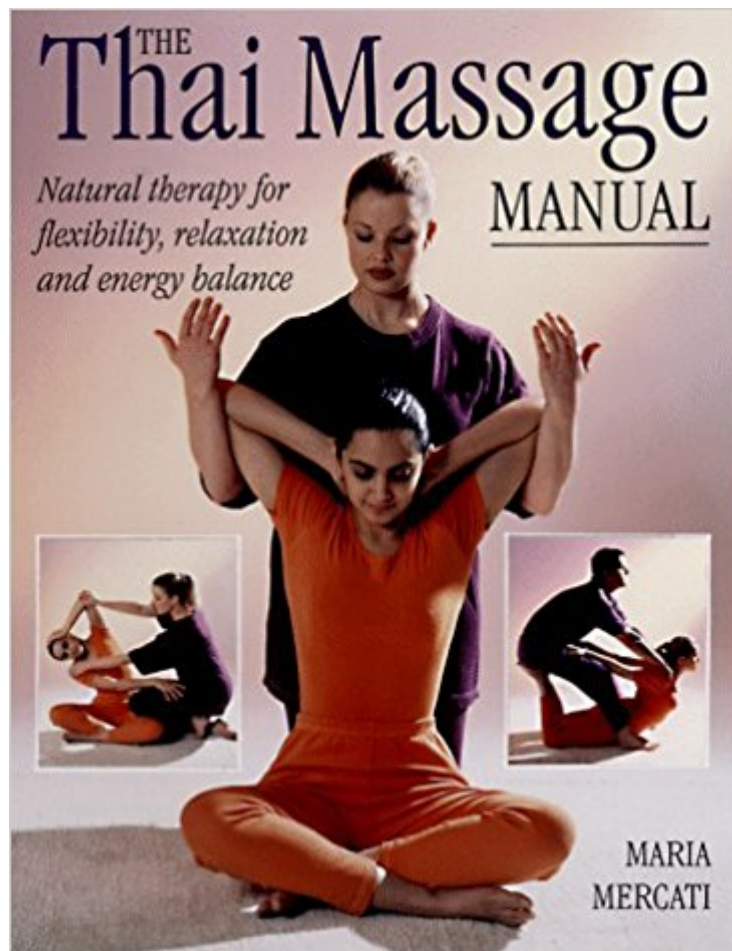




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The Thai Massage Manual: Natural Therapy For Flexibility, Relaxation And Energy Balance



Synopsis

Explore the powerful secrets of Thai massage--a vigorous technique that will enhance your health, happiness, and wholeness, and create a fresh, stimulating, giving-receiving relationship between you and your partner. Like other forms of massage, you employ a flowing sequence of stretches, but instead of using only your fingers, pressure is applied with thumbs, palms, elbows, knees, and feet. It has been called "yoga in action," with its emphasis on relaxing your mind, restoring your energy, and conditioning your body. A detailed program for complete body massage covers ten lessons, each concentrating on a particular part of your body. Full-color photographs of every move match still shots with superimposed artwork that indicates the directions of the movements you make. Each technique is clearly explained and its benefits detailed. Many have names as calming and as invigorating as the actions: Spiraling Arms, Opening the Energy Gates, Rainbow Dance, Flying Wild Goose, and The Longest Yawn and Stretch in the Universe. More than most massage techniques, Thai massage enhances the bond between partners, with its unity of mind and body, and its harmony of body and body. As you become familiar with the sequences, you'll experience the coming-together of the precise positions and postures to create a cumulative impact. Besides the principal program, there's a section on ways to devise your own approach for addressing specific healing needs such as stress, chronic pain, postural problems, and insomnia. Another feature: brief sessions for busy days. 144 pages (all in color), 8 1/2 x 11.

Book Information

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Customer Reviews

This is a quality book that is a good introduction to the marvelous field of Thai Massage. The photos are clear and the descriptions of technique are competent. There are aspects that are lacking

though that are extremely well covered in another book entitled, 'Thai Massage: A Traditional Medical Technique' by Dr. Richard Gold and published by Churchill Livingstone. This book presents Thai Massage as a primary component of an entire traditional medical system. The theories and history of Thai Medicine are covered and the development of the medicine in the context of Buddhist culture is very well presented. This book also has excellent photos and clear and easy to follow descriptions. Thai Massage is a unique style of bodywork that will see rapid growth in the West as it becomes better known. These books will certainly help that growth.

This is a really good book which shows each position clearly. The pictures clarify and guide the reader along with insets which describe each muscle being affected. Easy for anyone to follow.

This new contribution to the list of recent books on Thai Massage is worthy of a look. It is profusely illustrated with nice photographs and graphics as well. It is seriously lacking in some important details however. For a book that promotes itself as comprehensive we wonder why there are no references to proper Thai names or to the traditional Thai Ayurvedic medical theory upon which the massage is actually based. Like other books written by beginners or at least less than advanced practitioners, the assumption is proposed that this ancient massage form is based on TCM, or traditional Chinese medical theory, this is simply not true. The other mistake is in promoting purely western ideas as to the where and why of the postures which in fact are classic yoga. Additionally there is very little information on the variations of traditional schools and forms available, such as the clear distinctions between Classic Southern and Northern method. There is also lacking any recognition of the acknowledged living masters and schools teaching today. Maybe in her next effort Ms. Mercati will acknowledge the true heritage of one of the world's finest massage and bodywork systems.

This is the first book I have found (including a search in Thailand) that tells all about Thai Traditional Massage. How, Where, Why and To What Extent (very, very important) This book will open the wonders of Thai Trad. to you.

I am a licensed MT and recently took a class on Table Thai Massage. The techniques I learnt in the class are clearly replicated in this book. I urge anyone interested in learning more about Thai Massage to purchase this book. The seller was prompt in delivering the book.

4.5 Stars Maria Mercati has done an excellent job of bringing Thai massage to neophytes such as myself. The text is very readable and it tends to put the reader into the proper, relaxed state of mind. The bodywork shown within really works and is not difficult to learn. I just wish for more: more history and more exercises. This is an excellent, inexpensive resource.

This manual is very easy to comprehend and shows clearly all the techniques needed and how to properly perform them. I would recommend to everyone wanting to learn Thai Massage but not able to take a class.

This book have very clear detail with demonstration picture. I'm not professional massage therapist, but I learned from this book and it's work. I used this book in my massage class, in my family and even massage myself. Highly recommended !!!!

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