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# A Myofascial Approach To Thai Massage East Meets W

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Thai Massage Manual

Thai Massage & Thai Healing Arts

Traditional Thai Yoga

A Myofascial Approach to Thai Massage

Thai Massage - E-Book

Thai Yoga Massage

Mosby's Fundamentals of Therapeutic Massage - E-Book

Tok Sen

Thai Yoga Massage

Thai Yoga Therapy for Your Body Type

The Inner Power of Stillness

Thai Massage Manual

Thai Step-by-Step Massage

Thai Massage

Thai Table Massage: Applying the Traditional Thai Massage Techniques on the Table

Thai Massage  
Thai Foot & Hand Massage  
Advanced Thai Yoga Massage  
Alternative Healthcare and Medicine Encyclopedia  
Modalities for Massage and Bodywork - E-Book  
Massage Fusion  
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The Art of Traditional Thai Massage  
Thai Massage & Thai Healing Arts  
Table Thai Yoga Massage  
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Myofascial Release Therapy  
Direct Release Myofascial Technique  
Modern Neuromuscular Techniques E-Book  
The World's Best Massage Techniques The Complete Illustrated Guide  
Thai Yoga Therapy for Your Body Type  
Myofascial Release  
The Art of Thai Massage  
Myofascial Induction™ Volume 1: The Upper Body  
Thai Massage Guide

Thai Massage with Neuromuscular Techniques  
The Art and Knowledge of Thai Yoga Massage  
Thai Acupressure  
Thai Foot Reflexology  
Encyclopedia of Thai Massage

*A Myofascial Approach  
To Thai Massage East  
Meets W*

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## **TREVINO MARLEE**

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Thai Massage Manual Jessica Kingsley  
Publishers

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.

*Thai Massage & Thai Healing Arts*

Independently Published

A complete guide to the ancient technique of Ruesri Dat Ton, also known as Thai yoga • Presents 60 step-by-step, illustrated exercises for self-healing and balanced well-being • Reveals the practice and evolution of Thai yoga, said to have originated with Buddha's physician, Jivaka Kumarabhaccha • Explains how the postures allow individuals to rebalance the flow of energy in the body Traditional Thai yoga--or Ruesri Dat Ton--is an individual yoga practice rooted in the ancient Ayurvedic tradition. It is comprised of exercises that--like the partnered practice of traditional Thai massage--originated with

Buddha's own physician, Jivaka Kumarabhaccha. Enrico Corsi and Elena Fanfani present, for the first time in English, 60 of these postures fully illustrated with step-by-step instructions designed to stimulate self-healing by rebalancing the flow of energy in the body. Each of the postures works within the sen energy system that underlies Thai medicine. Fundamental to the practice is retention of the breath once the body has assumed the desired posture. The practitioner concentrates the breath on the place where the body is storing tension or dysfunction. When the breath is exhaled the body also expels the negative energy, allowing restorative energy to take its place. The simple yet highly effective postures in Traditional Thai Yoga address many

common ailments--including physical ailments of the back, knees, shoulders, hips, arms, feet, and neck and more generalized ailments such as nausea and shortness of breath--as well as offering exercises that promote weight loss, longevity, and overall balanced well-being.

*Traditional Thai Yoga* Elsevier Health Sciences

This practical and highly illustrated introduction to the principles and techniques of Thai massage discusses the theories of Thai medicine and its Chinese and Ayurvedic influences. It offers clear and easy-to-follow descriptions for all Thai massage techniques accompanied by full color photographs and drawings, with arrows to indicate direction of movement. Basic

explanations describe how massage therapists can use elements of these techniques and apply them immediately in their own practice. Gives clear and easy-to-follow descriptions for each technique. Techniques can be used alone, in conjunction with other forms of massage, or to facilitate Yoga and other meditation practices. Clinically valuable and practical explanations of how to use elements of the procedures make it easy for therapists to enrich their practice with these techniques -- whether applying all of the methods, or starting with stretches alone. Features an icon throughout the text that calls attention to precautions therapists must be aware of for safe and effective sessions. Includes a 45-minute DVD presenting video of techniques and routines in real

