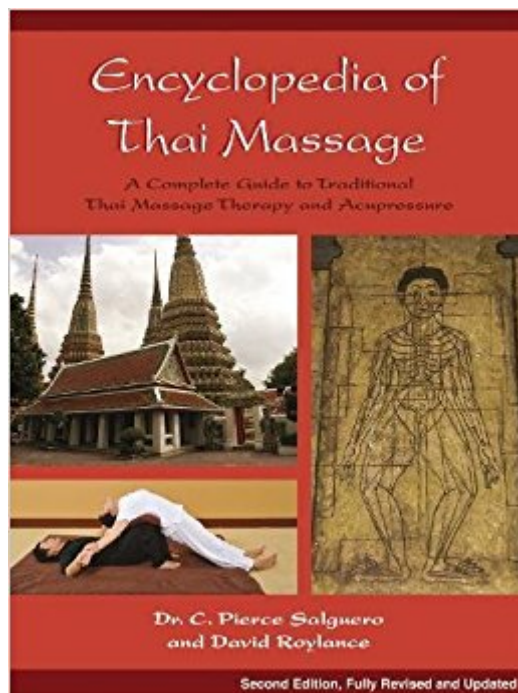




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Encyclopedia Of Thai Massage: A Complete Guide To Traditional Thai Massage Therapy And Acupressure



Synopsis

Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

Book Information

Paperback: 288 pages

Publisher: Findhorn Press; 2 edition (December 1, 2011)

Language: English

ISBN-10: 1844095630

ISBN-13: 978-1844095636

Product Dimensions: 7.6 x 0.8 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 27 customer reviews

Best Sellers Rank: #264,774 in Books (See Top 100 in Books) #148 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #185 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #23547 in Books > Medical Books

Customer Reviews

"This book is a treasure, like the palm-leaf manuscripts of ancient times, transmitting traditional healing knowledge to the present day." #151;Mr. Parawat Pongpiam Managing Director, Thai Massage School Shivagakomarpaj ("Old Medicine Hospital") "I am happy that this system of Traditional Thai Massage developed by my father is in the hands of the new generation, and is being carried forward in the West." #151;Ajahn Dr. Wasan Chaichakan Traditional Thai Medicine Doctor Director, Thai Massage School Shivagakomarpaj ("Old Medicine Hospital")

Dr. Pierce Salguero is a professor and the director of research at the Thai Institute of Healing Arts.

He is the author of The Spiritual Healing of Traditional Thailand, A Thai Herbal, Thai Massage Workbook, and Traditional Thai Medicine: Buddhism, Animism, Ayurveda. He lives in Doylestown, Pennsylvania. David Roylance is an instructor of Thai massage and Thai healing arts, as well as the executive director of the Thai Institute of Healing Arts. He lives in Arlington, Virginia.

This book goes into detail about the origins and philosophy of Thai massage. - not just the "poses" . I wanted information on the reasons behind the poses and the order etc. This book gets to that. If you want casual info on yoga massage, look at pictures somewhere else. If you are interested in the traditional medicine of Thai massage and why it works... This is the book you want.

As a massage student interested in Thai Massage, I recently started reading about a half dozen different Thai Massage books. While I've found something of value in each, this one is by far the most comprehensive. For instance, one of my favorite parts of Thai Massage is the herbal compresses, and it looks like only one other book even mentions them at all. This book has a short chapter on them and mentions a few popular herb combinations. It also mentions that Thai Massage is (in Thailand) normally followed by an herbal sauna and mentions some of the methods used to provide that. The organization of the book is not encyclopedic but is the same general structure that the other books use (introduction, techniques, more discussion).

Excellent Book for the English readers to understand Thai Massage. It covers the background, relationships with Indian and Chinese system and the way Thais have adapted improved and added their indigenous system to make that into a complete system. The book also covers the spiritual nature of Thai massage, especially its relationship with Yoga . A step by step essential guide to Thai Massage practitioners that will help them to complete their practical training.

Useful for studying.

This is a wonderful extensive Thai Yoga Massage reference. The steps are clearly explain; sometime multiple version are offered. Pratical , methodical and time proven technique from the Northern Style Massage based on the founder of The Old Medicine Hospital in Chiang Mai the major city in Northern Thailand. Definitely one of those references book that you come back to over and over and find a new depth of information's.

The book is well written, easy to understand, provides excellent instruction and photos of Thai Massage. It also has information about Thai acupressure therapy, Thai herbs and massage and a very useful appendices. I have purchased several other Thai Massage books, and I learned far more from this book. I highly recommend it.

I have been using the first edition in our seminars since 2006. This 2nd edition is a beautifully illustrated and updated copy, providing an excellent source for beginners coming from many different backgrounds. We will continue to support this style of Thai Massage with this comprehensive translation.

I like this book because it helps me to organize the flow of the Thai massage. As the authors say in the book, you need to learn Thai massage with some teacher and have some practice. You can't learn just with a book. But if you have some basic knowledge, it is nice to have something like this encyclopedia in order to help you to remember some of the steps and also to design the massage.

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