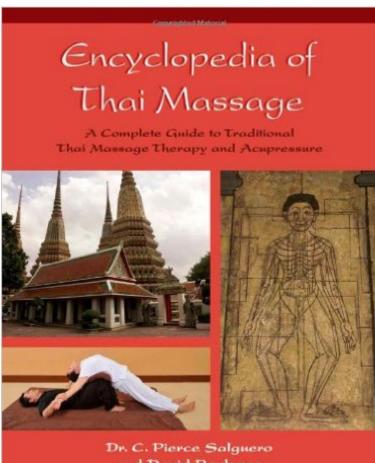
The book was found

Encyclopedia Of Thai Massage: A Complete Guide To Traditional Thai Massage Therapy And Acupressure



and David Roylance

Second Edition, Fully Revised and Updated



Synopsis

Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand—as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

Book Information

Paperback: 288 pages Publisher: Findhorn Press; 2 edition (December 1, 2011) Language: English ISBN-10: 1844095630 ISBN-13: 978-1844095636 Product Dimensions: 7.6 x 0.8 x 10 inches Shipping Weight: 1.8 pounds (View shipping rates and policies) Average Customer Review: 4.9 out of 5 stars Â See all reviews (24 customer reviews) Best Sellers Rank: #49,883 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #40 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #3807 in Books > Medical Books

Customer Reviews

What do I know about this subject? I not only receive Thai massage from professional Thai massage therapists regularly but also give basic Thai massage to close family members occasionally. In addition, I practice Yoga for spiritual growth and personal transformation. So I know about physical, mental, spiritual aspects of both Thai Yoga and Massage and various forms of Yoga that are practiced in the United States.Encyclopedia of Thai Massage: A Complete Guide to Traditional Thai Massage Therapy and Acupressure (Second Edition) written by Dr. Salguero and Mr. Roylance came out in 2011; it was fully revised and updated. It starts off by introducing the history of Thai Yoga and Massage and then takes readers to its contemporary practices. The book

explains that traditional Thai Yoga and Massage is indeed a physical and spiritual therapy suitable for the modern world. Metta or universal compassion (known also as loving kindness as, in this case, a practitioner's intention to heal his clients) is stressed in the book. If a massage is performed without honesty, compassion and sincere intention to heal a client, it's not traditional Thai massage. I think this point demonstrates that Encyclopedia of Thai Massage is clearly set out to educate readers who may have misconceptions about Thai Yoga and Massage or have experienced or associated it in more sexual than holistic settings.Chapter 2 of the book lays out considerations that are vital for massage therapists to practice traditional Thai Yoga and Massage in the West. Readers will learn basic to advanced techniques of Thai Massage in Chapters 3 to 5, respectively. What gets me excited is the photos showing each Yoga Asana with both Sanskrit and English names that correspond to Thai Massage positions on the same page.

Download to continue reading...

Encyclopedia of Thai Massage: A Complete Guide to Traditional Thai Massage Therapy and Acupressure Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) THAI FOOD -VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Tantric Massage: Master the Art Of Tantric Massage - Discover Mindblowing Tantric Massage Techniques, Perfect your Tantric Massage Skills, Tantric Sex And Experience An Incredible Tantric Sex Life Thai Cooking: Easy Thai Recipes for Beginners - Simple Asian Recipes for Starters (Thai Food for Dummies - Simple Thai Dishes at Home Book 1) Traditional Thai Cookbook - 27 Quick and Easy Thai food Recipes: Learn Thai Cooking to Cook Like an Expert Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Rainbow HAND Reflexology/ Acupressure Massage Chart The Magic Touch: How to make \$100,000 per year as a Massage Therapist; simple and effective business, marketing, and ethics education for a successful career in Massage Therapy Massage: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, Pressure Points, Hip Flexors, Calisthenics) Thai Cooking: Cook Easy And Healthy Thai Food At Home With Mouth Watering Thai Recipes Cookbook The Ultimate Thai Cookbook: Thai Cuisine Made Easy (Thai Cooking Recipes) Thai Food: Top 50 Most Delicious Thai Recipes [A Thai Cookbook] (Recipe Top 50s Book 130) RECIPES:THAI FOOD: VEGE-THAI-RIAN: MOUTHWATERING THAI VEGETARIAN RECIPES (Vegan, Vegetarian Quick Easy Reference): Child Approved Simple Recipes, Fusion ... Special Diet Special Occasions) The

Thai Slow Cooker Cookbook: Homemade Thai Cooking with Easy Thai Food Recipes Modern Thai Food: 100 Fabulous Thai Recipes for Contemporary Cooks [Thai Cookbook, 132 Recipes] The Thai Massage Manual: Natural Therapy for Flexibility, Relaxation and Energy Balance Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Tantric Massage: Beginner's Guide, Tips and Techniques to Master the Art of Tantric Massage! Tantric Massage: Mastery, 28 Ways To Give The Perfect Tantric Massage *Dmca*