



# Thai Healing Alliance International Retreat & Conference

25-28 June, 2009  
Korinjak Hotel and Resort, Veli Iz, Croatia

Five days of workshops, discussions, presentations and supervised practice.



**Jivaka Komarbhacca**

*Notes:*



# Welcome to the THAI Retreat & Conference

This is the second semi-annual Retreat and Conference sponsored by Thai Healing Alliance International (THAI). THAI is the only professional organization that proposes basic standards for the practice and study of traditional Thai massage (*nuad boran*). The Conference is open to all students and practitioners of Thai herbal traditions. Over these four days you will have a unique opportunity to meet students, practitioners and teachers of *nuad boran* from throughout Europe, and also from other countries, including Israel, the USA, and Canada.

We hope you will learn new things and share what you know with other Thai massage professionals. In a spirit of non-partisanship and with “beginners’ minds”, each of us will be able to explore different perspectives, techniques and approaches to this modality, and we will make connections with teachers and practitioners from both northern and southern styles.

**The Retreat begins on Wednesday, June 23rd at 3 pm, and the closing ceremony is at 3:00 pm on Sunday, June 27th.**

Certificates are awarded for 35 hours of continuing education to all participants who complete the entire program. THAI members may use these credit hours to advance in levels of membership. Thai massage students and practitioners who have not previously studied with THAI-affiliated instructors automatically qualify to join THAI by attending this conference.

**The program includes workshops, presentations, demonstrations, panel discussions and daily supervised practice.**

Yoga, tai chi and silent meditation are available every morning, and two meals per day are included in the hotel lodging fee. In the evenings, you are free to practice and socialize with other participants.

## The retreat center and facilities

Korinjak Hotel is the first hotel on the Adriatic coast that specializes in holistic workshops and seminars during the summer season, including yoga, tai chi, meditation, massage and all types of natural therapies. It also promotes a vegetarian approach to life and three vegetarian meals are served daily. The hotel is well known for a wide age-range among guests, and for its social and open-minded atmosphere. The small fishing town of Veli Iz is well known for its peace and safety, allowing you to travel without worry. Pine and olive trees, sunny weather, turquoise waters and fresh air make you feel reborn.



## Boats to and from Zadar

A boat arrives very close to the hotel on the island of Iz, and is preferable to the larger ferries. This boat arrives daily at 10:00 and 16:30, and it departs Iz at 15:20 on Sunday, June 28 and at 06:05 and 19:20 on Monday, June 29. There may be an additional boat because of our Retreat on Sunday, June 28. Ferries also arrive and depart from the port, 15 minutes away, several times per day. Boat and ferry schedules will be posted on the bulletin board at the Conference.

# Welcome from the Director and Coordinator

Welcome to the third International Retreat & Conference for traditional Thai Massage. By attending this historic event, you are showing your commitment to practice and to share traditional *nuad boran* in an atmosphere of open-mindedness and compassion. This is the second consecutive year that Thai massage professionals from around the world have come together in Europe as a non-partisan community to learn from each other and to share Thai massage. We are grateful to all our instructors and presenters who have paid their own travel expenses to be with us. THAI held its first Retreat & Conference in the USA in 2007, and we hope to sponsor regional workshops and international conferences for our members and the general public for many years to come.

Please help us to spread the word about the benefits of working together under a shared set of standards and values. By working together, we can change the way traditional Thai massage is perceived and practiced around the world, and we can bring a stronger voice and more dignity to this ancient healing art. Thanks for being here, and enjoy the Retreat!

- Bob Haddad, THAI Director

In the planning of this conference, our idea was to encourage a large number of practitioners to collaborate with each other, to make true friendships and to bring dignity to this ancient healing art. Our retreat offers a counter-energy for the inflated egos and isolationism that are sometimes found in Thai massage communities around the world. As living proof of this intention, our Conference brings together more than 10 respected international teachers, all from different styles and lineages, working together in a spirit of true community.

At the core of this event are the exciting workshops and presentations, but this is also a great chance for people from around the world to meet each other face to face, so please get to know as many people as you can in these four days. Those of you who have not yet been to Thailand may understand more deeply the strong spirit of this ancient tradition. Learn, have fun and make friends, because together we are stronger.

- Danko Lara Radic, Croatia Retreat Coordinator

## Teacher dedicatory

On Sunday, before the closing ceremony, we will have a special ceremony to honor our Thai massage teachers. Individual comments and stories are welcome, and a short period of group meditation will follow.

## Films

Two films will be shown in the evenings during the Retreat, if a TV and DVD player are available. They are:  
*Buddha's Lost Children* - a documentary about young boys from Northern Thailand and their Buddhist monk teacher.  
*Spring, Summer, Fall, Winter and Spring* - a compelling story about love, compassion and Buddhist teachings.

## The altar

The altars in the practice rooms are for individual and group use. All participants are welcome to place a personal item on an altar as an offering. Please maintain reverence around the altars and don not point your feet toward them.

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# SCHEDULE OF EVENTS

## Wednesday, 23 June

1 pm to 7 pm	Registration
3 pm	Welcome address, general meeting
4 pm - 6 pm	Freestyle Thai massage practice
6:00 pm - 7:00 pm	Instructor meetings, Assistant and Volunteer meetings
7:30 pm - 8:30 pm	Dinner
8:30 pm	Social activities

## Thursday, 24 June

7:00 am - 8:30 am	Late registration
7:00 - 8:00 am	Yoga practice, tai chi, silent meditation
8:00 am	Breakfast
8:45 - 9:15 am	Opening ceremony / Om Namó
9:15 am - 11:00 am	First workshop
11:15 - 12:00 pm	Group Meeting, personal introductions
12:15 - 1:00 pm	Presentation: <i>Ergonomics &amp; Breathwork</i>
1:00 pm	Lunch
2:00 pm - 3:45 pm	Second workshop
4:00 - 6:00 pm	Supervised practice
6:00 pm	Closing, Om Namó
7:30 - 8:30 pm	Dinner
8:30 pm	Social activities

## Friday, 25 June

7:00 - 8:00	Yoga practice, tai chi, silent meditation
8:00	Breakfast
8:45	Om Namó
9:00 am - 10:45 am	First workshop
11:00 - 11:45 pm	Presentation: <i>Improving General Delivery Techniques</i>
12:00 - 1:00 pm	Presentation: <i>Royal Style Thai Massage</i>
1:00 pm	Lunch
2:15 pm - 4:00 pm	Second workshop
4:15 - 6:00 pm	Supervised practice
7:30 - 8:30 pm	Dinner
8:30 pm	Social activities

# SCHEDULE OF EVENTS

## Saturday, June 26

7:00 - 8:00	Yoga practice, tai chi, silent meditation
8:00	Breakfast
8:30	Om Namó
8:45 – 10:30	First workshop
11:00- 11:30	General meeting, synthesis, questions/answers
11:30 - 1 pm	Panel Discussion - <i>The State of Thai Massage in Europe</i>
1 pm	Lunch
2:30 pm - 4:15 pm	Second workshop
4:30 pm - 6:00 pm	Supervised practice
6:15	Om Namó
7:30 - 8:30 pm	Dinner
8:30 pm	Social activities

## Sunday, 27 June

7:00 - 8:00	Yoga practice, tai chi, silent meditation
8:00	Breakfast
8:45	Om Namó
9:00 - 10:45	First workshop
11:00 - 12:45	Second workshop
1:00	Lunch
2:00 - 2:45 pm	Group meeting, teacher dedicatory,
3:00 - 3:30 pm	Closing ceremony, Om Namó

# Specialized grips and holding techniques

## Danko Lara Radic

As a result of many centuries of development, Thai massage is one of the richest healing arts in the world, partially because of the wide variety of techniques that may be used. Though it has spread to the West and is now practiced by thousands of practitioners all around the globe, it is still evolving on a daily basis. *Nuad boran* is not a fixed dogmatic teaching, but rather a living tradition under constant change.

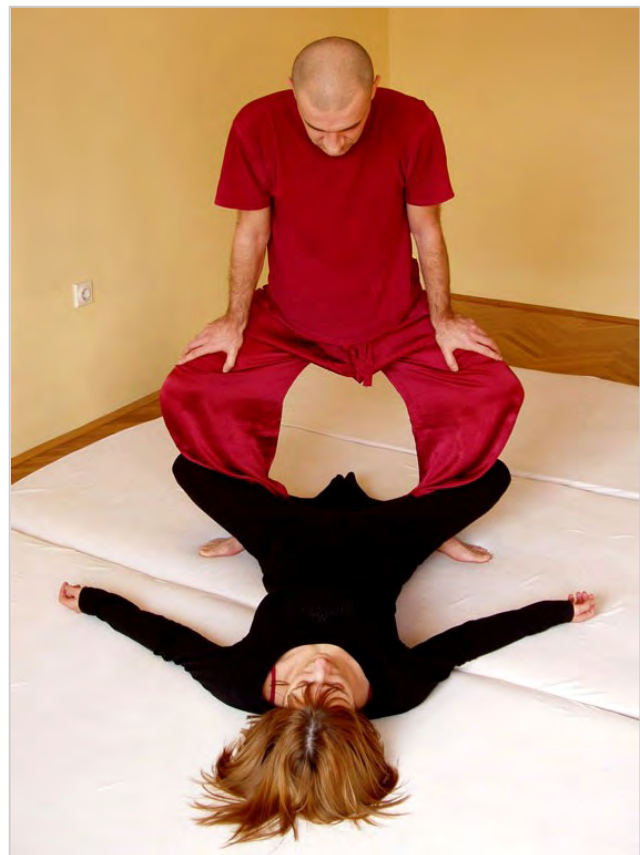
Thai massage is a holistic healing art that allows the therapist to be highly creative. Although the repertoire of traditional Thai techniques are time-tested and highly effective, new approaches and styles are constantly evolving in Thailand and elsewhere. As clients and their pathologies change, the therapist is changing, the seasons are changing, moods and emotions are changing - yet as therapists we must be present at every moment and work as effectively as possible.

This workshop presents a variety of grips and holds, many of which are rarely used in Thai massage and not known to a wide audience. Some are the result of my personal approach to this unique healing tradition.

### Supine position

#### **Working on *sen sumana*** *inside leg (3<sup>rd</sup> inside line)*

This technique is great for clients with closed hips. Bend the client's legs and spread her knees. Place her feet facing each other on the floor. Stand between her legs, open your hips and place your lower legs behind her knees and lock them into place. Carefully and slowly bend your legs, move downward and stretch her legs an additional inch or two. By doing this, you are stretching the 3<sup>rd</sup> inside line. Release slowly and repeat a few times.





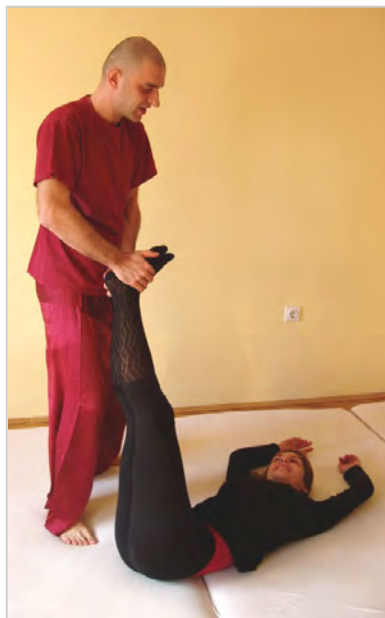
### Working on the gluteus

Bend client's legs in a criss-cross position and place them above her stomach. Kneel on the floor, lean your body over her and place your chest on her upper leg. Grab her knees with your hands and lean your body toward her head until you transfer your body weight onto her legs. Stay like that for 10 sec. Release slowly, then change legs and repeat.



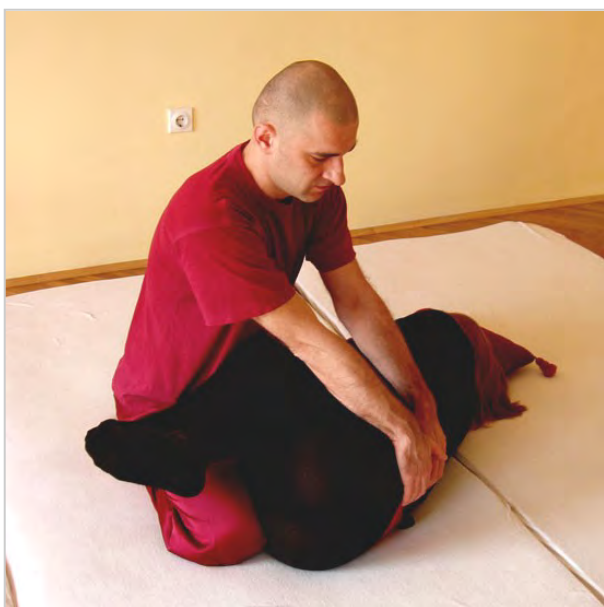
### Full body torsion

Bend client's extended legs vertically, grab his feet and move behind his head while pulling his legs. Make sure that his sacrum and lower back are off the floor. Ask him to place his arms above his head. This is the starting position. Now hold his feet firmly, with one hand on his opposite heel and the other hand on the outside of his opposite foot. Keep them together with a firm grip, turn them 180 degrees. His whole body will follow and will also turn 180 degrees. Don't be surprised if your client says "woow" because it is a funny sensation :) Repeat the turn on the opposite side.



