



# Advanced Thai Yoga Massage: Postures and Energy Pathways for Healing

By Kam Thye Chow

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## Advanced Thai Yoga Massage: Postures and Energy Pathways for Healing

By Kam Thye Chow

Expand your Thai yoga massage practice with advanced postures and energy work to treat stress, back pain, headaches, and several other common conditions

- Includes step-by-step photographs for more than 50 advanced Thai yoga massage postures
- Illustrates in full color the locations of the sen lines and explains their specific therapeutic qualities and connections to ayurveda and the 5 kosha bodies
- Details successful treatment plans for 8 common ailments with custom 60-minute Thai yoga massage posture flows as well as ayurvedic and yoga recommendations for continued healing and prevention at home

In the unique healing system of Thai yoga massage--based on yoga, ayurveda, and the martial arts--the practitioner uses his or her own hands, feet, arms, and legs to gently guide the recipient through a series of yoga postures while palming and thumbing along the body's energy pathways and pressure points, known in the Thai tradition as sen lines and in ayurveda as marma points.

Providing a way to expand one's Thai yoga massage practice, this book includes step-by-step photos and guidelines for more than 50 advanced Thai yoga postures as well as successful treatment plans for 8 common ailments: stress, back pain, stiff neck and shoulders, arm and hand exhaustion, headaches, constipation, fibromyalgia, and anxiety/depression. Each treatment plan offers a customized one-hour Thai yoga massage posture flow specific to that ailment along with ayurvedic and yoga recommendations for continued healing and prevention after the massage session. This comprehensive guide also illustrates the exact location of the sen lines and marma points, detailing their therapeutic indications and connections to ayurveda and the five kosha bodies, as well as explaining how to incorporate them into sessions for deeper healing.

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## **Advanced Thai Yoga Massage: Postures and Energy Pathways for Healing** By Kam Thye Chow **Bibliography**

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### Editorial Review

#### Review

“Each treatment plan offers a customized one-hour Thai yoga massage posture flow in this outstanding choice for any healing or new age collection.” (*Midwest Book Review, January 2012*)

“Mr. Chow’s energizing and inspiring guide provides enough information to set the practitioner confidently into action with his *Lotus Palm* system, keeping the focus on the energy exchanged, the *Loving Kindness of the Art*, and simple, clear anatomical information. This book will surely invite readers to further explore the art of Thai Yoga Massage and integrate it into their own personal or client practice and perhaps, travel to Montreal or even Thailand.” (*Allyson Gracie, Retailing Insight, October 2011*)

“... this is an excellent manual for anyone interested in Thai yoga massage. The concepts are clearly explained and the accompanying full-page photographs are a perfect complement. VERDICT An essential title for practitioners. Others, if not inspired to do bodywork, will at least learn a lot about the amazing curative benefits of Thai yoga massage.” (*Ajoke Kokodoko, Library Journal, November 2011*)

#### From the Back Cover

#### HEALTH / BODYWORK

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Providing a way to expand one’s Thai Yoga Massage practice, this book includes step-by-step photos and guidelines for an advanced Thai Yoga Massage series of more than 50 postures as well as successful treatment plans for 8 common ailments: stress, back pain, stiff neck and sore shoulders, arm and hand exhaustion, headaches, constipation, fibromyalgia, and anxiety/depression. Each treatment plan offers a customized one-hour Thai Yoga Massage posture flow specific to that ailment along with ayurvedic and yoga recommendations for continued healing and prevention after the massage session. This comprehensive guide also illustrates the exact location of the sen lines and marma points, detailing their therapeutic indications and connections to ayurveda and the five kosha bodies, as well as explaining how to incorporate them into sessions for deeper healing.

KAM THYE CHOW, one of the first Thai Yoga Massage practitioners in North America, has taught Thai massage in Thailand and throughout Europe, Canada, and the United States. The author of *Thai Yoga Massage* and *Thai Yoga Therapy for Your Body Type*, he is the founder of the Lotus Palm School in Montreal. Kam Thye Chow lives in Montreal.

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