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An ancient form of bodywork rooted in Buddhist principles, Thai Yoga Massage practitioners bring metta (loving-kindness) and meditation into hands on healing.

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Certification courses in Thai massage cover the techniques and history of this ancient practice and prepares student to enter the fast-growing field of massage therapy.

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Thai massage is a highly interactive massage where the practitioner aims to rejuvenate your energy levels by applying pressure to your network of Sen energy lines. It is thought to have been developed by a yogi named Jivaka Kumarabhacca from yoga practice in about 500BC.

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CNN.com - Thai massage: The 'lazy

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Jasmine Thai Yoga Massage has been our go-to for two years now. We love this oasis in a nondescript Tysons office park. Walk in and you'll be amazed at the surprise - soft lighting, modern minimalism, pink orchids, excellent ginger tea. We've traveled many times to Thailand and Jasmine has transported the experience here to DC.

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