## Body flexion

Bend client's legs at hips and get into a half-kneeling position, supporting his legs with your raised leg. Then lean over his body and grab it from the back side of both trapezius and lift up. Support his back with one hand and his head with the other, and bend the body so his forehead touches his knees. Now slowly rock his body back and forth. at low amplitude. This position creates a "in utero" feeling and is very relaxing. Do not use on clients with thoracic problems, kyphosis, disc problems or other related disorders.



## Working *sen kalatahari* on the back

Get in a kneeling position at the client's side, 90 degrees opposite his body with your knees spread. Bend his legs and place them on your thighs. Put client's arm on your side. Cross your thumbs and place your fingers on the line. By "cupping" and pulling with your fingertips, work the line from the sacrum to the neck and back.

## Working on the upper trapezius

Sit behind your client's head, and with raise it and support it with your feet. Move away and straighten your supporting leg. Use your arms and hands to support your upper body on the floor. Now work the trapezius with the first three toes of your other foot. Press the points for 10 seconds, then change your feet and repeat on the other side. *This technique is contraindicated for neck problems.*

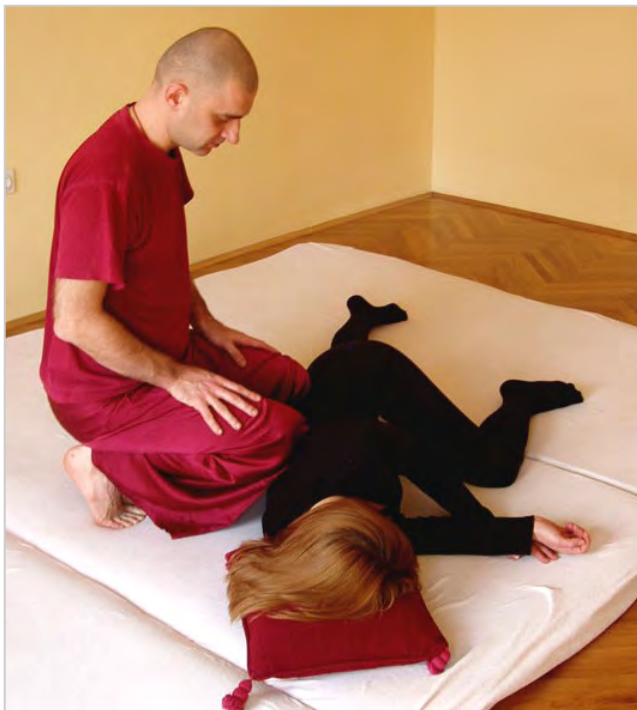


### **Working on *sen sumana* on the back of the head**

Place your head against the base of the client's skull and lock her shoulders with your hands. Move point by point to the crown of the head and stretch her neck forward with gradual pressure.  
*This is contraindicated for neck problems.*



### **Side position**



### **Working on *sen kalatahari* on the back**

Squat behind the client's back and work the lines from the sacrum to the neck, first with one knee against the mid-back and then with the other. Then work in the opposite direction.

*Avoid pressing on the spine*

## Prone position

### Working the quadriceps

Bend client's legs at the knees and kneel behind her with your knees spread. Place her feet on your chest and cross your hands on her sacrum. Now lean forward and transfer your full body weight onto her sacrum while simultaneously stretching her legs.



### Full body torsion

Bend client's legs at the knees at 90 degrees and kneel behind her. Take her feet with one hand and place your other hand under her knees. Now push her feet to the floor while keeping her heels and knees parallel. Then ask her to turn her head to the other side and repeat the technique on the other side of her body.

*This is contraindicated for clients with neck problems.*

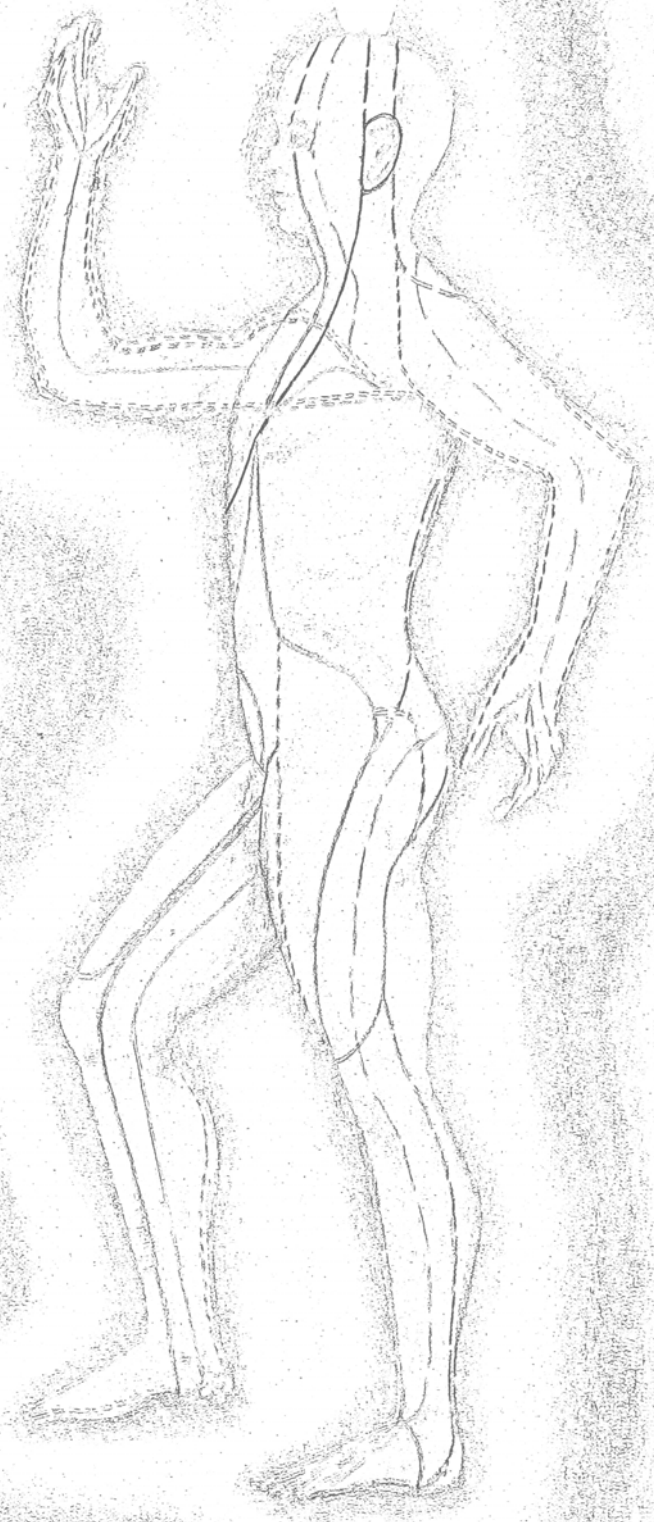
## Sitting position

### Stretching the arms and torso

This is a good vertical stretch for when a client is much taller than you. Sit behind her about ½ meter away. Ask her to raise her arms backward and to lock her fingers. Place her hands on the back of your neck. Now lean your body backward and perform the stretch. Keep your back straight.



*Notes:*



# Introduction to Royal Style Thai Massage

**Geoff Pritchatt**

Traditionally in Thailand it is believed that there are only two fundamentally different styles of Thai Massage – Folk Style (*chaloeyesak*), and Royal Style (*ratchasumnak*). ‘Northern Style’ and ‘Southern Style’ are commonly referred to by *farang* (westerners) as different styles of Thai Massage. However, except for regional variations in techniques, both of these ‘styles’ are in fact the Folk Style practiced in a different manner – with a generally more relaxed approach in the North, and with more gusto in the South.

As the name indicates, Royal Style was developed for treating the King, Queen and the Royal family. Royal Style is consequently practised in a much more polite manner than Folk Style. This is evident in the extra distance that is maintained between giver and receiver, often without compromising the effectiveness of the treatment. Prone position is not used at all.

Royal Style is still used for treatment of the general public, and in some hospitals it is the preferred form because it is possible to achieve major improvements in a short period of time. Chiropractic diagnosis is often carried out before and after ward to check whether the treatment has effectively addressed the issue.

Strong thumb pressure tends to be used in Royal Style, making it particularly suited to receivers that enjoy the stronger treatment that is sometimes necessary to achieve quicker results. The thumbs and hands are trained for strength through a variety of techniques.

The treatment focuses on thumbing the sen lines, occasionally using other fingers on small, delicate areas, and also occasionally some palming techniques. To work on a specific localised issue it is considered a better use of time to work on the relevant acupressure points, rather than the Sen, so in that case there would be accordingly less work on the Sen. During a general, full body treatment which is relatively rare, work on the Sen will be augmented by strong work on a few acupressure points on the sen lines.

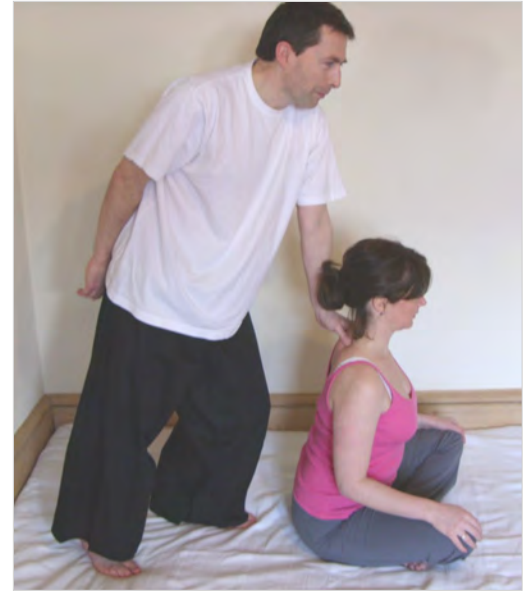


## **Therapist's body position**

Position yourself at a discrete distance away from the receiver. According to tradition, working too closely should be avoided. If your thumbs are strong enough, try to work with one thumb as shown in the photo.



When working on the neck, use two thumbs for greater effect, and work both sides together, (*left*). Working one side at a time is more gentle and comfortable for the receiver, (*below*).



In sitting position, male therapists may work with knees splayed, but traditionally, females should work with knees together as much as possible. Therapists should maintain a certain distance as a sign of respect.

Start by working on the arms. If you have strong thumbs, it is preferable to work in sitting position. Support the receiver's arm on your arm (*below left*). The first point is in the middle of the armpit (*below, right*).





Only a short area on the front of trapezius should be worked. It is better to use one thumb here rather than two, since it can be very tender. A gentle squeeze of the muscle is performed – do not lift the muscle upward and away from the body.

There are four pressure points along the shoulder to the neck. The two points at the neck are closer together than the others. Work with two thumbs if the receiver can take the pressure.



There are five points on the inner arm. The middle point is next to the elbow joint. Work the inner arms while supported on your knee

The outer arms should be worked flat on the mat. Maintain distance while working with two thumbs.

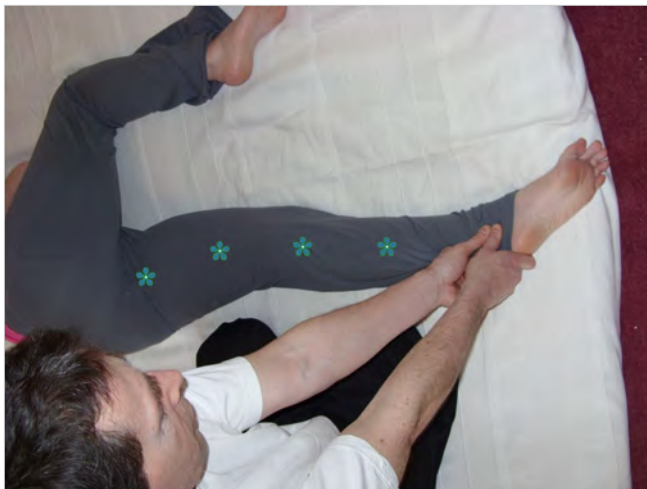






The outside upper arm can be treated using only one thumb. It is possible to use two thumbs, but it may be less convenient.

The final point on the outer arm is easy to locate by holding the hand and moving the arm a bit.



There are five points on the central inner leg line. The middle point is at the knee crease, so this should be treated gently with one thumb. The other points are best treated strongly with two thumbs, and can be held for a long time.

Treat the highest point on the leg with the most pressure, but try to make it as comfortable as possible for the receiver.



