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Thai Yoga Massage is done on the floor, lying on a futon, in light, comfortable clothing which allows free movement. Your regular yoga outfit will be fine. The treatment includes techniques of palming, thumbing, acupuncture points and assisted stretching. The stretches resemble Yoga asana.

Thai massage or Thai yoga massage is a traditional healing system combining acupuncture, Indian Ayurvedic principles, and assisted yoga postures. The idea of Shen-lines alias energy-lines was first used is "Thai yoga massage". These are similar to nadis as per the philosophy of yoga by Gorakhnath.. In the Thai language it is usually called nuat phaen thai (Thai: นวดแผนไทย ...

An extremely effective healing treatment, Thai Style Foot Massage involves the application of pressure to particular areas of the feet. This pressure in turn stimulates a reflex action in another part of the body by the manipulation of each specific area of the foot.

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Have your massage recipient sit comfortably on the ground and lean his head to the left. Roll the part of your forearm that is not as bony up the side of his head, then down to his left shoulder. Roll his left arm up and down in circles several times. Roll his right arm up past his ear as his left arm comes down.

Thai Yoga Massage is a beautifully illustrated guide to a unique and powerful ancient massage therapy, combining breathwork, acupuncture, gentle stretching and applied yoga to promote physical and spiritual health and well-being.

Bodyworkers who have been certified in Thai Massage Level 1 with the Synergy Yoga School are eligible to participate in the Level 2 course. The Level 2 course gives participants further insight into the practice, and assists them to expand the creativity of their sequencing.

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