time, to demonstrate proper pacing. Photographs, drawings, and illustrations of techniques are now in full color, for greater clarity of concepts. More historical background provides a deeper understanding of this ancient medical art. An accompanying DVD offers a 45-minute video of a Thai massage session in real time - demonstrating procedures with proper pacing. The visual approach along with its step-by-step narration helps viewers understand how the concepts discussed in the book translate to actual practice. The book also includes DVD icons that indicate which techniques are demonstrated on the DVD. Increased coverage of body mechanics helps readers understand the difference between correct and incorrect technique. Legends below the

photographs provide specific information on the muscles being pressed or stretched with each technique to help therapists understand how this art of Asian healing corresponds to Western anatomy. A new Muscle Atlas appendix helps to further identify muscles mentioned in these legends. A new chapter, Correlations to Yoga, outlines the correlations between specific Thai massage procedures and yoga postures to help therapists incorporate Yoga into their practices. A new chapter, Suggested Sequences, provides guidelines for 60-, 90-, and 120-minute sessions - taking the guesswork out of planning Thai massage sessions.

**A Myofascial Approach to Thai Massage** Elsevier Health Sciences

- Presents guidelines for effortless and

effective practice, including body mechanics, breathing patterns, flowing movements, incremental pressure, and exercises to improve sensing and to strengthen intuition as you work • Offers ways to refine and improve classic techniques that are often performed incorrectly, explains broad healing concepts behind individual techniques, and discusses the awareness and sensitivity with which they should be performed • Answers common questions, clarifies misunderstandings, and presents ways to work with focused intention on a deeper level, and with more grace, ease, and efficiency UNLIKE OTHER BOOKS ABOUT THAI MASSAGE, this guide offers a deep and insightful view of important and often neglected aspects of this work. Many of these

concepts and techniques also apply to table massage, physical therapy, yoga, and other healing arts. This book guides the reader through the conceptual, spiritual, and practical approaches behind effective bodywork. An entire section is dedicated to awareness of breath for massage, movement, and everyday activities. Assessment guidelines help the therapist to work with others based on physical appearance, preexisting conditions, and elemental predisposition. Exercises are presented to sharpen sensing abilities and intuition, and to find, coax, and release blockages in the body. Twelve important Thai massage techniques that are often taught and performed incorrectly are described in great detail. Other chapters offer ways to create

customized sequences of practice and to move from one technique to another with ease and grace. Finally, the chapter on medicinal herbs discusses the preparation, use, and benefits of herbal compresses, poultices, balms, oils, and baths, and it offers easy recipes for all of these therapies. This manual contains information that has never been previously available in print. Full of exercises and insights to help therapists hone their bodywork skills, it reveals key principles that give way to effective treatment and explores traditional Thai massage with a special focus on intention, awareness, sensitivity, and spirituality.

**Thai Massage - E-Book** Lippincott Williams & Wilkins

Are you a massage therapist? Are you

looking to enhance your skills with massage tools? Are you interested in energy work? Then this book is for you! It contains all the detailed instructions you will need in order to practice the ancient Thai therapy which is called "Tok Sen". The book contains a link for a secret 26 minutes video, which demonstrates the techniques (you will find it on page 31). Tok Sen is an ancient Thai treatment. It is practiced mainly in Northern Thailand, as it originates from Lanna animist traditions. It is performed with a set of wooden tools, which consists of a "hammer" and a "chisel". It is a special part of the sacred Thai Massage tradition. What you will find in this book: Information about the Tok Sen tools and Thai medicine. Tapping techniques for the entire body and face,



in four positions: supine, prone, side and seated. Indications and contraindications are mentioned clearly. More than 80 photos and diagrams. A section on the Sib Sen: the ten Thai meridian lines. After studying this book, you will be able to incorporate in your treatments the Tok Sen tools with confidence.

Recommended for anyone who practises massage therapy, Thai Massage, energy work and yoga therapy, as well as similar health professions. Elefteria is a renowned author and massage instructor, with +15 years of teaching experience. She studied Thai Massage, Thai Herbal Packs, Tok Sen and Thai Foot Massage in Chiang Mai, Thailand.