# Using your feet in Thai massage

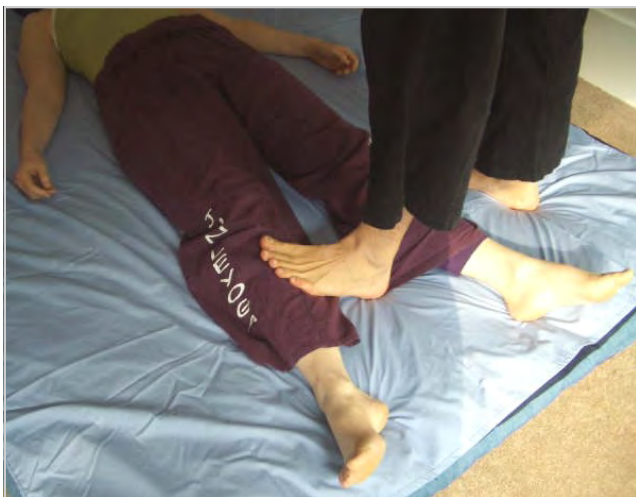
## Ralf Marzen

Except for the head and face, all other parts of the body and all the Thai sen lines can be worked very comfortably and effectively with the feet. Incorporating the use of your feet as a therapist has the tremendous advantage of stronger grounding. If you have ever felt light-headed or drained after your treatments, integrating more foot techniques into your practice could be very helpful for you.

When you use your feet in Thai yoga massage, the release of subtle energetic tensions, - both your own and those of your clients - becomes easier, and you generally feel more centered during and after the session. For your client, receiving work with the feet also has a very solid and grounding quality, which allows for deep relaxation. The following exercises feature a variety of techniques using the feet in supine position.

### Foot Walk

Use the ball and the arch of your foot to apply pressure on the instep of the client's foot. *Sen sumana* can be worked particularly well from this angle.



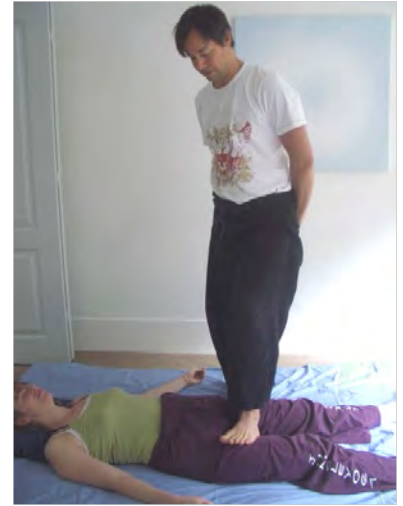
### Lower Leg Walk

Press with the ball of your foot on the inside of the calf (lines 1 and 2). Keep the heel of your foot grounded if possible. Your standing foot is at a 90 degree angle to the working foot.

### Upper Leg Walk and Bloodstop

With the entire arch of the foot, work the inside thigh (lines 1, 2 and 3). Be mindful of your pressure as the area close to the knee can be very sensitive.

Then place your foot just below the groin and hold the pressure for 20 seconds for a bloodstop.



### Outer Leg Line Work

Sit down facing the outside of the client's leg. Place the client's achilles tendon on top of your front ankle and fix it there. Now work *sen kalathari* (2<sup>nd</sup> outside line) on the calf with your heel.

Then, let the back of their calf rest on top of your foot. Use the arch of your other foot to work the 2<sup>nd</sup> outside line on the thigh. On the outside thigh, you can also feel for tight spots and do more intense work. Straighten your leg to apply pressure and slowly turn your foot out so that you're pressing in with the outer edge of your foot. Hold for a while and release.



### Hip Adductor Work

With the client's foot still fixed on top of yours, move up and bring the client's leg with you until the inner leg is in a stretched position. Work the side of the hip with your heel and arch while pulling the client's leg a little higher towards you with your other leg.

### **Lateral Abdominal Work**

With the outer edge of your foot, sink into the space between the ribcage and the hip bone on the side of the client's body. Hold for some time.

Then start lifting up the hips with the toes of your other foot. Release your upper foot and bring the client's hips higher with the toes of both of your feet. Hold for some more time.



### **Psoas Work**

Place the outer edge of your lower foot diagonally over the client's belly. Place the outer edge of your other foot on top for more weight and hold for some time.



### **Side Stretch**

Fold the client's leg into tree pose with the sole of her foot against her opposite knee. Place her hand on her head just above the ear. Then work the thigh with your lower foot and the arm with your upper foot to create a stretch along the side of her body.

## Shoulder Work

Sit above the client's head. First use your heels to press on the sub-clavicle line. Your pressure goes down and slightly away from yourself.

Then work the area of the upper trapezius muscle with the arches of your feet and heels.

Lastly, lift the client's head up and let your feet slide under their upper back. You will have the top of your feet between the client's spine and shoulder blades. Still holding the client's head in your hands, lift your feet (your heels stay on the ground) for a chest opening.



# Thai therapy for lower back pain

Noam Tyroler

## Thai treatment of lower back pathologies

Lower back pain is the most common of orthopedic pains. Most cases are not diagnosed as any specific pathology but referred to by doctors simply as “lower back pain.” Poor postural habits and repetitive stress - both physical and psychological - play a dominant role in the development of lower back pains. Thai acupressure routines are safe and very effective in treating common lower back pathologies, but it is wise to consult a physician if there is acute, prolonged pain.

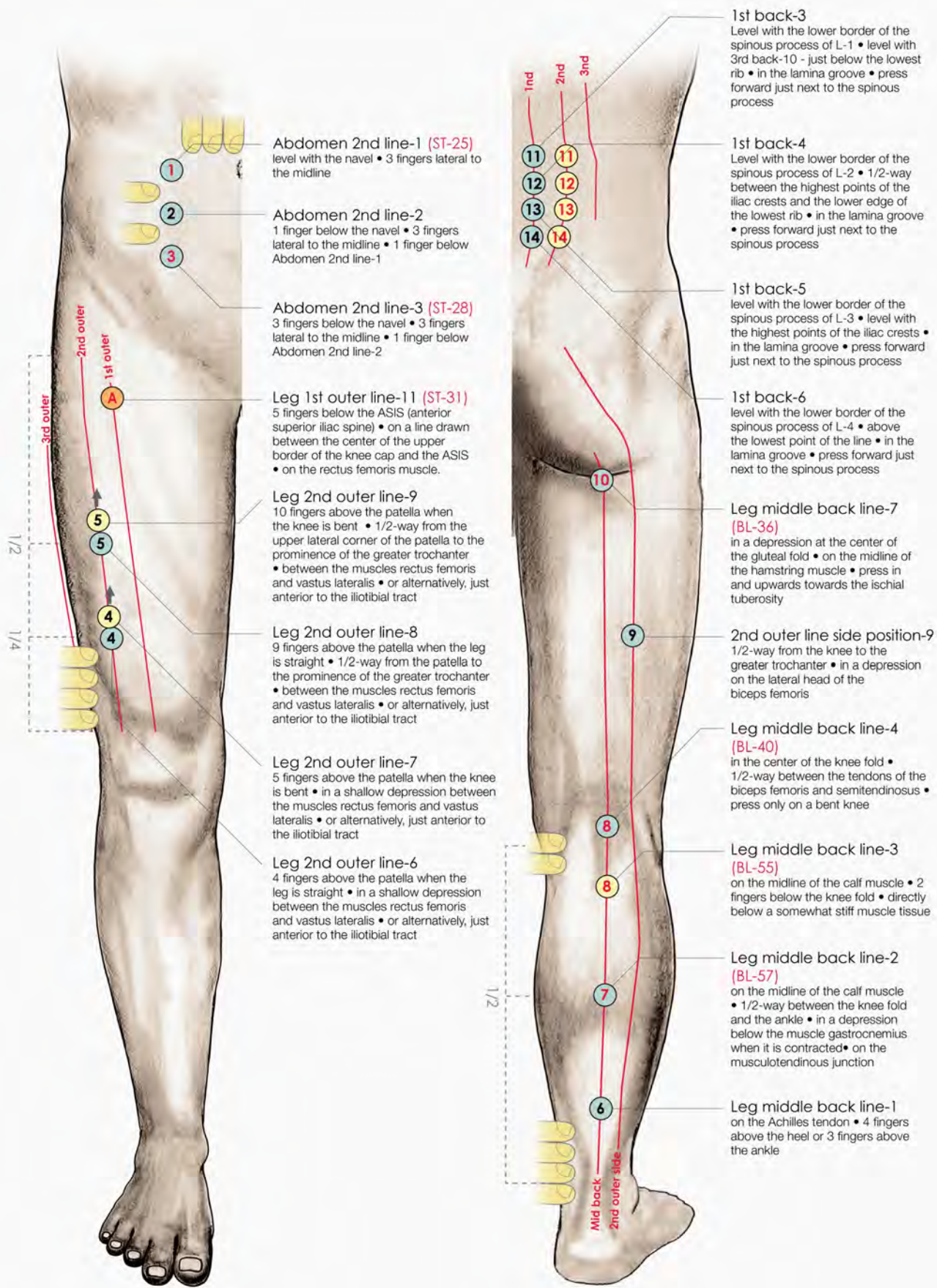
### *Lower back Precautions:*

*Avoid stretching when treating an acute condition. Use stretches that are appropriate and only after you have mastered them fully on healthy people. Stop anything you do in the treatment if it creates pain. Be very cautious and gentle when thumb pressing the abdomen of an older client. Treat daily until recovery. In a non-acute case, treat twice a week. Instruct the client to refrain from any quick or sudden movements, from lifting heavy objects and from any activity or posture that causes pain.*

### **Problem description:**

- Chronic or acute pain is located at one or both sides of the lower back. The pain is usually more pronounced on one side.
- The pain may radiate to one or both legs, usually to one thigh along the 2nd outer leg line and/or the 1st outer leg line in side position.
- The pain increases when bowing face down (thoracolumbar flexion) but may also increase when turning up and arching backward (extension) and when twisting (rotation).
- Pain increases during activities that involve lumbar flexion (as in sitting or putting on shoes), extension (as in walking), or rotation (as in turning the back when driving in reverse).
- The pain may impose mild or severe motion restrictions. A sharp pain may accompany bending beyond a certain point.
- The posture of the lower back may be distorted.





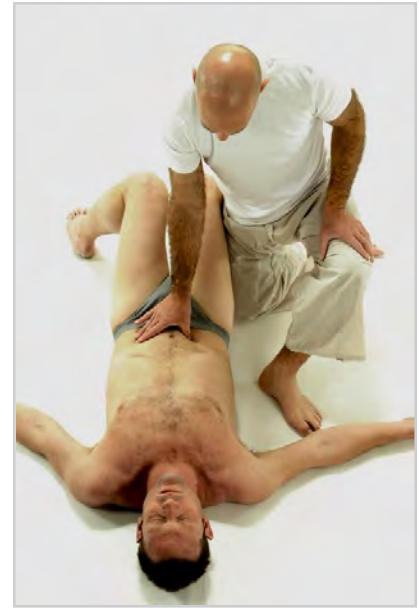
**Preparations:**

Position your client on his back with his knees bent and his feet on the floor. This position decreases pressure on the back (a pillow under the knees will not do the job, but a chair may be used).

**Abdominal massage and acupressure points**

a) Start, when time allows, with a full abdominal massage.

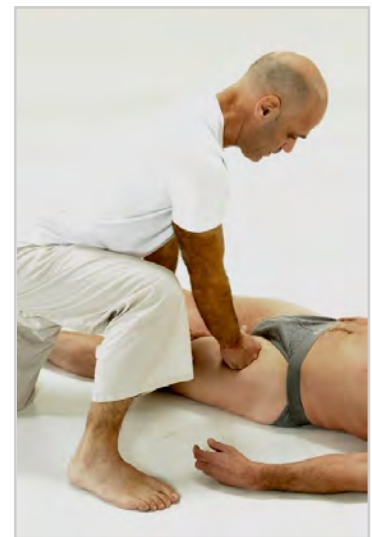
b) Thumb press points 1, 2 and 3 for two or three rounds. Press as deeply as your client allows (some pain may be involved) but press more lightly if he tenses up. Do not press the abdomen deeply if your client is over sixty years old or suffers from circulatory problems.

**Thigh therapy line and acupressure points**

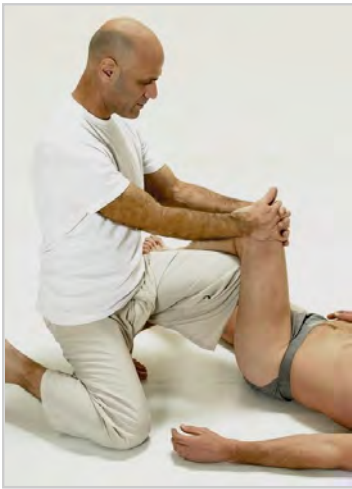
a) Thumb press the 2nd outer leg line several times.

b) Thumb press points 4 and 5. Press each point for 10 to 15 seconds. Use your thumbs or the palm of your hand. If palming, press for longer periods. Your client's leg may either be straight or bent. For bent legs, use your palm, press the point, and then push downwards towards his abdomen.

c) Use your palm or knuckles to press extra point A on a straight leg.





