



Howard Evans

Foreword by Leon Chaitow

A MYOFASCIAL
APPROACH TO **Thai**
Massage
East meets West



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A Myofascial Approach To Thai Massage E Book East Meets West

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A Myofascial Approach to Thai Massage Howard Derek Evans, 2009-01-09 In *A Myofascial Approach to Thai Massage* the author takes a radically different approach to Thai Massage by redefining the sen lines in myofascial terms. He provides a coherent system illustrating the function and benefits of Thai Massage through its actions on the myofascial network, lymph and blood flow. In addition, the author questions some of the more dubious moves in Thai Massage, looks at the spiritual aspects of Thai Massage in terms of presence, attention, and the therapist-client relationship, takes a unique view of Thai Massage, and opens the way for further exploration of massage in the myofascial field and includes some examples of working with clients to illustrate the themes. Although specifically about Thai Massage, the content covers many aspects of the therapist-patient relationship well explored in psychotherapy but surprisingly little covered in massage courses. To support the therapist, the book includes references to anatomy, physiology, and therapeutic processes such as neuromuscular technique and covers massage and relaxation and the techniques and relationship skills that make good massage. The author has distilled the techniques, discarded what he considers dangerous or disturbing for the patient, and concentrated on understanding the techniques and ways of working necessary to promote complete relaxation for the client. [The British National Bibliography](#)

Arthur James Wells, 2009

Thai on the Table Ariela Grodner, 2013-01-28 *Thai Yoga Massage on a table* expands your business to a whole new clientele while helping to take even better care of your body. Performed on a low table with a fully clothed client, Thai Yoga Massage will allow you to reach out to a mainstream audience including athletes, the elderly, and people who prefer massage on a table. It brings the benefits of Thai Yoga Massage, including customized yoga, profound relaxation, and energy work, to the comfort of your massage table. Upon completion of this class, you will be able to give a 60-minute massage, apply Thai foot reflexology, practice principles of body alignment specifically adapted for massaging on and around the massage table, integrate metta, compassion, and meditation into your massage, learn the techniques from Ariela's Thai massage classes. Therapists used to traditional table massage will reduce injuries to hands and wrists by learning to use elbows, forearms, feet, and other parts of the body. Those used to Thai Yoga Massage on a mat will find they can massage in greater comfort.

Myofascial Massage Marian Wolfe Dixon, 2007 This invaluable resource will help practitioners and students sort out differences and similarities between popular myofascial styles. Early chapters offer a solid review of anatomy and physiology as they relate to myofascial massage. Subsequent chapters focus on specific direct and indirect techniques and adjunctive self-care recommendations for clients, including the neuromuscular approach, hatha yoga, and exercise to support myofascial massage and the craniosacral approach. You'll learn the proper procedure for each myofascial technique and understand how to integrate myofascial massage into your bodywork practice. Whether you're looking to broaden your perspective of massage or find the myofascial approach and technique that best suits you and your client, *Myofascial Massage* is sure to help. Exquisite illustrations enhance learning and understanding by clarifying the

techniques Protocol boxes recommend sequences to follow during actual myofascial massage sessions Guidelines provide useful strategies for implementing each myofascial approach and improving body mechanics and communication skills during your client sessions First person experiences will add to your overall understanding of the techniques and their uses Massage implications included in each anatomy chapter Chapters 2 4 help you to understand the influence of myofascial anatomy and physiology on practice Questions for discussion and review at the end of each chapter encourage you test your comprehension of the materials and think critically

Thai Massage Ananda Apfelbaum, 2004-01-05 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

Thai Massage Dissected Natasha de Grunwald, 2021-05-27 Written by the UK's leading teacher and practitioner Natasha de Grunwald a pioneer of Thai massage and bodywork for 30 years 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 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 skill sets 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 This comes from her extensive research studies and knowledge spanning over three decades

The Art and Knowledge of Thai Yoga Massage Attila Pegan, Attila Peg N., 2010-03 Connecting the medical perspectives of the east with those of western medical science offers the possibility of developing fresh approaches for practitioners of modalities from both cultures The Art and Knowledge of Thai Yoga Massage presents the art of Thai massage in a form of 130 exercises with guidelines to structure them into an

individualized 2 hour full body energy balancing massage session The book also presents the knowledge of Thai massage via a unique and eye opening comparison of the traditional Sen Energy Lines of Thai Medicine with Myofascial Meridians a groundbreaking whole systems view of the network of connective tissue or fascia by Thomas W Myers The Art and Knowledge of Thai Yoga Massage and its open source framework invite Thai massage practitioners to collaborate and increase the importance of the field of complementary and alternative medicine Features Introduction to the Tradition of Thai massage 130 authentic Northern style exercises Full color illustrations Introduction to the Pranic or Life energy system Detailed description of the Sen Lines Collection of appropriate exercises for each Sen Line Comparison of each Sen Line to the corresponding Myofascial Meridians Session structuring guide Mantras and relaxation exercises used in the course based on this book **Step-by-step** Niclaire Mann,Eleanor McKenzie,2002 Thai Massage Richard Gold,2006-10-11 This is a Pageburst digital textbook the product description may vary from the print textbook 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 The book includes a DVD with 45 minutes of video showing techniques and routines in real time to demonstrate appropriate pacing 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 **Thai Massage the Thai Way in Theory and Practice** Jan Chaithavuthi, Kanchanoo Muangsiri, 2005

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