

# Thai Yoga Massage

or Nuad Boran as it is known in its place of origin, is a complex, preventive and complimentary healing art. The practice is said to date back to the Buddha's lifetime and incorporates aspects of Traditional Chinese Medicine; Thai Indigenous Healing Arts; Ayurveda and Yoga asana.



**Thai Yoga Massage is an energy based healing system that combines rhythmic compression along the body's energy lines;** gentle joint mobilization; passive stretching, twisting and traction with targeted acupressure point massage. It is performed in a slow and meditative fashion. The recipient's body is moved and compressed to relieve tension and clear energy blockages, but is always guided by the body's threshold and tolerance and threshold. The practitioner's tools are her thumbs, palms, hands, elbows, knees, forearms, feet, and toes.

**Sessions are carried out on a mat** on the floor in comfortable, loose clothing, allowing the body to move and stretch freely. No oils or lotions are used. The duration of a treatment is 1.5 to 2.5 hours.

**Benefits are countless.** On a physical level, Thai Yoga Massage is suited for specific therapeutic applications on shoulders, hips, legs, neck, or back. its amazing multitude of techniques and adjustments, improve posture, breathing, flexibility, immune system, digestion, circulation, and more. Muscles are stretched; inner organs toned; stress, emotional and nervous tension can be reduced and the body brought back to its natural equilibrium. Often a deep sense of peace can be experienced during and after a treatment; the recipient feels relaxed, yet energized.

“Traditional Thai Massage uses the whole person to treat the whole person.