Thai Yoga Massage Jessica Kingsley Publishers

A form of Thai Yoga Massage that

focuses on the three Ayurvedic body types • Explains how to determine a person's Ayurvedic body type and provides hands-on techniques for working with them • Brings the practices presented in Thai Yoga Massage to a new customized level of therapeutic healing The traditional healing arts of Ayurveda and Thai Yoga Massage have a deep and integrated relationship that provides an unparalleled modality for restoring body, mind, and spirit.

Although it originated in India, over the centuries Ayurveda has been assimilated into the predominant Thai culture and has evolved into a distinctive folk medicine. With the growing popularity of Ayurveda and Thai Yoga Massage, there is a renewed interest in reuniting these practices into a powerful therapeutic

alliance. Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality. The authors first explain in detail the fundamental principles of Ayurveda and then recommend daily practices for each of the three main body types of vata, pitta, and kapha. Practitioners learn how to customize their work with the appropriate massage approach, recommended yoga asanas, breathing techniques, and diet and lifestyle tips. More than 50 illustrated, full-body Thai Yoga Massage postures are presented as well as a massage flow for each body type. The authors indicate the Ayurvedic benefits of each posture and detail any precautions that should be followed in

this dynamic practice of transformative healing.

[Mosby's Fundamentals of Therapeutic Massage - E-Book](#) Simon and Schuster Thai Massage is the touch that enhances health, happiness, and wholeness--and with more than 150 expertly demonstrated sequences unfolding on these pages, everyone can enjoy its benefits. Sometimes called "yoga in action," Thai massage has worked its relaxing wonders for more than 1,000 years. Explore its secrets with a detailed program that includes ten complete lessons, each concentrating on a particular part of the body. Like other forms of massage, it employs a flowing sequence of stretches, but instead of using only your fingers, pressure is applied with the thumbs, palms, elbows,

knees, and feet. Full-color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements. Each technique is clearly explained and its benefits--from improved flexibility to increased vitality--detailed. "All of the techniques are shown in sharp color photographs that are pleasing to the eye. Descriptions of the techniques are clear."--*Massage Therapy Journal*.

**Tok Sen** Simon and Schuster

This invaluable resource will help practitioners and students sort out differences and similarities between popular myofascial styles. Early chapters offer a solid review of anatomy and physiology as they relate to myofascial massage. Subsequent chapters focus on specific direct and indirect techniques

and adjunctive self-care recommendations for clients, including the neuromuscular approach, hatha yoga and exercise to support myofascial massage, and the craniosacral approach. You'll learn the proper procedure for each myofascial technique and understand how to integrate myofascial massage into your bodywork practice. Whether you're looking to broaden your perspective of massage or find the myofascial approach and technique that best suits you and your client, *Myofascial Massage* is sure to help. Exquisite illustrations enhance learning and understanding by clarifying the techniques. Protocol boxes recommend sequences to follow during actual myofascial massage sessions. Guidelines provide useful strategies for

implementing each myofascial approach and improving body mechanics and communication skills during your client sessions. First person experiences will add to your overall understanding of the techniques and their uses. Massage implications, included in each anatomy chapter (Chapters 2-4), help you to understand the influence of myofascial anatomy and physiology on practice. Questions for discussion and review at the end of each chapter encourage you test your comprehension of the materials and think critically.

**Thai Yoga Massage** Sterling Publishing Company, Inc.  
Myofascial Release, Second Edition, provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practices.

This scientifically grounded whole-body approach presents an overview of the entire fascial matrix

*Thai Yoga Therapy for Your Body Type*  
Independently Published

This text outlines the origins and objectives of an ancient healing therapy which combines gentle yoga stretches with massage techniques and accupressure. It also explains and demonstrates the elements and requirements of a typical session.

