

levels, so that the treatment can commence in a meditative style, a key component of the massage.

The client is placed into 4 positions during the session. Firstly, lying on the back, known as supine, *Savasana*, or Corpse Pose in Yoga. Then follows lying on the side (recovery position); then lying on the front prone and, finally, sitting position (Easy Pose in Yoga).

feet

Relaxation techniques involving 'palm walking' are applied to the feet and legs, allowing both the practitioner and client to become acquainted with each others' energies and to establish a rhythm which creates an important foundation to the massage. This rhythm and flow of energy is very essential to help soothe the client's nervous system. Various thumb presses similar to reflexology are also used on the feet to ground and balance the client's energy and stretches are applied to improve the mobility of the ankles.

energy lines

Palming techniques are followed by slow moving, deep thumb pressure along the *sen* lines of the legs to release any stagnation and blocked energy. This is the heart and soul of a Thai Massage. These lines are similar to the *nadis* in Yoga and Chinese energy meridians.

single legs

A series of slow, powerful stretching movements are performed on one leg to stretch the hamstrings, create mobility in the hips, lengthen the muscles and improve mobility in the lower back and circulation throughout the body. This is repeated on the other leg.

double legs

The practitioner then uses more stretches on both legs together. Again, these focus on the back, hamstrings and hips. They may include the Shoulderstand and Plough, Knee to Chest and Bridge.

abdomen, arms, hands, chest, face

A relaxing abdominal massage is carried out to help improve digestion and stimulate the internal organs. The practitioner then works the energy lines of the arms and hands before moving on to the chest, with maybe some shoulder stretches. A soothing face massage may be performed in this position or at the end of the massage.

side position - recovery

The practitioner may further open the shoulder and pelvic area with some more stretching movements. Thumb pressure may be applied around the *sen* lines of the shoulders either at this point or during Easy Pose. Spinal twists or Locust stretches may be performed. This is repeated on the other side.

back supine

Techniques will be performed with the client lying on their stomach, with various stretches of the legs. Some Backward bends such as Cobra and Locust may be carried out. Palming and thumbing the energy lines of the back are also undertaken.

sitting position - easy pose

This focuses mainly on the spine, neck, shoulders and general posture. Thumb pressure is used on the head to improve concentration and to calm the mind. Thumb pressure may be applied around the *sen* lines of the shoulders and Yoga stretches are used to improve the mobility of the shoulders, spine, upper and lower back.

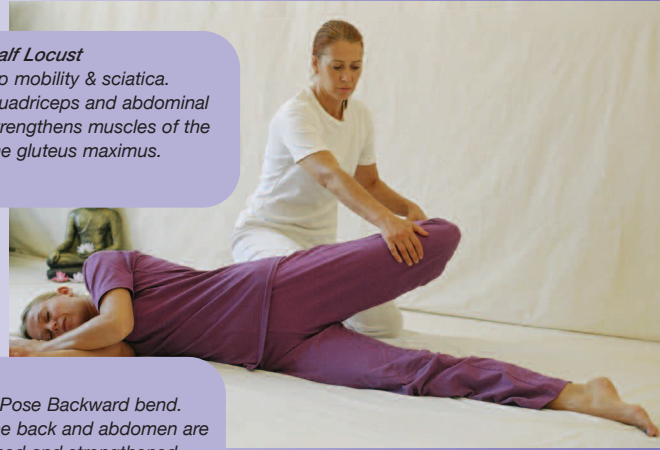
Spinal twists and Forward bends may also be performed in this position.



Further details of courses and instruction material on page 41

Kneeling Half Locust

Good for hip mobility & sciatica. Stretches quadriceps and abdominal muscles. Strengthens muscles of the back and the gluteus maximus.



Cobra

Classic Yoga Pose Backward bend. Muscles of the back and abdomen are toned, stretched and strengthened. Increases flexibility in the spine, improving energy flow in the *sen* lines and opening the vertebrae, especially in the thoracic area. Opens the chest area and improves shoulder mobility.



Cross Leg to Sitting

An excellent way to bring the client into sitting posture and counterpose to the Cobra and Backward bends. Relaxes the back and spine.



Row the Boat

Stimulates energy flow either side of the spine, easing pain in the back. Improves mobility and eases tension in the shoulder and pectoralis muscles.

