down the lateral body.



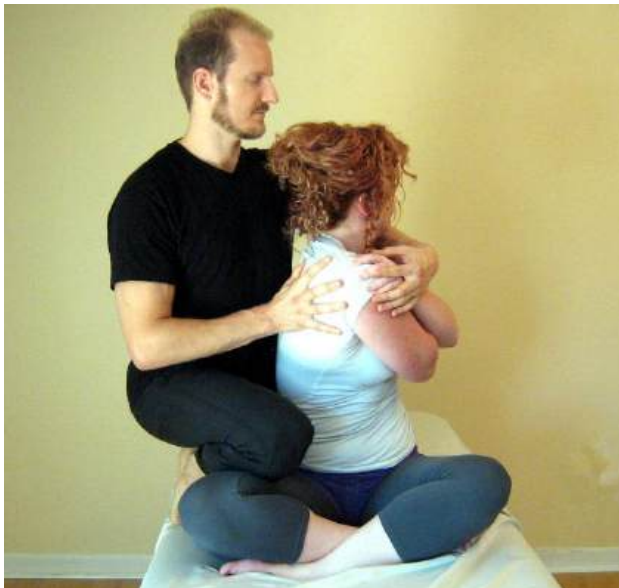
Angel Twist

Have client interlace fingers behind their head as you support an elbow and scapula. In a half kneeling position, lunge forward to press the shoulder away from you and pull their elbow towards you to create a twist.



Angel Twist Modification

1. If you need better leverage, move into a standing position with one foot in front of client and other leg supporting behind client's shoulder/scapula
2. Supporting both elbows, move client into a twist



Reverse Angel

Have client hug their shoulders while you support their thigh with your shin. Stabilize their shoulders and/or arms while bringing one shoulder towards you and press opposite shoulder blade away from you to twist.



Back-Walking

Take a seat behind your client, interlace wrist to wrist, then bring both feet onto the back in line with the erectors to apply simultaneous and then alternating foot press.

You may also place your feet in line with the spine and simultaneously press along the spine.



Fish

Rest toes above iliac crest in the low back, have client rest head in your hands.



Fish continued

Begin to toe walk up the back, as you continue to support the head, you will slide up towards the head with toes pausing in rhomboids. Support the head as you point toes and slide feet out from under the body.



Piriformis Stretch

Bring the client's foot level with the knee and across the body as you stand on the opposite side of table. Gently pull the knee away from the head as you press the foot towards the head.



Dynamic Hip Stretch Sen Press

Extend the leg up and over to the opposite side of table. Place clients foot in your hip crease to stabilize as you lunge forward to gently press knee in towards same side shoulder and simultaneously palm press along Ittha /Pingkhala on the thigh (vastus medialis).



Rolling Pin the Hip

With the leg across the body stabilize the knee with your outer hip as you rolling pin forearm roll the outer hip emphasize pressure along Ittha /Pingkhala.



Crab Claw the Hip

With the leg across the body stabilize the knee with your outer hip as you crab claw with the heel of your interlaced hands.

Flip the grip and pincer press with the thumbs to from a star with the greater trochanter in the center.



Boomerang the Hip

With the leg across the body stabilize the knee with your outer hip as you elbow press 3 points around the greater trochanter (piriformis, TFL, & glut medius). Apply Thai threshold therapy (10 seconds light, 10 seconds medium, 10 seconds deep).



Spinal Twist Sen Press

With the leg across the body press the knee towards the floor and simultaneous press the opposite leg sen into the table.



