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Connection with your own self

[KATE'S TIBETAN AND THAI YOGA MASSAGE](https://www.facebook.com/KatesTibetanAndThaiYogaMassage/)·[WEDNESDAY, FEBRUARY 13, 2019](https://www.facebook.com/notes/kates-tibetan-and-thai-yoga-massage/connection-with-your-own-self/869665409864831/)

The amount of stress and expectations, loaded upon our shoulders these days, is getting heavier and heavier. The attitude of “just do it”, “push yourself”, “try harder” - the common one we’d learnt since our childhood - isn’t giving us any relief at all, quite the opposite, we’re just adding up to our stress with self-blaming and disappointment for not matching the ideals.

And most of times we can’t afford to let our emotions out.

Where do they go?.. you know the answer. They get stored in your body. In your shoulders, lifted in “hiding” position; turned forward in “protecting from danger”, “boxing” mode, or stiffened with the load of responsibility. In the tightness in your chest, not allowing you to breath freely, naturally, as if you’re trying to go unnoticed. In your stomach, where our fears and uncertainties are frozen in the belly muscles. In your arms and legs, as if you want to punch and kick with anger, but that anger is suppressed and goes stored in your limbs.

And of course, all of us simply use our bodies for daily life and sports, not always paying attention at correct postures and natural, physiological limits different for each of us. And pretty often we misuse our bodies and lose the conscious connection to it from our mind, becoming unaware of how we feel.

If you notice you’re tired or stressed, if you want to relax deeply and be reconnected to your body sensations again, if you want to give your body a healthy gift of feeling nurtured, loved, being at peace and cared for, an ancient practice of Tibetan oil massage, Thai oil or Thai Yoga massage is at your help. I can come to your place at the convenient time. I speak English and Russian as well. You have to simply contact me to appoint the details of time and location. I'll be glad to give you one or couple of sessions. Keep well! A few words about it: What is Tibetan Massage? Ku Nye - Traditional Tibetan Massage. Pronounced "Coon-Yee," Tibetan massage has been practiced for thousands of years in Tibet and the Himalayan region of Asia as an integral part of Tibetan Medicine. What to Expect from a Tibetan Massage: In Tibetan, the word Ku means to apply oil and Nye means to apply pressure with a variety of movements. In a Ku Nye treatment, the practitioner focuses on specific points on the body which correspond to different constitutions or natural of illnesses. Ku Nye uses natural products such as butter, sesame oil, olive oil and sandalwood oil as massage lotion. The benefits of Ku Nye: KuNye is beneficial as a stand-alone treatment as well as a preventative measure against illnesses and a supportive treatment in conjunction with other modalities. It is an excellent way to relax and promote general health and well-being. In your KuNye treatment, you may receive consultation on diet, herbs, and health based on the four seasons. Since ancient times in Tibet, it has been believed that KuNye aids in longevity by clearing and sharpening the sensory organs while supporting the function of the internal organs. KuNye is excellent for the following conditions: Neurological problems including numbness, sciatica, and paralysis Psychological and emotional imbalances including agitation, anxiety, depression, moodiness, forgetfulness, lack of concentration, and insomnia. Women's health issues including irregular menstruation and PMS, dysmenorrhea. Prenatal women and ease pain during labor. Stress related problems including migraine headaches and tension headaches Back pain including upper, middle, and lower back Constipation Tight muscles, joints and ligaments, neck and shoulder rigidity, whiplash Poor circulation Rough and dry skin Facet Syndromes Plantar ficiatis (pain of heel) What is Thai Massage? Thai Massage was developed by Buddhist monks in Thailand as a healing modality over 25000 years ago. Thai Massage uses passive stretching and gentle pressure along the body’s energy lines to increase flexibility, relieve muscle and joint tension, and balance the body’s energy system. Thai Massage is both deeply relaxing and energizing. What does Thai Massage feel like? Thai Massage is more energizing and rigorous than the more classic forms of massage. Thai Massage is also called Thai yoga massage because the therapist uses his hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many say Thai Massage is like doing yoga without any work. Muscle compression, joint mobilization and acupressure are also used during treatment. People describe Thai Massage as both relaxing and energizing. Thai massage healing techniques embraces the four states of mind: Loving Kindness, Compassion, Joy, and Balance What should I expect during my session? Thai Massage is usually done on a mat on the floor. No oil or lotion is used during session. A typical Thai Massage is 60 minutes to 2 hours long. What conditions is Thai Massage used for? This is a massage technique that involves more movement and stretching. The pressure can be hard or light, depending on your comfort level. It is suitable for people who have a flexible body, anyone that would like to improve his/her flexibility, or those who like a deeper massage and prefer more stretching.