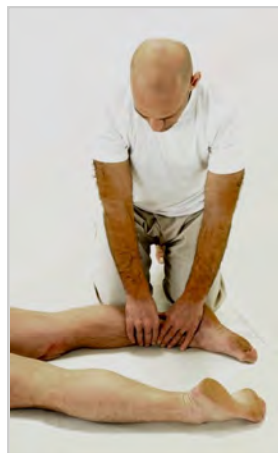


### **Knee press**

Use your knee to work the 1st and 2nd outer leg lines side position of the thigh. Lean backwards, pull the knee of your client and push your knee onto the thigh and roll the hamstring muscles sideways toward the other leg. Start at the knee, work halfway down the thigh and back up to the knee. Repeat once or twice. Work slowly, pressing for 5 seconds each time

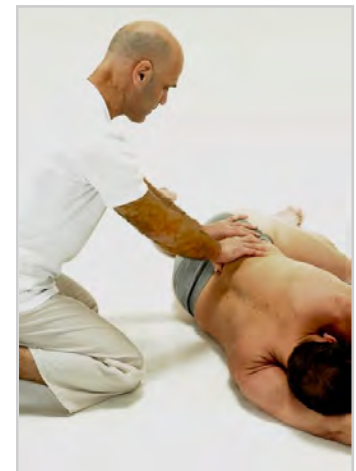
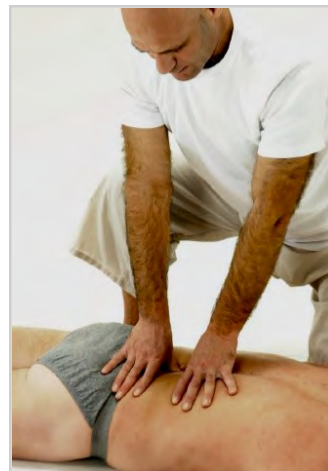
### **Posterior leg line and acupressure points.**

a) Palm press the back of the leg from the foot to the buttock and return to the foot, one or two times.  
 b) Thumb press the Middle back line once or twice c) Thumb press points 6 through 10 several times.  
 When pressing point 8 (d), you should bend the knee.



### **Lower back acupressure points**

Thumb press points 11 through 14 for two or three times. If your pressure creates pain - stop. If the pain is due to the stretch (extension) to the lumbar spine that is caused by your pressure, instruct your client to switch to the side position with his knees bent, one on top of the other. Then check whether or not your thumb pressure creates pain again. Local sharp pain at the point under pressure may indicate inflammation. Direct pressure on inflamed tissue will worsen the condition and is contraindicated. If the lower back goes into spasm in reaction to your pressure, stop immediately.



### Front thigh stretch

With non-acute conditions, you may very cautiously stretch your client's thigh. Pull the knee upwards very slowly with one hand. If any pain is created in the lower back, stop. Some pain at the front of the thigh is normal. As you pull the knee, press the buttock with the other hand and push down towards the leg, thus protecting the lower back from extension. You may use a different variation of this stretch with the client in the side position.



### Lower back stretch

With non-acute conditions, you may very cautiously stretch (flex) your client's lower back. Position your client seated with legs apart. Using your toes, press both sides of the navel together. Slowly press deeper while simultaneously pulling the hands of your client very gently as you lean backward. Have him bend as far as he can. If you feel resistance, even with a gentle pull, stop. If any pain is created in the lower back, also stop. The patient should feel comfortable with this stretch, although some abdominal discomfort may be experienced.



Notes::



# Developing Sensitivity in your Thai massage practice

## Ralf Marzen

Despite the wide variety of techniques, stretches and exercises that Thai yoga massage offers, the trademark of a truly skilled practitioner lies in the ability to apply these techniques with sensitivity. It is important to use your intuition to determine which exercises are most useful for each individual client.

At the beginning of one's Thai massage practice, it is essential to learn basic techniques. We need our toolbox, based on different techniques and correct body mechanics. And, although there is no end to learning new techniques and refining our body mechanics, the next stage in deepening our practice lies in developing more and more sensitivity. A Thai massage done more or less mechanically and without tuning in to the client can be quite a disappointing experience. Many of us who have been to random Thai massage parlors in Thailand know this.

A session where the exact same techniques are used but the therapist offers a quality of presence and sensitivity will have a completely different effect. Sensitivity is mostly a function of presence. The more we manage to leave behind the chattering of the mind, the more we can be aware and open to the present moment experience, and open to the needs and the energetic state of the client.

That is why most serious Thai massage therapists that I know, and definitely all my teachers, have a meditation practice. A meditation practice teaches you to spend more time resting in a space of quiet presence; you get more and more breaks from the incessant chatter of the 'monkey mind'.

If we bring a quality of quiet presence to our Thai massage practice, these things will happen:

- Through our presence we invite the client to join us in that state. We provide a certain frequency that the client automatically tunes in to
- The inner stillness allows us to really sense what's going on in the client's body rather than mechanically moving from one exercise to the next.
- This sensitivity allows for a more appropriate, respectful and loving touch with just the right amount of pressure.

If we see our Thai sessions as extensions of our meditation practice, and if we work with sensitivity and without forcing anything, we will feel clear and recharged after we give a massage. And our clients, even without knowing what made the difference, will make comments about how peaceful and refreshed they feel.



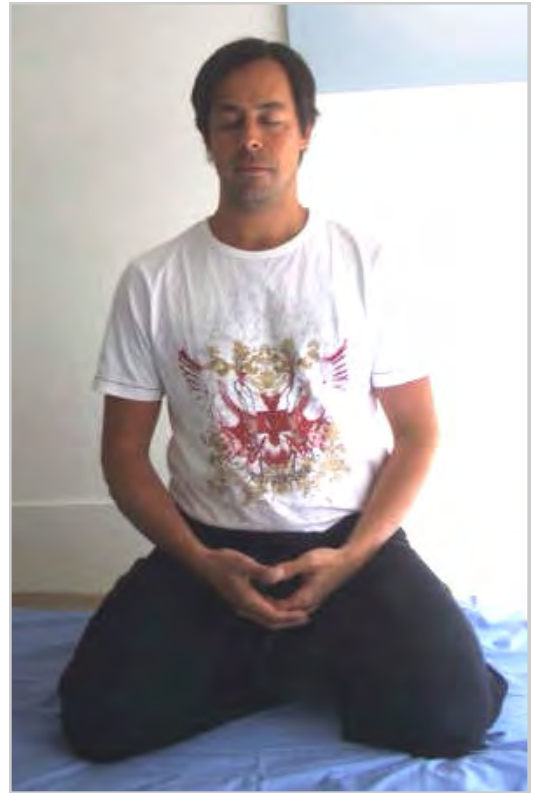
*Tibetan codex showing the Buddha, Streya and Jivaka*

## **Meditation**

Sit in a comfortable position. Spend a few moments and become aware of your body. Notice where you are making contact with the ground. Without trying to change anything, become aware of your breath moving in and moving out of your body.

Allow your attention to gently leave your experience (thoughts, sensations, emotions), and enter into the quiet presence that surrounds it.

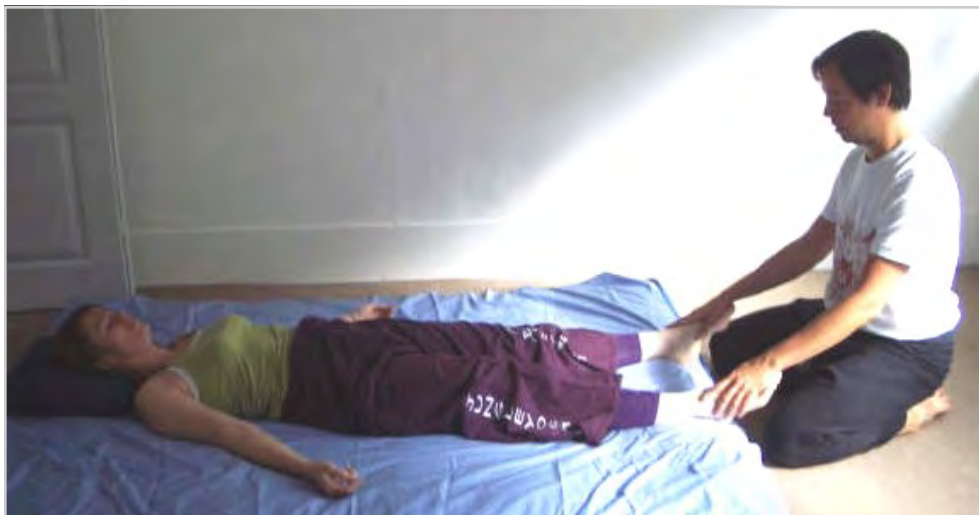
Let your mind drop into stillness and allow everything to be as it is. 'Let the grass grow by itself.' Become the silent witness of everything that arises and passes. Rest in that silent awareness for as long as you like.



## **Connecting in Presence**

Sit facing your client and place your hands on their feet. As much as possible, rest in Presence.

Instead of focusing on any techniques, or thinking about what you plan to do, simply BE THERE and DO NOTHING.



### Utilize sensing, and sink into your client's body

You can practice this concept on many parts of the body in a typical Thai session. For this first exercise, we will work on the leg branch of *sen sumana* with the client in side-lying position.

As you palm press the line, become aware of how you can 'sink into' the pressure. Sink through the layers of tissue and energy. Notice how deeply the client's body invites you to go. Be very present to every little nuance of your touch. Explore the boundary between your body and their body. Make your hands as soft and receptive as you can.

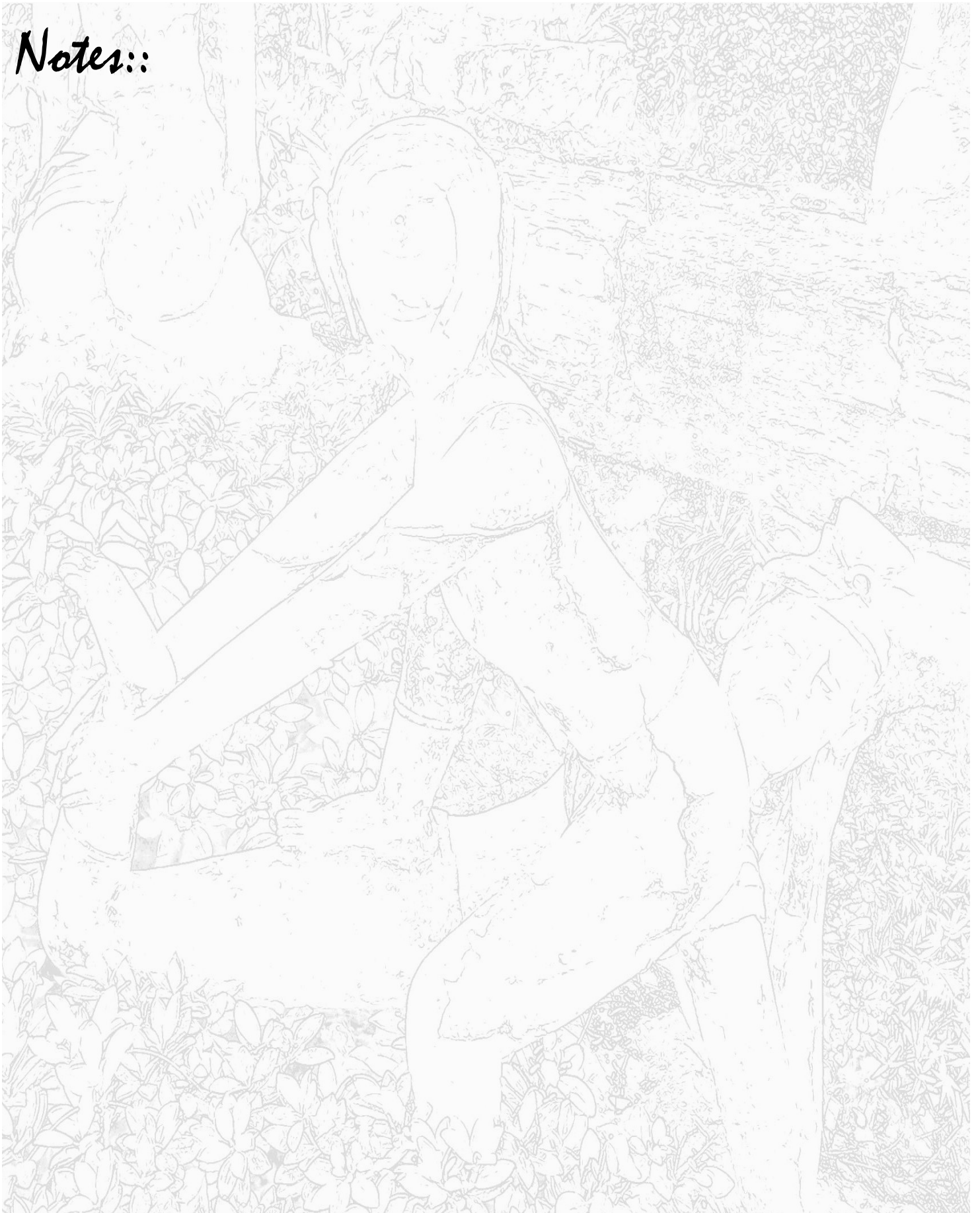


### Feedback about touch

With the receiver lying in prone position, apply alternating palm pressure on *sen sumana* on the back of the legs, from lower calves to the sit-bones and the back. With your first touch, connect with your client; let them know you are being present with them. Feel and 'read' their energy. With soft hands, sink into your pressure as you work the lines. Receivers will notice the quality of your touch and your presence, pressure, rhythm, and pace. Offer feedback to each other.



Notes::



# Spinal Twists in Thai Massage

**Davor Haber**

An integral aspect of traditional Thai massage is the so-called “passive yoga.” These are exercises in which the therapist places the receiver in certain yoga *asanas*, taking into account the relative flexibility of the receiver.

