

### For the receiver

The joy of receiving  
Calmness and rest  
The simplicity of accepting help  
A refreshed spirit  
A general increase of energy  
An opening of the meridians and blocked areas of the body  
Relief for pain and muscle tension  
The body and mind (heart) are strengthened and rejuvenated  
Blood and lymph circulation are improved  
An increase in flexibility  
The nervous system is balanced  
Deep relaxation is facilitated

### For the giver

The joy of generosity  
The joy of compassion  
The joy of equanimity  
The joy of oneness  
Feeling of loving kindness  
The adamant pride of the healer

Even though the healer seemingly works on only the body, the achievement of interconnectedness between body, speech (energy), and mind (heart) make Ancient Massage a complete healing.

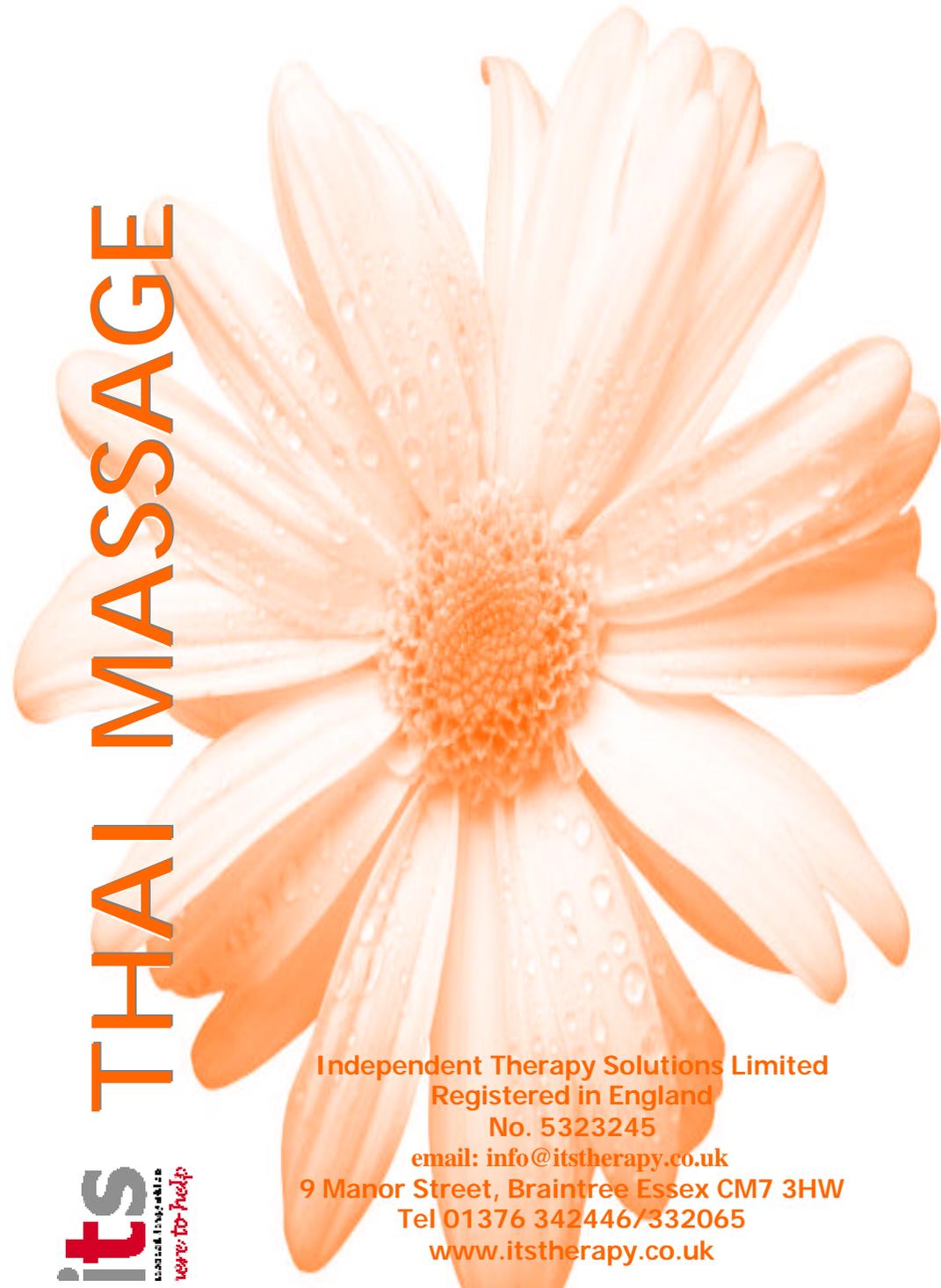


48 hours notice of cancellation is required,  
or the full fee is payable.

**Independent Therapy Solutions exists  
to provide a range of  
high quality interventions  
to people experiencing physical,  
emotional, psychological or behavioural difficulties  
to facilitate change and well being.  
Releasing the unique potential of the  
individual through**



# THAI MASSAGE



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**Thai Yoga Massage Explained** Thai yoga massage is an ancient, eastern form of bodywork. The treatment works on the body's sen (energy) lines and incorporates the use of acupressure, yogic stretches and twists as well as breath work.

You will be 'ironed out' using thumb, palm, foot and elbow pressure along points on your body's sen lines in combination with energising stretches from your toes to your fingers. These techniques unlock good energies and expel bad energies that slow you down.

Thai massage is a whole body technique. Attention is given to feet, legs, hips, the stomach, the lower and upper back, the shoulders, the head and face, which is why sessions are often longer than many Western massages. Thai yoga massage is given in a meditative manner and is often called 'the physical application of loving kindness' because the giver wishes good health and happiness upon the receiver.

## Recipient lying on back



Plough position to improve digestion and energise



Counterbalanced stretch between recipient and giver, stretches the side of the body and stimulates the kidneys



Pushing down on bent legs, flattens the back and releases spinal tension



Working elbow into sole of foot, stretches hamstrings and stimulates acupressure points which help the lungs, the kidneys and emotional balance



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## Recipient sitting



Palming and chopping either side of the spine while recipient rests on their extended arms, relieves tension and stretches out the back



Using forearms and elbows to undo stress held in the shoulders and neck. Aaaah!



Using knee presses either side of the spine, this stretch opens up the back



Walking feet on the back while holding back-stretched recipient's arms, frees up knots along the spine and opens up the chest