*The Inner Power of Stillness* Elsevier  
Health Sciences

Myofascial Induction™ - An anatomical approach to the treatment of fascial dysfunction describes the properties of the fascial network and provides therapeutic solutions for different types of fascial dysfunction. The material is

presented in two volumes: Volume 1 analyzes in depth the theoretical aspects related to fascia and focuses on the therapeutic procedures of Myofascial Induction Therapy (MITTM) for the upper body; Volume 2 summarizes and expands on the theoretical aspects and explains the therapeutic procedures of MIT for the lower body. Volume 1 is divided into two parts: Part 1 - The Science and Principles of Myofascial Induction and Part 2 - Practical Applications of Myofascial Induction - the Upper Body. Part 1 defines the fascia as a complex biological system before discussing its multiple characteristics. Part 2 is the practical part. Here the reader will find a wide range of manual therapeutic procedures which can be selected and used to build up the MIT

treatments. These processes are explained in detail and are richly illustrated, in full color, with diagrams and photographs of their practical application in the body and in the treated samples of dissected tissues. Each chapter opens with an introduction offering to the reader some philosophical background as a reminder that philosophy allows us to relate the strictly scientific with the empirical. Praxis and empiricism are the basis of science. The author invites you to join the scientific fascial adventure that allows us to uncover areas of knowledge which may have been forgotten or which are not yet recognized as being related and which might still reveal relevant information. Once discovered, these facts can help us to better understand the kinesis of our

body and so help the individual to change their body image and to improve their quality of life.

**Thai Massage Manual** Fair Winds Press  
 "Thai Yoga Massage is an ancient healing art, which has been handed down from teacher to pupil since the third century BC. It is a unique and powerful massage therapy, combining acupressure, gentle stretching and applied yoga. With such a clear visual and verbal presentation, this edition provides a thorough grounding to the art form. One, that appeals widely as a tool to aid understanding of Thai Massage, Yoga and Breathwork for healing and spiritual harmony."

Thai Step-by-Step Massage Human Kinetics  
 Learn to apply the traditional Thai

Massage techniques on the massage table, by the Thai Massage instructor Elefteria Mantzorou. What you will find in this book: - Techniques in supine, side and prone positions. Face included. - Techniques are matched with anatomy plates. - Sen work and Thai acupressure included. - The techniques can be combined with Swedish massage. Take your massage therapy skills to the next level with Thai mobilizations. The instructor has her own school and teaches the art since 2004! This book contains only black and white images, but full-color Kindle edition is free when you buy the paperback. Recommended for manual therapists, yoga instructors and practitioners, physiotherapists, dancers and massage therapists  
Thai Massage North Atlantic Books

The Inner Power of Stillness is not just another book about therapeutic presence, mindfulness and meditation. It explores and highlights the next evolutionary step, leading us beyond the already well-researched teachings of these topics, by looking at the multidimensional scale of stillness from an entirely different point of view. The focal point is the inner development by therapists, practitioners and teachers of the mainly dormant potential of stillness and the storage capacity of stillness-stimulus and imprints in our tissue/fascia, as well as their benefits, use and application in a treatment or teaching environment. The Inner Power of Stillness endeavours to illuminate the lost value of stillness for the therapist and practitioner both as a person and as

a professional. The authors anchor the possibility of this inner evolution of the power of stillness to the latest research into tissue and cell memory. They introduce the concept of a potential new modality called 'stillness-memory', and build upon this new understanding a logical and practical framework in which science and philosophy truly inform each other. This opens up access to a much larger scale of new ideas and possibilities which, providing the transformative teachings they embody are put into practice, carry the potential for practitioners to be the best person and the best professional they can be, without compromising their own overall health and wellbeing. In-depth knowledge of how to arrive at this promising new modality, as well as how

to apply it in everyday work and life, is at the heart of the book. It covers topics such as working from your inner power of stillness, the insightful self and, most importantly, the practitioner's toolkit. Some thought-provoking themes that might be of great value to therapists, teachers and practitioners who intend to dedicate some of their time to working for the greater good can be found at the end of the book, where consideration is given to a universal view of compassion and the solace that stillness can bring to people who are nearing the end of their life and final departure. The book concludes with a philosophical note acknowledging the timeless nature of ancient wisdom, and the ever more important relevance and role of the philosopher in our modern world today.