Instructors of Thai massage often encourage their students to practice yoga so they can personally experience the benefits. Thai therapists who regularly practice yoga may experience the following:

- Yoga protects and strengthens the body, calms the mind and deepens the breath;
- Knowledge of basic yoga theory provides understanding of the energy system in Thai massage, the theory of the 10 energy channels, or *sib sen*;
- We learn about indications and contraindications for certain *asanas*;
- Our personal practice enables us to see how important it is to assume postures gradually. We also learn when and where to stop, and this is extremely useful in our work with others.

This presentation deals with the application of spinal twists in Thai massage. We will practice several twists in various positions and learn which part of a massage sequence may be most appropriate for each twist. The proper timing of a spinal twist in a flowing sequence of Thai massage is relevant because Thai massage isn't merely an application of techniques, stretches and manipulations; it is a beautiful, peaceful and holistic act of healing energy on and with another person.

It is important to know indications and contraindications for the application of all spinal twists. This is why we should conduct an initial interview with the receiver to learn about the condition of his back, any injuries and surgeries, or other special circumstances (e.g. pregnancy) which may be contra-indicated.

## **Benefits from twists:**

- During the stretching of abdominal muscles, internal organs are toned. This is conducive to digestion and it relieves constipation;
- Tension in the back is relieved and fatigue is alleviated;
- During spinal twists the vertebrae are mobilized;
- Twists allow more nourishment to reach the roots of the spinal nerves and this has a positive effect on the sympathetic nervous system.

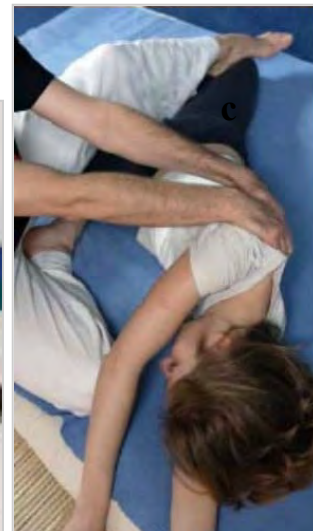
## **Contraindications:**

- Pregnancy
- Spinal operations
- Herniated discs and other degenerative disc diseases, sciatica



*There is no need to do more than one or two spinal twists during a typical treatment, but experienced therapists need to know more than that if we are to choose the most appropriate twist for each receiver. Since it is extremely important for the receiver to breathe properly during the twist, the therapist, whenever necessary, should remind his client to inhale and exhale as needed. Always encourage long exhalations and keep the receiver in the twisted position for a short while after the exhalation..*

## Supine position



The receiver lies on his back with one leg bent, forming a right angle, with his knee touching the mat. The therapist is positioned on the side of the stretched leg and locks the bent knee against the mat using his sole. He pulls the arm (on the same side as the bent knee) and walks his palms/fingers across receiver's back. To work on a large client, you may hold her shoulder blade with one hand, and walk the second hand across the back. This twist is usually performed at the end of a series of exercises on one side of the body.



The receiver lies down on his back with one knee bent and one foot alongside the outside of the opposite knee. Place your lower leg (calf) through the triangle formed by her bent leg. Now pull her hand and walk your palms and fingers across her back. This twist is performed as the last of series of exercises on one leg.

Assume the archer position, and block your client's armpit using your sole. Holds her knee and perform an inward rotation. This twist is often performed after work on second outside line of the thigh (*sen kalathari*).



## Side position



From the archer position, brace your client's extended leg using the area around your knee and stretch that leg using the dorsum of your foot. Next, place one palm on that stretched leg and the other one on her shoulder. Ask your client to breathe in, to breathe in and when she exhales, press her shoulder towards the floor. This twist is performed after working on leg lines.

Position yourself behind the receiver in archer position. Place one palm on the receiver's hip and the other at the junction between her torso and arm. When your partner exhales, push her shoulder towards the floor and hold it in position.





Sit behind your partner. Block her shoulder blade with the sole of your inside foot and block her sacrum with the other sole. On her exhalation, pull her arm while leaning backward. This twist is often performed after foot walking on the back. Be aware of possible emotional release.

Stand with your feet in line with your client's groin, and with your toes straight. Drape her outside arm over her chest and lower neck. As she exhales, pull her other arm upward while bending your knees and lifting with your legs. Stand fully erect and hold for a few breaths. For a deeper twist, press your knee against her hip. This twist is often used as the last exercise in a side position sequence.



## Prone position

While working on the back lines in prone position, we can also perform a small twist. The client's head should be turned in the direction of the shoulder being twisted. Kneel above her and place her arm on your knee. One hand pulls her shoulder upward and the other one walks and pushes along her third back line.



## Sitting position

### The tango

The receiver sits in a comfortable position and places her palm on her ear. You kneel next to her and place one of your palms on her elbow and the other one on her opposite shoulder. As you both exhale, push her elbow and pull on her shoulder to perform the twist.



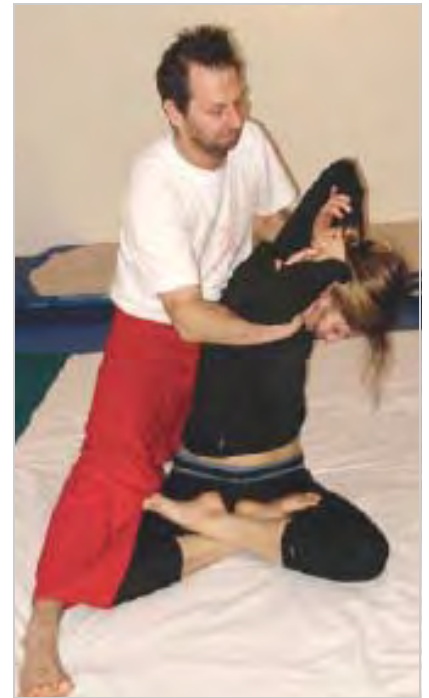
The receiver sits comfortably and places her palm on her ear. You are in a standing position and you place one arm on the client's elbow and with your other arm, you grab his wrist. Block the receiver's thigh with your foot and simultaneously pull his arm inward and push his elbow outward.





The receiver clasps both hands behind her head. Standing behind her, place your leg next to her spine and hold both elbows with your hands. The twist is performed during exhalation. Repeat several times on each side.

The receiver sits in lotus or half-lotus position, with hands clasped behind her head. She is relaxed and should not help you. Block her thigh using your knee or your extended leg, push your forearms under her upper arms and holds her forearms near her wrists. Next, gently push her torso downward and swing gently from left to right. Progressively increase the intensity of the swing if your client is fully relaxed.



*Notes:*



# Lifts & Suspensions in *Nuad Boran*

**Bob Haddad and Hans Lütz**

*Here are a few advanced lifts and suspensions that can be used during the course of a Thai treatment. You should only use these techniques if: a) you have practiced them thoroughly and you feel you can maintain the strength and balance required, and b) if your client is flexible and “open” enough for these moves. Make sure that you practice for a long time before you ever attempt any of these poses in a real session. Always work with the breath, inhaling as you lift. Beware of any contraindications for your client. Never do these exercises with clients that are much larger or heavier than you, or that are inflexible.*

## **Partial back lift**

This is a partial back lift which provides general relief to the lower back. It works very well when the client is larger or heavier than the therapist. Squat over the upper legs of your client and work your hands under your client’s spine in rocking fashion until one hand clasps the other. Now sit back gently, so that approximately 25% of your body weight is resting on your client’s upper legs. Straighten your back, and when your client exhales, lean back, keeping your arms and back straight. Hold for a few seconds, and release on a mutual exhale. Repeat several times.



## **Full back lift in supine - emotional release**

Clasp your hands underneath your partner’s lower back, keeping your knees slightly bent. Establish oppositional breathing with your partner and relax through several cycles of deep breathing. You may remind your client to stay loose and to not “help” you as you lift her. Then, on the proper exhale (your inhale) lift her off the ground and immediately place your arms on your upper legs for added support. Hold her for 5-15 seconds, or at least through 2 complete breaths. Use your legs to lift, not your arms. Keep your back aligned as you move upward. Release your partner as you both exhale.



## Dangling suspension

Client sits in cross leg position, and her interlaced hands are placed on the back of her head (not on the neck!). Squat down and place your knees in the kidney area. Hold your client's arms from below her upper arms (1). Lean back and pull her onto your knees (2). In one movement, lie down on the floor and lift your client off the ground and let her rest on your lower legs (3). When you feel stable, ask her to straighten out her arms and legs. Hold for 1-20 seconds (4). Ask her to relax her legs and then gently swing her from right to left with your arms. To get out, gently lower your legs and with one movement let her drop back to the ground while at the same time pushing her into a sitting position. (5,6). Remove your feet from under her legs and continue your work.



## Straight suspension

Similar to the previous pose, but the client keeps straight arms and legs. To get extra lift, start with the client bent forward a little bit and get on your tip toes. In one movement, fall back toward the floor as you lift your legs upward to suspend her legs. When you feel stable, ask her to unlock her hands and put them straight behind her head. (You will have to adjust your grip so that you are supporting her upper arms, rather than her shoulders.) Exit as with the previous pose, or proceed to the pyramid, below.



## The pyramid

Follow the same set-up as the previous pose, and suspend your client while her hands are clasped behind her head. With a gentle and swift upward push, move your hands so that you are supporting the outside shoulders. Ask your client to straighten her legs close together and to bring her arms completely backward. Then lower her upper and lower trunks by slowly compressing your body inward and downward. Your client will be in a pyramid, experiencing a fabulous supported back bend. Breathe deeply with your client for 5-10 seconds before exiting.





## Sit-ups in a boat

This is a great exercise to strengthen the stomach muscles and a good exercise to prevent inguinal hernia. Put your client's feet in your groin. Get a tight grip around your patient's thighs and maintain a firm and stable grip. Squat and lean back, holding her legs firm and tight (3,4). While she is lifted off the ground. Tell her to clasp her hands behind her head and encourage her to sit up and lie back again if she is comfortable doing so (5). If it is too difficult for her to bring her hands behind her head, it can also be done with the hands to the side.



## Assisted bridge

Stand in front of your client and bend her knees toward her chest. Place their feet against your knees, open your feet wide and bring your knees together in a “duck squat.” Stand as close to the receiver’s buttocks as possible. Lean forward and grab firmly around your partner’s legs. Lift her knees upward, toward your face, and then lean back, as if you were about to sit on the floor. Stay balanced there, a few inches above the floor, and hold for 10-15 seconds. To release, slowly come to a standing position, allowing her back to reach the floor. This posture benefits the kidneys, opens the chest cavity and stimulates *sen sumana*.



## Single leg suspension

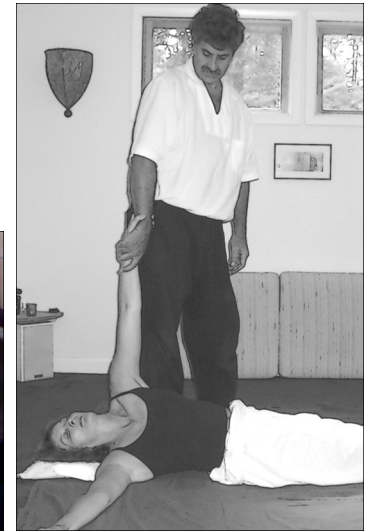
This technique is especially good to release tension from the hip socket and to open up the groin. It can be inserted into a sequence before or after leg rotations and cross-leg spinal twists. From the starting position, step over your client’s body with your outside leg. Grab your client’s leg and place the back crease of the knee over your upper leg, above the knee. With one hand lightly supporting her waist, lift her leg until it is suspended in the air. Now slowly open your supporting leg and move it away from her body and then back again. Repeat this movement several times, and release her leg to the mat on a mutual exhale.



**Single arm lifts** *In supine or side position*

*Half-kneeling version:* Kneel on one knee, and brace your elbow on your half-standing leg. Lift your client's arm while flexing your foot upward. Hold, and release as you relax your foot.

*Standing version:* Ask your client to grasp your wrist as you grasp hers. Pull straight up and hold for a few moments before releasing. Change your direction and face the other way, using your other hand, and repeat the movement.



**Piggy-back stretch**

Here is a fun way to give your client a back stretch, but make sure it doesn't deviate too much from your progression of poses and techniques. It should only be done with flexible people who have no serious back problems.



# Using your Elbows in Thai massage

## Danko Lara Radic

Thai massage therapists utilize many different parts of their body when giving treatments, and using the elbows as tools is very common. However, working with elbows can be performed on a much wider scale than it is usually presented in traditional Thai massage training programs. It has advantages and disadvantages as compared to using thumbs, palms, feet or knees.

