

Thai Massage

The traditional Thai Yoga Massage, which is known as Nuad Bo Rarn in Thailand, means ancient healing or sacred medicine. It is an Eastern form of therapy, which believes that to treat an illness, the whole body needs to be worked on, and not just a particular part. It has a deeply holistic approach and believes that in the human body, energies flow along a network of channels or lines also known as nadis in India or ‘meridians’ in China. Health in the Eastern philosophy is identified as a state of equilibrium between these energies, where the soul and the body work in accord with each other. Thus, any imbalance in the flow of energies is equated to ailments. According to Ayurveda, our body is made up of one or a combination of three doshas (body types)-vata, pitta and kapha. The practitioner customizes the massage according to the recipients’ body type.

Thai yoga therapy is a healing art, prominently known as the traditional Thai Yoga Massage, that roots back to the days of Gautama Buddha—about 2,500 years ago. Jivaka Kumara Bhaccha (who was the physician to Buddha) was the founder of this therapeutic massage.

How does it work?

In India and Thailand, it is believed that there are 72,000 energy lines in our body and 10 out of these have been selected to be used during Thai massage. Thai Yoga Massage goal is to channel the flow of energies in the body, where the practitioner works along the recipient’s energy lines and pressure points.

The therapy not only provides relaxation and feel good factor, but also creates a great possibility in people to experience wellbeing and meditative state of body and mind. It is a combination of acupressure, asanas, stretching, palming, thumbing and gentle twisting. This helps in ushering back the balance in the body, deepens the connection between mind, body and spirit, in the giver and receiver.

What are the benefits?

Some therapeutic effects of Thai yoga massage are:

- Enhances your practice of yoga, pilates, and other physical modalities
- Balances the body’s energy pathways
- Increases resistance to injury
- Relieves pain due to arthritis, stress, and overworked muscles
- Improves range of motion
- Releases lactic acid and other toxins from areas of accumulation
- Tones internal organs
- Increases energy and peaceful alertness
- Enriches emotional calming and deep relaxation
- Deepens the connection between the mind and body.

This massage helps relax patients with blood pressure and even asthma. It’s a great way to relieve yourself from stress, loosen tight musculature, and help balance your entire body. Apart from feeling physically elated by releasing stress and tension, you may experience an inner peace

and joy and a feeling of being elevated away from the anxieties that possibly encompass them. Give it a try and let us know how you like it.

Please review our business at: [Yelp](#) [City Search](#) [Angie's List](#)

Did you know you can work out and exercise with a trainer at your home, office, hotel room or pretty much anywhere in the world with online personal training?

[Sign-up](#) for a free consultation with me today.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

View our books on Amazon by [Clicking Here](#). Learn how to get a free audio book with all of the key fitness and nutrition principles [here](#).

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)
[Pinterest](#)/[Instagram](#)/[YouTube](#)

(Hold down the Ctrl key & click the underlined words or logos)
Make sure to forward to friends and followers!