The Inner Power of Stillness is a comprehensive guide for people working with people. It provides practical knowledge that will revolutionise the way practitioners help others: Working from a greater perspective, being aware of the whole as well as the parts, and responding to the cause and not only the effect. Working from an internal place of stillness. Innovative and practical exercises and techniques to dissolve friction/struggles in sustaining a state of authentic therapeutic presence, mindfulness and meditation. Simple exercises to help clients build long-term memory of stillness as a foundation for successful mindfulness and meditation practice. Includes Forewords from John Matthew Upledger, Lauren Walker and Charles Ridley



*Thai Table Massage: Applying the Traditional Thai Massage Techniques on the Table* Elsevier Health Sciences  
Massage Fusion is an essential companion for any manual therapist interested in treating common pain issues. Acclaimed teachers and therapists, Rachel Fairweather and Meghan Mari offer a practical and dynamic step-by-step approach to gaining results with persistent client problems such as low back pain, neck pain, headaches, carpal tunnel syndrome, TMJ disorders, stress-related conditions and stubborn sporting injuries. The book outlines a clear and evidence-based rationale to treatment using a clinically tried and tested combination of advanced massage techniques including myofascial work,

trigger point therapy, acupressure, stretching and client self-care suggestions. Named after the authors' successful UK based training company, the 'Jing method' has helped thousands of therapists build their practices. Beautifully illustrated with clear photographs of each step, this book gives massage therapists a tried and tested blueprint for approaching chronic pain conditions with confidence. Drawing on both the available evidence and several decades of clinical experience, *Massage Fusion* brings together art and science, East and West, philosophy and psychology into a joyful exploration of how to gain the best results for your clients. A must read for all bodyworkers who want to be the best!  
*Thai Massage* Penguin

Therapies, Information Acupressure  
 Acupuncture Alexander, Technique,  
 Anthroposophical, Medicine  
 Aromatherapy, Art, therapy, Aura, Soma,  
 Autogenic, Training Ayurveda  
 Bach, flower, remedies, Bates, method,  
 Biochemic, Tissue, Salts Biofeedback,  
 Biorhythms, Bowen, technique, Buteyko  
 Chiropractic  
 Cognitive, and, Behaviour, Therapies  
 Colonic, irrigation Colour, therapy  
 Cranial, Osteopathy Cranio-  
 sacral, therapy, Do, In,, Ear, acupuncture,  
 Emotional, Freedom, Technique, (EFT)  
 Feldenkrais, Method, Feng, Shui Healing,  
 Hellerwork Herbal, medicine  
 Holographic, repatterning Homoeopathy,  
 Hopi, ear, candles, Hypnotherapy,  
 Indian, Head, Massage Iridology Johrei  
 Kahuna, Bodywork Kanpo Kinesiology  
 Life-coaching Manual, Lymph, Drainage  
 Massage, therapy,  
 McTimoney, Chiropractic  
 Medau, Movement Meditation  
 Metabolic, Typing  
 Metamorphic, Technique Naturopathy  
 NLP Norris, Technique  
 Nutritional, therapy, Osteopathy,, Pilates  
 Polarity, therapy, Psychotherapy Qigong,  
 Radionics Reflexology Reiki, healing  
 Rolfing Seichem, /, Seichim, /, Sekhem Seiki  
 Shiatsu, Sound, Therapy  
 Thai, Foot, Massage Thai, Yoga, Massage  
 The, Journey Thought, Field, Therapy,  
 Toyohari Trager, Work Tuina Yoga  
 Zero, Balancing  
Thai Foot & Hand Massage neobooks  
 Thai Massage, Sacred Bodywork is a  
 complete guide to an ancient practice  
 that benefits body, mind, and spirit.

Interest in Thai massage has been growing rapidly. This is no surprise given its unique multifaceted approach to the body. Thai massage combines acupressure, stretching, reflexology, assisted yoga postures, herbal compresses, prayer and meditation. It benefits everyone. Sometimes called the "lazy person's yoga", Thai massage stretches and relaxes the muscles, increases the joints' range of motion, and balances energy flow throughout the body. Thai Massage, Sacred Bodywork provides fully illustrated, step-by-step instructions which enable the reader to use this integrative and interactive therapy with a partner at home or with a client. The book explains the historical and philosophical background of Thai massage as well as its religious origins.