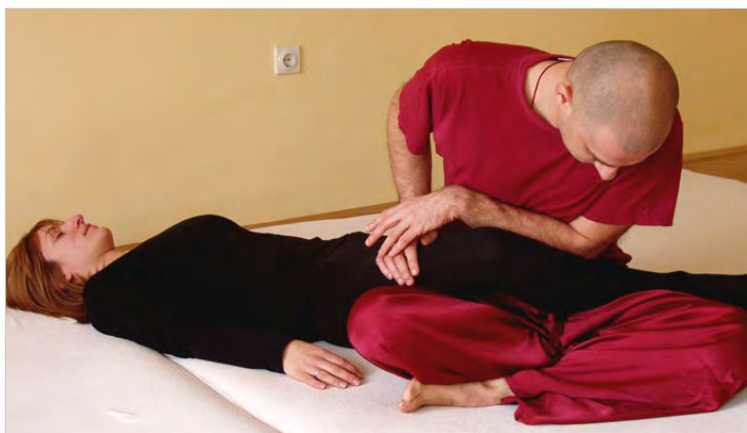
Its main shortcoming - sensitivity, which is poorer than that of thumbs or feet, must be developed through constant practice. The best way is to practice awareness at the elbow joint. Try to place all your awareness at your elbow, leaving your forearm and hand totally relaxed and “dead.” In this way the energy will flow in both directions and it will be moderated from the elbow.

There are two main advantages of using elbows instead of thumbs. First, the elbow has a much wider surface - actually three different areas which may be used - central, inner, and outside areas. A wider surface is often more acceptable for the client, especially when working on the gluteus, the thigh or the back, where thumb pressure can sometimes be too sharp. Thumbs always have the same surface area - only the depth of pressure can be regulated. But with elbows, both the pressure and the surface area may be modified.

Secondly, the shoulder joint, which regulates the flexibility of the elbow, provides a much greater range of motion than the thumb joint. When using thumbs, our energy must pass through five different joints - (shoulder, elbow, wrist and two thumb joints) - and each of them must be properly aligned to allow maximum flow of energy. Effective elbow use, however, depends only on the relationship of the upper torso to the elbow.

Above all, what is important to remember when working with your elbows is to use your body weight, not your muscles, when you carry out all manipulations and techniques.

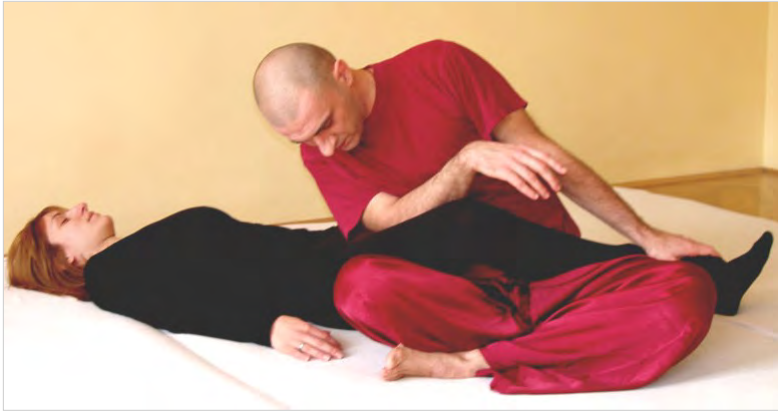
### Supine position



### Working on *sen sahasrangsi* on the inside leg ( first inside line )

Sit cross-legged if you are taller than your client, (or on your knees if you are smaller), and place client's slightly bent leg in front of your stomach. Work on the 1<sup>st</sup> inside line on the calf with your elbow, point by point, from the ankle to the knee. When pressing, lean over her calf and gradually increase the pressure. Work along the tibia bone without pressing on the bone directly. Keep your forearm parallel with her calf.

Continue working the thigh line by leaning your torso and sinking in. It is usually better to press with the ulna bone (forearm) than with the elbow, but it depends on each client's sensitivity. When you get to the groin, work backwards to the ankle. While working on the 1<sup>st</sup> and 2<sup>nd</sup> inside lines, your *hara* should be doing the work, not your elbow, so be mindful.



**Working on *sen kalatahari* on the inside leg ( second inside line )**

Lean into the 2<sup>nd</sup> inside line of the calf with the outside tip of your elbow. Lean in just a few inches, not directly over the calf. When pressing, lean your shoulder and torso towards the client's groin. Keep your forearm parallel with her thigh. When you get 2/3 up the thigh, begin to descend back to the ankle.

**Side position**

**Working on *sen kalatahari* on the outside leg ( second outside line )**

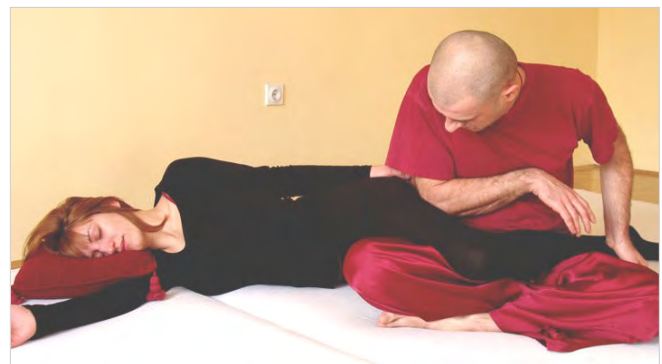
Lift client's bent leg and sit underneath it, cross-legged. Work the 2<sup>nd</sup> outside line on the calf, alongside the fibula. While pressing, lean in and concentrate on your *hara*. This is an excellent technique for treating the 2<sup>nd</sup> line of the calf, where strong energy blockages are often found.



Proceed and work the 2<sup>nd</sup> outside line on the thigh. Lean over the thigh and slightly increase the pressure. This part of the line is very sensitive, so use your forearm rather than the elbow itself. Work with your *hara*. When you reach the femoral tuberosity, go backward along the line and end at the ankle.

**Working on *sen ittha/pingkhala* on the outside leg (third outside line)**

Work the 3<sup>rd</sup> outside line of the calf, next to the fibula. Here we utilize "collapse mechanics." While pressing, your elbow and torso drift apart and your shoulder sinks inward. When you get close to the femoral tuberosity, go around it and then follow the line backward to the ankle.



### Working on boomerang points

Sit on your knees over the client's extended leg. Place his bent leg around your waist and hold his foot with your hand behind the back. Press the boomerang points with your elbow while leaning the torso over the hip. Work with your hara.



### *Ittha/pingkhala* on the lower back

This grip can be performed on the clients who are bigger than you. Sit on your knees 90 degrees opposite and right next to the client's stomach. Lean your body up and support the stomach with your thighs. Work the first line on the lower back with your elbow. Lean your body forward while pressing.

### Working on the shoulder

Kneel behind client's back, take his arm and open it in frontal abduction. Depending of the size of his arm, support it at the upper arm or forearm. With caution, press with your elbow teres major, teres minor and part of the deltoid muscle. Lean your body slightly towards the client's arm when pressing.



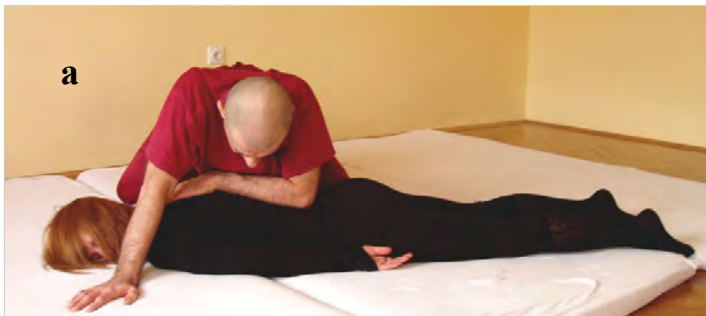
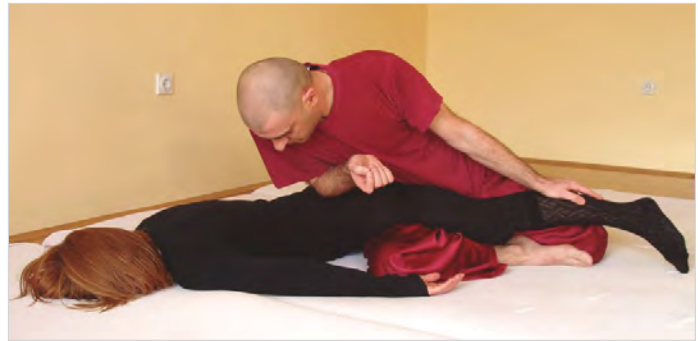
### More shoulder work

From the same position, open the client's arm in lateral abduction and place it on your thighs if possible. If not, support it in the air with your arm. Lean towards the client's head and press the pectoralis muscle in a broad way using your elbow and ulna bone.

## Prone position

### Working the gluteus

Work the points in the hollow formed by the hip and sacrum bone. Slightly touch the bone with your elbow and then slide in and press towards the hip, leaning your torso towards the trunk. Never press directly on the bone, as nerve damage may result. This area is very sensitive, so use gradual, incremental pressure. Work on blockages in the entire gluteus area, when found.



### Working on Sen Ittha/Pingkhala

Kneel with maximum leg spread, 90 degrees perpendicular to your client's trunk and lean over her back in the lowest position possible. Your back should be arched and fully relaxed. Support your upper body by placing one arm on the floor. Work the 1<sup>st</sup> line on the back with elbow all the way to the highest point on the back, and then again to the bottom.

Throughout the process, keep your forearm parallel to your spine. Always press at a 90 degree angle, never towards the spine. Use lighter pressure near kidneys.

To work on the first line on the upper back, shift your position by moving above your client's head. Use the "collapse" technique: while pressing, your shoulder sinks, your torso recedes and your elbow falls forward. Work the line from the highest point of the back to the neck and then backward.



## Sitting position

### Working the upper trapezius

Half-kneel behind your client, supporting her back with your thigh and trunk with her shoulder draped over your raised leg. Tell the client to relax her neck and support her head with your arm. Work the upper trapezius with the tip of your elbow from the neck to the shoulder and then backward. Stay completely relaxed as you work, and work with your client's breath.

# Thai acupressure treatment points for headache, TMJ (jaw pain), and neck pain

Noam Tyroler

## Thai treatment of headaches

Headache is such a common pain that it is often not considered an ailment but rather a natural part of the human experience. Thai routines are very effective to treat muscular contraction headaches (tension headaches), the most common of all headaches. They are also effective to treat vascular headaches (migraines.) The Thai acupressure routines taught at Wat Po are aimed at several types of headaches, such as “one-sided headache with dry eyes and blurred vision”, “two-sided headache,” “tension headache,” and “temporal pain.” The headache variety we will treat in this workshop is the “two sided headache.”

### Precautions:

*Try to avoid moving the head and body of your client, since movements may worsen the headache. Work in a darkened, quiet room; speak slowly and softly; offer drinking water to your client. Treat only when pain is present - do not use headache routines as a preventive measure. Using these treatments routinely when pain is not present may actually create a headache.*

## Temporomandibular joint disorders (TMJ)

TMJ refers to disorders of the temporomandibular joint region caused by improper joint alignment, arthritis, muscular or psychological stress, and grinding or clenching the teeth during sleep. Symptoms may include jaw pain and soreness, jaw stiffness, difficulty and pain when opening the mouth widely, popping sounds and pain while chewing, ear pain, headache, neck pain, and upper back pain.

### Precautions:

*Treat daily until recovery. In chronic non-acute conditions, treat twice a week.*

## Thai treatment of neck disorders

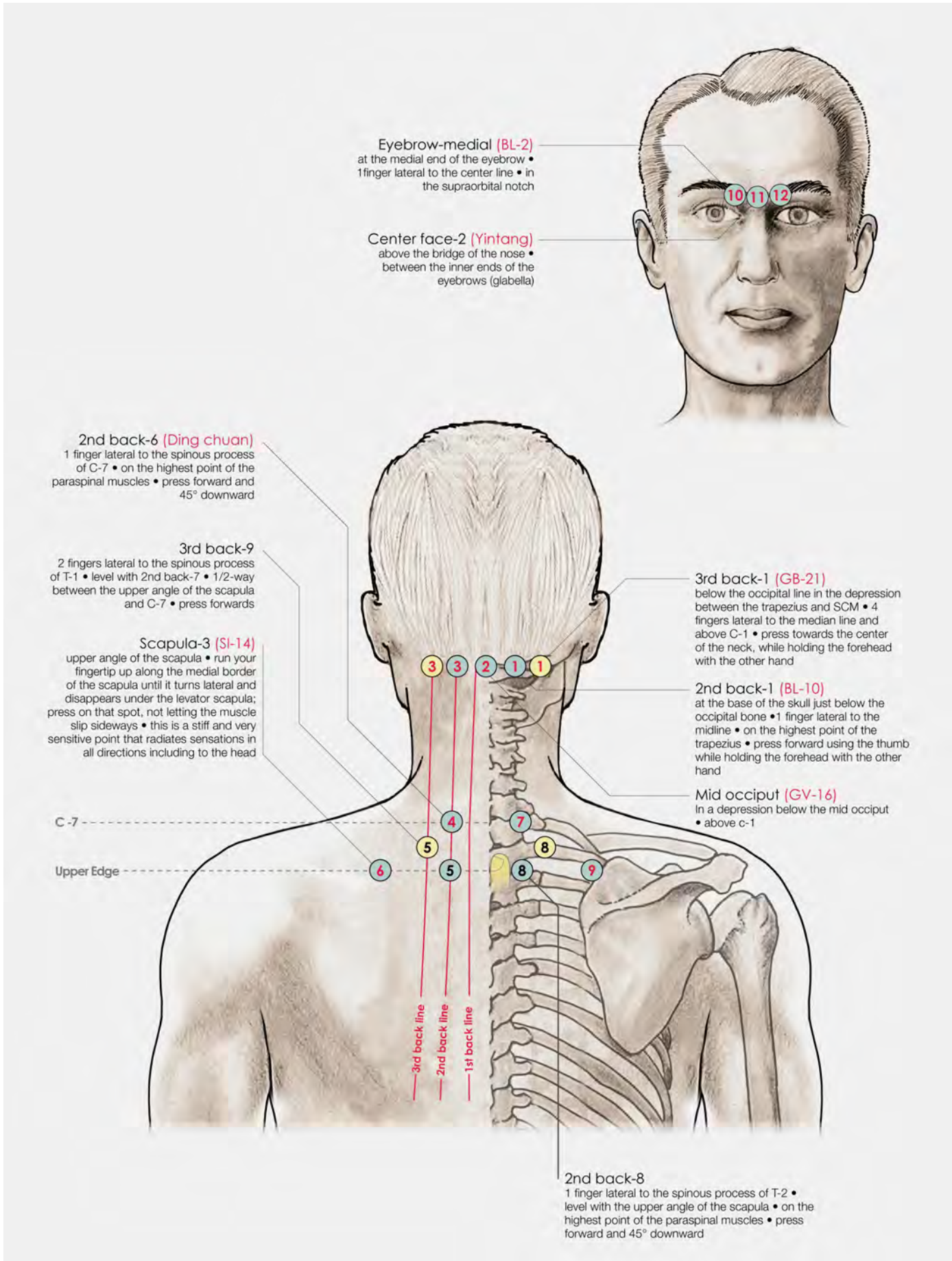
Poor postural habits, mental stress, repetitive overuse, and major or minor injuries can all be underlying causes for neck disorders. Most neck pains respond very well to Thai acupressure treatment routines. Severe conditions involving cervical joint pathologies that do not require surgery may also respond well to Thai routines, though results may be slower and less certain.