Side Lying Prep: have client roll to one side or lift knee and same side elbow up and over as you bolster their head and knee(s)

Stir the Shoulder

If comfortable, sit next to client's low back for first 3 techniques. Support the shoulder with both hands and move shoulder through range of motion both ways



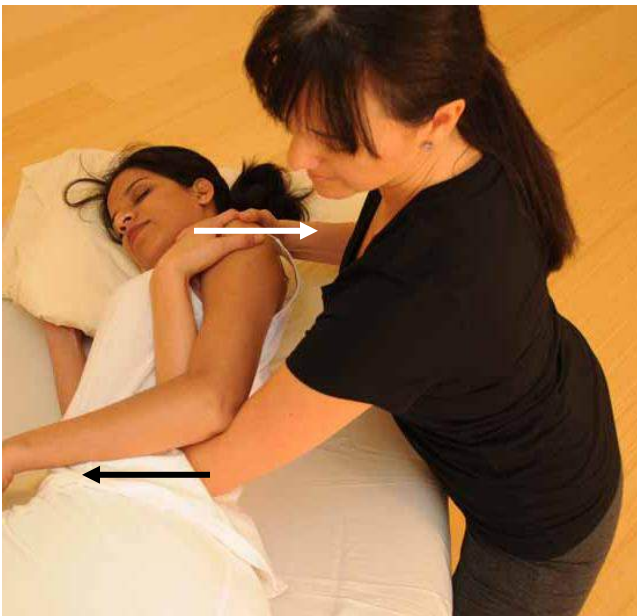
Soften the Scalenes

Draw shoulder towards you while alternating or simultaneously thumb pressing scalenes



Scapular Slide

Draw shoulder posterior as you direct your fingers or thumbs into rhomboids or subscapularis—emphasize stretch over press



50/50

Move to a standing position, and add pressure into in QL while stretching shoulder down and back



Pec Opener

Extend arm posterior while lightly flexing lateral pectoral muscles toward sternum



Arm Pump

Firmly compress and hold scapula medial, and then move elbow toward client's ear or behind their head

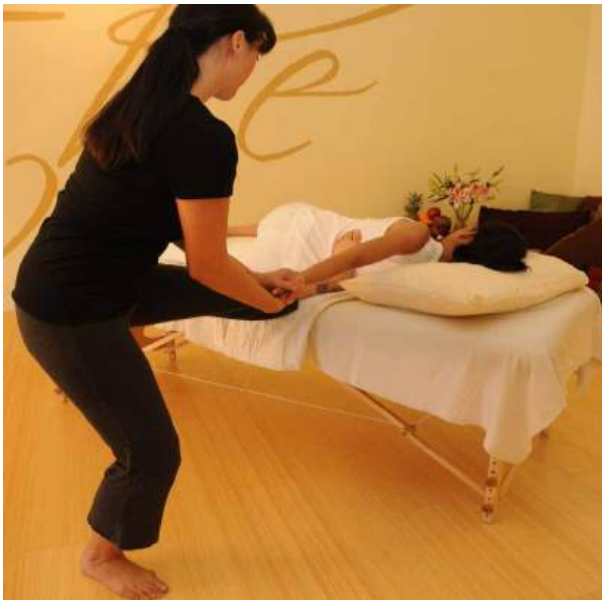


Thoracic Twist

Draw thigh and shoulder towards opposite sides of table emphasizing pectoral stretch



PP & TP Arm Sen



Side Back Walking

1. Bridge the spine with your foot so your arch is over the spine. On their exhale, gently foot press up and down the erectors adding a slight arm stretch



Half Limb-Bow 1

1. Support ankle and walk leg back so you're in a 45-degree
2. Secure your foot on their lumbar vertebrae and stretch their leg in a posterior arc



Limb-Bow 1

3. You may also interlace wrist to wrist while holding upper leg's ankle
4. Optional: Limb-Bow 2 Repeat above but use only the lower leg closest to the table



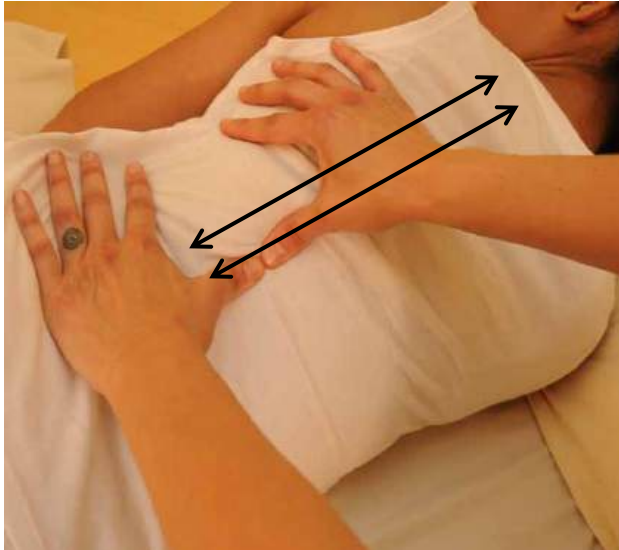
Scorpion

Sit with your hip supporting client's low back. Lean your hip towards client and draw their leg back in an arc on the exhale