Throughout the book, Ananda always reminds us of the deeper meaning of this sacred modality—compassion in action. A must for all those interested in the healing arts.

**Advanced Thai Yoga Massage** Simon and Schuster

Connecting the medical perspectives of the east with those of western medical science offers the possibility of developing fresh approaches for practitioners of modalities from both cultures. The Art and Knowledge of Thai Yoga Massage presents the art of Thai massage in a form of 130 exercises with guidelines to structure them into an individualized 2 hour full body energy balancing massage session. The book also presents the knowledge of Thai massage via a unique and eye opening

comparison of the traditional Sen Energy Lines of Thai Medicine with Myofascial Meridians, a groundbreaking 'whole systems' view of the network of connective tissue or fascia by Thomas W. Myers. The Art and Knowledge of Thai Yoga Massage and its 'open source' framework invite Thai massage practitioners to collaborate and increase the importance of the field of complementary and alternative medicine. Features: Introduction to the Tradition of Thai massage 130 authentic Northern style exercises Full color illustrations Introduction to the Pranic or Life-energy system Detailed description of the Sen Lines Collection of appropriate exercises for each Sen Line Comparison of each Sen Line to the corresponding Myofascial Meridians Session structuring

guide Mantras and relaxation exercises used in the course based on this book Alternative Healthcare and Medicine Encyclopedia Elefteria Mantzorou For success in practice, Mosby's Fundamentals of Therapeutic Massage, 5th Edition provides you with a solid foundation in the fundamentals of massage therapy. Expert author Sandy Fritz shares her wealth of clinical expertise, keeping a consistent focus on clinical reasoning with an increased emphasis on competency-based outcomes. In addition to teaching you how to skillfully apply massage techniques, this text also covers important practice management topics such as ethics, legal issues, sanitation, hygiene, business practices, and professional development. Two DVDs

bound in the book provide over three hours of video on techniques, body mechanics, case studies, and more, plus anatomy and physiology animations. Log in to the companion Evolve website for interactive games and learning exercises. Hundreds of full-color photos and illustrations visually clarify key concepts and demonstrate proper technique, draping procedures, body mechanics, and more. A combined workbook/textbook format encourages critical thinking with activities, short essays, fill-in-the-blank questions, labeling exercises, and more to help you review concepts from the book. General Protocol sections in the book, on the Evolve website, and on the companion DVD provide a guide for assessment and massage application, intervention and

positioning recommendations, and a modifiable, step-by-step sequence to help you learn to develop care plans for specific clients. Electronic documentation coverage prepares you for today's increasingly digital workplace with examples from electronic record-keeping and office management software programs. Comprehensive coverage of content covered on the National Certification Exam (NCE), the National Certification Exam for Therapeutic Massage and Bodywork (NCETMB), and the Massage and Bodywork Licensing Examination (MBLEx) ensures you are ready to pass certification and licensure exams. Updated insurance reimbursement section features discussions of insurance procedures, appropriate charting,

necessary paperwork, and how to manage reimbursement. Expanded massage therapy career content discusses the many career tracks available to massage therapists. Detailed Body Mechanics chapter addresses the use of proper body mechanics for a long and successful career and the most effective treatment. Practical Case Studies chapter offers case studies that help you understand how to apply key concepts to real-world clinical practice. Completely updated content keeps you current with the latest information needed to pass your exams and succeed in practice. NEW! Foot in the Door feature throughout the text outlines the professional traits valued by prospective employers. Available as a Pageburst digital textbook with

additional interactive learning tools and electronic assets. Sold separately.

Modalities for Massage and Bodywork - E-Book Simon and Schuster

Thai Foot Massage is an ancient art, and part of traditional Thai Medicine. In Thailand, it is the most widely applied treatment. This book is indispensable for all massage teachers, as it contains information and tips from a well experienced massage instructor with 10+ years of experience. Also, it will be valuable for those who wish to start learning simple massage techniques in order to apply them to family members and friends. In this book, you will find: • Detailed descriptions on traditional Thai Foot Massage techniques. • Instructions on massage techniques on the dorsal and palmar surfaces of the foot • Work

with massage wooden tools and towels • Thai Hand Massage instructions • A small section on self-massage.