### Precautions:

*Avoid stretching when treating acute conditions. Be cautious and gentle when thumb pressing the neck of an older client. Treat daily until recovery. In chronic non-acute, conditions treat twice a week. Instruct the client to refrain from quick or sudden movements and from any activity or posture that may prolong the disorder. Instruct the client to avoid sleeping on his belly, but if he does, he should not use a pillow.*







**Eyebrow-medial (BL-2)**  
 at the medial end of the eyebrow •  
 1 finger lateral to the center line • in  
 the supraorbital notch

**Center face-2 (Yintang)**  
 above the bridge of the nose •  
 between the inner ends of the  
 eyebrows (glabella)

**2nd back-6 (Ding chuan)**  
 1 finger lateral to the spinous process  
 of C-7 • on the highest point of the  
 paraspinal muscles • press forward and  
 45° downward

**3rd back-9**  
 2 fingers lateral to the spinous process  
 of T-1 • level with 2nd back-7 • 1/2-way  
 between the upper angle of the scapula  
 and C-7 • press forwards

**Scapula-3 (SI-14)**  
 upper angle of the scapula • run your  
 fingertip up along the medial border  
 of the scapula until it turns lateral and  
 disappears under the levator scapula;  
 press on that spot, not letting the muscle  
 slip sideways • this is a stiff and very  
 sensitive point that radiates sensations in  
 all directions including to the head

C-7

Upper Edge

3rd back line  
 2nd back line  
 1st back line

**3rd back-1 (GB-21)**  
 below the occipital line in the depression  
 between the trapezius and SCM • 4  
 fingers lateral to the median line and  
 above C-1 • press towards the center  
 of the neck, while holding the forehead  
 with the other hand

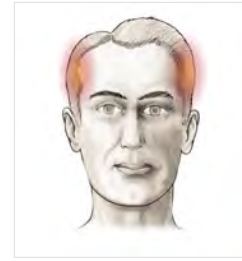
**2nd back-1 (BL-10)**  
 at the base of the skull just below the  
 occipital bone • 1 finger lateral to the  
 midline • on the highest point of the  
 trapezius • press forward using the thumb  
 while holding the forehead with the other  
 hand

**Mid occiput (GV-16)**  
 in a depression below the mid occiput  
 • above c-1

**2nd back-8**  
 1 finger lateral to the spinous process of T-2 •  
 level with the upper angle of the scapula • on the  
 highest point of the paraspinal muscles • press  
 forward and 45° downward

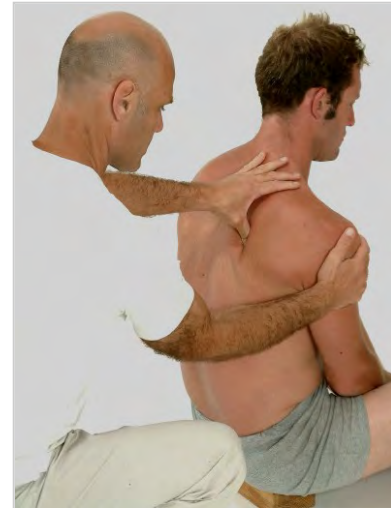
## Two-sided headache treatment

**Problem description:** The pain is located on both sides of the head, and throbbing pain appears suddenly, not gradually. As the headache becomes stronger, the client becomes sensitive to movements, strong sounds, and bright lights.



### Neck and shoulder treatment

The client is seated with legs crossed or extended. Work the neck, upper back, and along the medial border of the scapula using traditional Thai techniques. Avoid excessive stretching.



### Thumbing routine, back

Thumb press points 1 through 9 on the chart on the previous page. Hold each point for 10 to 15 seconds. Continue thumbing the points for many repetitions, as long as your client begins to feel relief. Stop working if the points become too sensitive. Use gradual, incremental pressure and make sure it isn't too strong for your client.

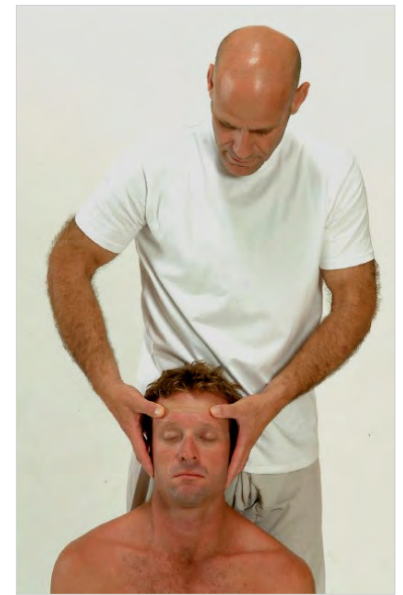
### Thumbing routine, front

Work points 10 through 12 on the headache chart. Hold each point for 5 to 10 seconds. Work points 10 and 12 together before you work point 11. Repeat several rounds of these three points. These points can be extremely sensitive, so be careful to not hurt your client.



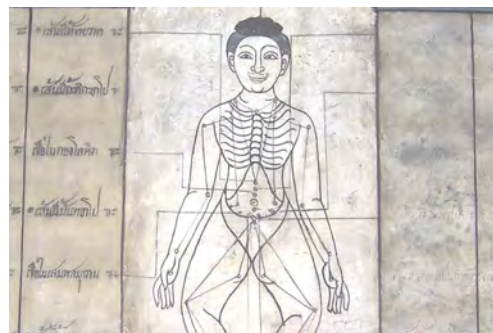
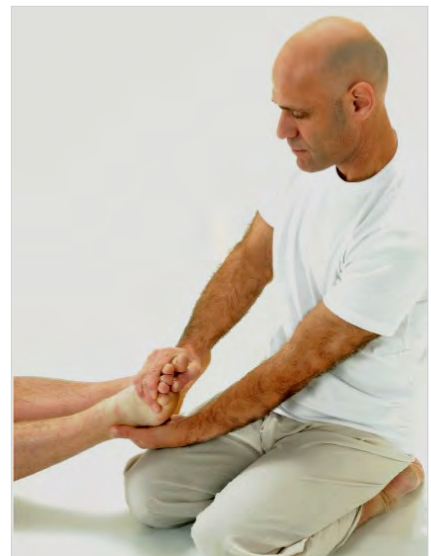
### Face massage

After working the back and front points, give your client a face massage either in sitting position or in supine position. Use calming strokes as you work the nasal passage points, temples, the points alongside the ears, and the forehead and eyebrows. Use your intuition and be sensitive.



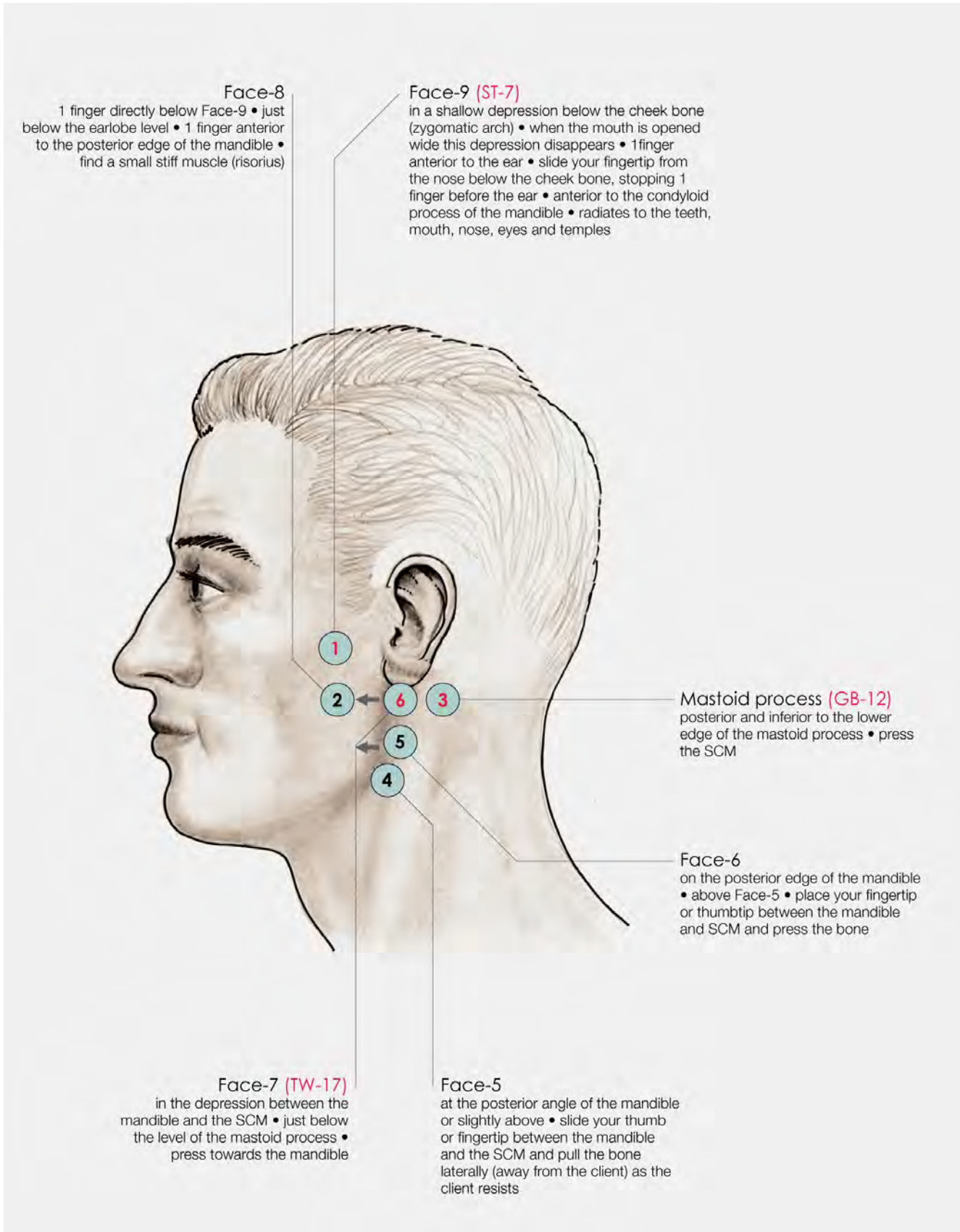
### Hand and foot massage

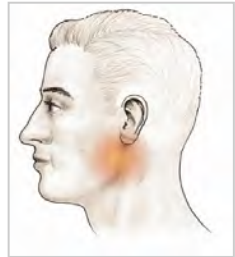
Now give your client a general massage to the hands and feet in supine or sitting position. If you know specific pressure points that relate to headache on the hands and feet, experiment with them.



*Epigraph at Wat Po, Bangkok, showing remedial treatment points.*

# TMJ & jaw pain treatment





**Problem description:** Pain is located at the area of the points, and may be accompanied by neck and shoulder pain. The pain increases when chewing. There is a pronounced stiffness of the jaw muscles.



**Work the major points**  
Thumb press points 1 through 6 on the jaw chart. Work point 4 by placing the tip of your index finger behind the mandible and use it as a hook to pull on the bone. Repeat thumbing the points as long as improvement occurs, up to ten repetitions. Stop working if the points become sensitive.

**Face massage**  
After you work the points above, give your client a full face massage.



**Neck and shoulder treatment**  
Give your client a full general treatment of the neck, shoulders, upper back, and shoulder blades.

