

TRADITIONAL

Thai Massage

Traditional Thai Massage, also known as Nuad-Bo-Barn in its traditional medical form is a type of oriental bodywork therapy. It was founded by Dr. Jivako Kumar Baccha, Buddha's personal physician. In the West, it is commonly known as "yoga massage" since it reaps the same benefits as practicing yoga.

This therapy is performed fully clothed on a mat on the floor. It is a holistic therapy that combines acupressure, manipulative massage, and assisted stretching. Thai Massage treats the electromagnetic or energetic field which surrounds, infuses and brings the body to life.

Traditional Thai Massage uses energy lines in the body called "Sen" and though may appear to be similar



to Chinese acupressure, the energy theory is very different. The "Sen" follow the flow of energy through the whole body; whereas the meridians of Chinese acupuncture represent the energy flow associated with specific body organs. In the tradition of Ancient Thai Massage there are 72,000 "Sen", but in practice there are ten "Sen" which serve as the foundation of all the energy lines.

The work of Traditional Thai Massage consists primarily of pressure on the body's energy lines and pressure points, along with a variety of stretching movements. The practitioner exerts pressure using the palms, the thumbs and the feet, and

occasionally the elbows. This is always done, however, with the practitioner's whole body weight serving as the pressure force.

The Benefits of Thai Massage are:

- Increased flexibility and range of movement
- Eliminates muscle pain and muscle spasms
- Improves postural alignment
- Calms the nervous system
- Promotes a deep sense of relaxation
- Increases energy levels
- Relieves fatigue, swollen limbs, painful joints and headaches.

The stretching movements of Thai Massage open up the body up and has the effect of both relaxing and energizing the body. The stretching movements along with the pressure on the energy lines and pressure points are what give Thai Massage a whole body effect.

Traditional Thai Massage or Yoga Massage is practiced with the consciousness that the body is a creation of energetic circuits that are so interconnected as to not be separate. Working with energy lines that flow through the body linking each piece to the whole, one is able to re-connect and increase awareness on all levels. These treatments range from 1.5 to 2 hours which gives the body time to incorporate this consciousness of unity.

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Traditional Thai Massage

aka Yoga Massage

for your Mind, Body, Spirit

Stephanie Labelle
250-337-0055

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Improve Posture
Calm the Nervous System
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