



Thai Yoga Massage: A Dynamic Therapy for Physical Well-Being and Spiritual Energy

Kam Thye Chow

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An authentic guide to Thai yoga massage, a unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy.

- Includes more than 80 illustrations, 30 charts, and a complete series of postures for a two-hour full-body massage.
- Author Kam Thye Chow has taught massage in Thailand and throughout Europe and North America.

Until recently Thai yoga massage was virtually unknown in the West. It has its roots in both the ancient healing traditions of Ayurveda and Thai Buddhism. In this unique practice, the therapist gives a full-body massage that combines palming and thumbing along the Thai energy lines and pressure points with gentle stretching, movement, and breath work reminiscent of tai chi. Using his or her own hands, feet, arms, and legs, the practitioner gently guides the recipient through a series of yoga postures, creating a harmonious and therapeutic “dance” that leads to greater physical awareness, grace, and spiritual energy.

In this comprehensive guide for practitioners, Kam Thye Chow leads readers through every aspect of this dance--from its history and philosophy to a detailed presentation of a complete Thai yoga massage session. This important reference includes more than 80 illustrated postures, 30 charts and drawings, and a complete series of postures for a two-hour full-body massage that focuses attention on both the upper and lower body, which receive equal stress in the Western lifestyle. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition. Massage therapists, physical therapists, nurses, and other medical professionals will find *Thai Yoga Massage* an important and innovative complement to their practice.

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