

## About Traditional Thai Massage

Traditional Thai Massage has been described as a form of assisted Hatha yoga. Rooted in the ancient healing traditions of Ayurveda and Thai Buddhism, it leads to greater physical awareness, grace, and spiritual energy.

Performed on a floor mat with both giver and receiver in comfortable clothes, this massage incorporates tai chi moves, rhythmic motion, palming, and thumbing along energy lines, gentle stretching, and breath work. Using hands, feet, arms, and legs, the giver guides the receiver through a series of yoga postures, creating a harmonious and therapeutic dance.



“All's well that bends well...”

## Holistic Benefits of Traditional Thai Massage

- ◆ Facilitates relaxation
- ◆ Heightens awareness
- ◆ Invigorates the nervous system
- ◆ Relieves pain and muscle tension
- ◆ Increases ability to absorb nutrition
- ◆ Strengthens and rejuvenates the body
- ◆ Improves circulation of blood and lymph
- ◆ Increases flexibility (passive yoga postures)
- ◆ Enhances elimination of wastes and toxic debris from physical, mental and emotional strain
- ◆ Restores balance in the flow of body energy by stimulating energy lines and points.
- ◆ Stretches and tones the muscles.
- ◆ Relieves many common ailments.

## Origins of Traditional Thai Massage

Thai Massage came from India and was brought to Thailand 2500 years ago by Dr. Chevaka Komarephat. He was said to be Buddha's personal medical advisor and is known as the “father” of Thai massage. It was then brought to Thailand by the first Buddhist monks, the Brahmins, and came to Thailand around the same time that Buddhist monks brought Buddhism to Thailand.



When receiving Thai Massage, the vast benefits of the ancient practice of Yoga, upon which this technique is established, can be experienced. This slow and meditative massage quiets the mind and rejuvenates the body. Circulation is increased; muscular and nervous tension is relieved, and flexibility is improved. The immune system is given a boost, and the body/mind/spirit is balanced. This massage modality is both preventative and corrective.

### **Workshop Outline:**

Participants will acquire Thai Massage skills for personal benefit, and lay the foundation for further studies. Students will learn hands-on techniques to relieve tension, stress and fatigue.

Learn to stimulate circulation and restore vitality to the entire body through Thai Massage pressure points.

The instructor will teach basic Thai massage theory and sequence, and will introduce the participants to the Eastern philosophy of healing and the Thai "Sen Sib" (or "meridians"), and pressure points.

Students will learn basic positions for an authentic Thai massage, to be able to give their family, friends and loved ones the gift of relaxation.

### **Tasty Thai Lunches:**

Delight your senses with the aroma and taste of lemongrass, basil, tamarind and lime. Our chef will prepare delicious & nutritious Thai meals that will whet your appetite.

### **Workshop includes:**

- Tuition for 2 days/6 hours per day, of hands-on instruction
- Tasty Thai lunches & healthy snacks
- Workbook with photographs
- Mats, bolsters, pillows & clothing
- Small classes



## **A Taste of Thai Massage**

12-Hour Workshop

Join us for a fun, interactive & memorable workshop. Come and experience giving and receiving authentic Thai massage.

Bring a friend or your loved one and relax together in our hands-on learning environment.

### **THAI MASSAGE CENTRE**

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