Peg Leg

Stabilize lower knee and bring heel to gluteal



TP Back Sen

Unilaterally thumb press up and down back
Kalathari (erector spinae) and Ittha/Pingkhala
(lamina groove)



Brain Sucker

1. Use fingers and thumbs to vigorously circle scalp
2. Hug crown of head with fingertips and quickly pull hands off superiorly



Sitting Blood Stop

Find multiple places to sit ischial tuberosity
over femoral blood pulse and hold each site
for 30 seconds-2 minutes

****Repeat side lying techniques on opposite
side****

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Online & Downloadable Resources

vimeo.com/ondemand/stretchingmassage (East Meets West: Yoga Massage~ Blending Thai Yoga Massage with lotion and draping)

LivingMetta.com & LivingMetta.com/blog/

infothai.com/thaiyogamassage.com

lotuspalm.com

For Further Study in Thailand

Join us on our 2-week Thailand Immersion Tour! Limited to 14 participants.

The Foundation of Moh Shivago Komarpaj, Old Chiang Mai Traditional Hospital, 78/1 Chiang Mai-Hod Rd, Chiang Mai 50000, tel. (053) 27.50.85.
<http://www.thaimassageschool.ac.th/>.

The International Training Massage School is also located in Chiang Mai and can be contacted online at <http://www.itmthaimassage.com/>.

Wat Pho is located in Thailand's capital, Bangkok, and its website is http://www.watpho.com/mas_study_e.html.



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Healing Moves for Low Back & Hip Relief	Three progressive gentle movement therapy series for healing lower Back, Hip, and Sciatica projects ~ Regularly \$30/Today only \$15	
Healing Moves for Shoulder & Neck Relief	First aid, Flexibility, & Strengthening moves to heal Shoulder & Neck Projects ~ Regularly \$30/Today only \$15	
Healing Moves & Heart Meditations	Movement and meditations to cultivate a calm heart, clear mind, and free body ~ Regularly \$30/Today only \$15	
Yoga Massage	Practice "fearless draping" to easily integrate deep stretching, ROM, & fascial release into your session ~ Regularly \$30/Today only \$15	
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DVD OR Video	Description	Quantity
Table Thai Yoga Massage: Supine & Prone	Expand kinetic possibilities by blending assisted yoga stretching and powerful massage techniques ~ Circle: DVD (\$25) or Video (\$15)	
Table Thai Yoga Massage: Seated & Side Lying	Unlock shoulder and hip projects in side lying, and maximize spinal movement in seated position ~ Circle: DVD (\$25) or Video (\$15)	
Book	Description	Quantity
Table Thai Yoga Massage: Ancient Practices for Modern Healing	Journey into the time-tested healing practices of Thai and Yoga therapy, supported by anatomical and kinesthetic recommendations for stretching; this book delves into the nuances of yoga, Thai Massage, and their history ~ Regularly \$30/Today only \$15	
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We are Heartfully grateful for the healing practices of, and our teachers, in Traditional Thai Massage and Yoga.



The statue depicts an ancient Thai sage or "Luesii" practicing movements to enhance healing.



Father Doctor
Shivagokumarpaj,
Friend and Healer of
Buddha, and honored
by many Thais as the
Founder of Thai
Massage



The "Luesiis" developed a
form of breathwork and
moving called Luesii Dat
Tong, which later
influenced the Thai
Massage.

*Thank you for sharing your presence! You help our dreams come true!!
With loving kindness, Heath & Nicole Reed
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