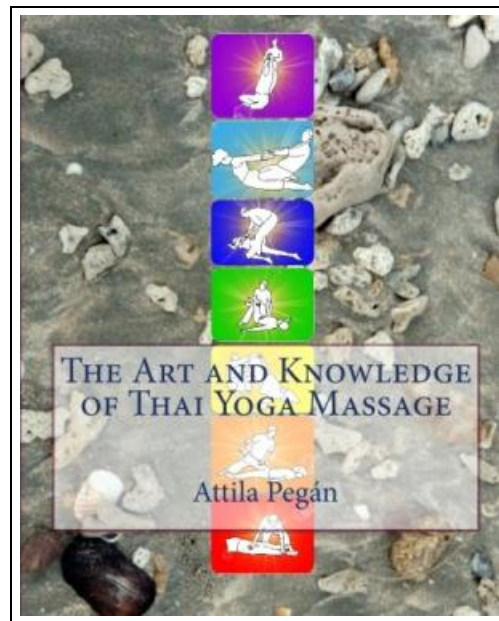


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Reviews

Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modified the way in my opinion.

(Hank Runte)

THE ART AND KNOWLEDGE OF THAI YOGA MASSAGE (PAPERBACK)



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Pegan Attila, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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.



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