# Neck pain treatment

**2nd back-6 (Ding chuan)**  
1 finger lateral to the spinous process of C-7 • on the highest point of the paraspinal muscles • press forward and 45° downward

**2nd back-8**  
1 finger lateral to the spinous process of T-2 • level with the upper angle of the scapula • on the highest point of the paraspinal muscles • press forward and 45° downward

**3rd back-9**  
2 fingers lateral to the edge of the spinous process of T-1 • level with 2nd Back-7 • 1/2-way between the upper angle of the scapula and C-7 • press forwards

**3rd back-5**  
on the top edge of the trapezius • level with the medial border of the scapula, directly above Scapula-3 • a stiff and tender point, press downwards cautiously

**Scapula-3 (SI-14)**  
upper angle of the scapula • run your fingertip up along the medial border of the scapula until it turns lateral and disappears under the levator scapula; press on that spot, not letting the muscle slip sideways • this is a stiff and very sensitive point that radiates sensations in all directions including to the head

**2nd back-9 (BL-13)**  
1 finger lateral to the edge of the spinous process of T-3 • level with the medial edge of the spine of the scapula • on the highest point of the rhomboid muscle • press forward

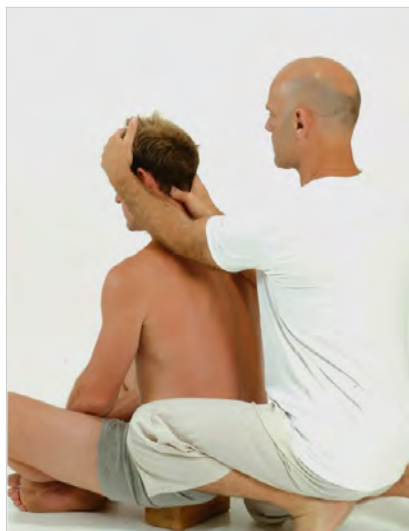
**2nd back-10 (BL-14)**  
1 finger lateral to the edge of the spinous process of T-4 • 1 finger above 2nd back-11 on the highest point of the paraspinal muscles • press forward

**2nd back-14 (BL-18)**  
1.5 fingers lateral to the spinous process of T-9 • 1 finger inferior to 2nd back-13 • on the highest point of the paraspinal muscles

**2nd back-12 (BL-16)**  
1-1.5 fingers lateral to the spinous process of T-6 • level with the one-third point on a line connecting between the lower and upper angles of the scapula • 1 finger below 2nd back-11 • on the highest point of the paraspinal muscles

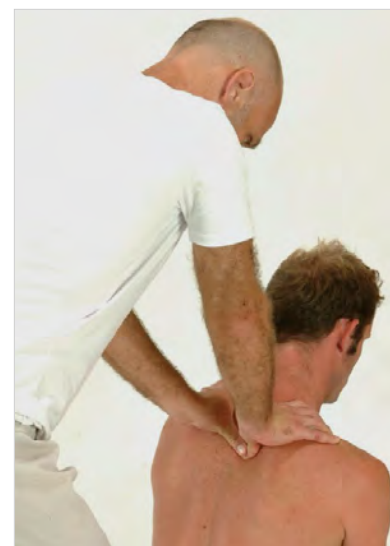
**2nd back-11 (BL-15)**  
1-1.5 fingers lateral to the spinous process of T-5 • level with the midpoint of the medial border of the scapula • on the highest point of the paraspinal muscles

**Problem description:** Chronic or acute pain is located at any or all points, but mostly at points 1,2, 3 and 4. The pain is often two-sided, with one side more painful than the other. Pain increases while flexing the neck, bringing the chin close to the chest, and often while extending the neck. Turning the head to one side is often the most painful movement.



### Neck and shoulder work

The client is seated, with legs crossed or extended. Work the neck, upper back, and along the medial border of the scapula, using thumbing and traditional Thai techniques. Do not use stretches.



### Point routine

Thumb press points 1 through 14 on the chart. Hold each point for 10 to 15 seconds. Repeat thumbing the points as long as improvement occurs, up to ten repetitions. Stop working if the points become sensitive.



### Neck flexion and extension

Using double thumbing, press points 1 and 5 on both sides. Have your client bend his head forward and then backward, and repeat this movement slowly as you press the points. Then move to points 3 and 8, then point A, then points 9 and 12, and finally to points 10 and 13. Have your client move his neck slowly forward and backward throughout the entire routine.

# Instructors & Presenters

## THAI Retreat & Conference, June 25-28, 2009

**Ralf Marzen** has been practicing Eastern healing arts since the early 90s and has lived in Asia for many years. He trained in Thai Yoga Massage under Asokananda, Pichet Boonthumme and Chaiyuth Priyasith. Ralf is a senior teacher with the Sunshine Network, a global association of practitioners and teachers, and he has taught numerous courses and workshops on Thai Yoga Massage in Thailand, the USA, Australia and several European countries. He is based in London where he runs a center for bodywork, coaching and meditation.



**Danko Lara Radic** is a professional physical therapist for more than 10 years. He first became aware of Thai massage during his first trip to Thailand in 1996, and has specialized in this form of healing therapy since 2001. He has studied with Chongkol Setthakorn, Pichet Boonthumme, Andrea Baglioni, Davor Haber and others. He directs the Institute of Thai Massage in Belgrade, Serbia, an organization dedicated to the research, development and preservation of *nuad boran* in Southeastern Europe.

**Noam Tyroler** has practiced Thai massage since 1989. He studied Thai acupressure at Wat Po and at the Old Medicine Hospital. He has also studied with other Thai teachers including Pichet Boonthumme, Sombat Tapanya, Chaiyuth Priyasith, Sutichai Tameesak, Nid Chaimongkol and Chongkol Setthakorn. He directs the Department for Thai Massage and Thai Acupressure at the Reidman International College in Tel-Aviv, Israel. His book "Thai acupressure" is the first book on traditional Thai formulas of acupressure points for the treatment of orthopedic disorders.





# Instructors & Presenters

## THAI Retreat & Conference, June 25-28, 2009



**Davor Haber** After completing shiatsu training, Davor met Asokananda, who taught him a solid platform of Thai massage techniques. He regularly travels to Thailand, is a Sunshine Network teacher, and considers himself fortunate to have studied with Pichet. In addition to a busy professional practice, he runs Sunshinehouse Croatia Association, and he organizes numerous Thai massage workshops throughout the country. He is the author of the first book written on Thai massage in the Croatian language, *“Thai Yoga Massage; Energy, Intention, Mindfulness.”*

**Bob Haddad** Bob has been studying *nuad boran* since 1999. He has studied with many teachers in Thailand and the USA and Europe, but he considers Asokananda and Pichet Boonthumme his true mentors. Concerned by a lack of standards for study and practice of traditional Thai massage, he drafted the charter for THAI in 2004, and now serves as the organization’s Director. Bob maintains a private practice in North Carolina, and teaches *nuad boran* throughout the USA and in Latin America.



*Spires and temples near the massage school at Wat Pho, Bangkok.*

## Presenters , Panelists and Assistants

**Tirza Bottema**, lived in Thailand from 1991-1993, and has studied with Mama Nit, Chongkol Setthakorn (ITM), Pichest, Old Medicine Hospital and the School of Massage for Health. She returns to Thailand regularly to deepen her knowledge. She lives in Holland where she maintains a practice and directs Thai Dee massage school.



### **Hans Dieter Lütz**

Hans began his fascination with Thai yoga massage with Vera Lier, and then he met Asokananda. From 1998-2004, he studied with Asoka, mostly on his tours through Europe. He maintains a private practice in Bonn, Germany. He has studied Chinese martial arts for many years, and teaches t'ai chi ch'uan, kung fu and chi shu.

**Geoff Pritchatt** has studied Thai massage with Pichet Boonthumme, Chaiyuth Priyasith and others, and Royal style with Ajahn Suwan Tagchitcharoen. Since 2002, he has directed the Thai Massage Organisation school in Scotland. He maintains a busy local practice and leads workshops around Scotland. His emphasis is on integrative therapy.



**Kay Rynerson**, author of *Thai Massage Workbook*, received her original training in 1997 from ITM, and travels frequently to Thailand to continue her studies. She teaches and maintains a private Thai massage and bodywork practice in Seattle, Washington, USA.

**Niclaire Skye (Mann)** has studied Thai massage primarily with ITTA and Chongkol Setthakorn / ITM. In 1997 she founded the British School of Traditional Thai Massage (BSTTM), and she teaches Thai Massage throughout England. Her book, *Thai Bodywork*, published in 2002, is now in its sixth edition.



**D'vorah Swarzman** has been a practitioner of Thai Massage since 1993. She integrates her practices of vipassana meditation with her love for movement and improvisation. She has a private practice in Ashland, Oregon, USA and teaches Thai Massage at retreat centers, yoga studios, hotels and massage schools.



Confidential Client Intake Sheet

name \_\_\_\_\_ date \_\_\_\_\_

home tel: \_\_\_\_\_ work tel: \_\_\_\_\_ e-mail: \_\_\_\_\_

address: \_\_\_\_\_

date of birth: \_\_\_\_\_ profession: \_\_\_\_\_ referred by: \_\_\_\_\_

emergency contact info: \_\_\_\_\_

are you currently taking medication? \_\_\_\_\_

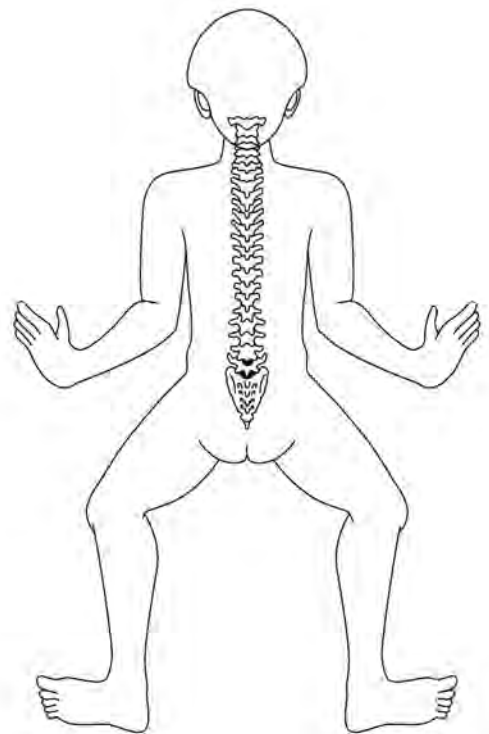
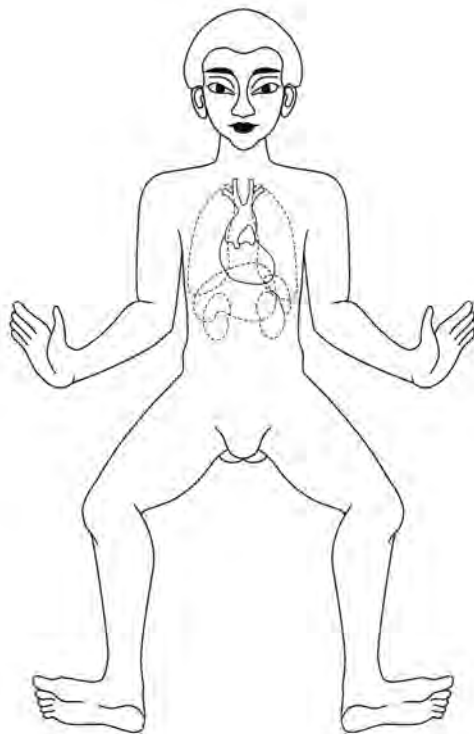
describe any special medical conditions: \_\_\_\_\_

indicate if any conditions apply: \_\_\_\_\_ surgeries \_\_\_\_\_ spinal / disc problems \_\_\_\_\_ heart problems \_\_\_\_\_ high blood pressure  
\_\_\_\_\_ osteoporosis \_\_\_\_\_ hernia \_\_\_\_\_ fractures \_\_\_\_\_ arthritis \_\_\_\_\_ wear contact lenses \_\_\_\_\_ pregnancy  
\_\_\_\_\_ back pain \_\_\_\_\_ neck pain \_\_\_\_\_ broken bones / fractures \_\_\_\_\_ constipation \_\_\_\_\_ diarrhea \_\_\_\_\_ other

describe more fully any of the above conditions:

On the diagrams to the right, circle any problem areas, and indicate as follows:

tension "T"  
pain "P"  
surgeries "S"



continued next page..

Do you have any restrictions in movement? \_\_\_\_\_

Are there any movements or stretches you think may be harmful? \_\_\_\_\_

Do you generally like to hear music during a session? \_\_\_\_\_

Is it OK to use lightly scented lotion or balm on your face? \_\_\_\_\_

Do you have any other comments or requests? \_\_\_\_\_

Client consent and agreement — Please read and sign below

- \* It is agreed and understood that Thai therapy is intended for relaxation, and that it is not meant to diagnose, treat or remedy any illness, disease, injury, physical condition or mental disorder.
- \* Except in cases of emergency, I agree to pay for all sessions which are not cancelled at least 24 hours in advance.
- \* Traditional Thai bodywork is strictly non-sexual. Under extenuating circumstances, either party reserves the right to immediately terminate the session.
- \* The practitioner is a Registered Thai Therapist (RTT) in the Thai Healing Alliance, however the practice of all forms of therapy are subject to local laws and ordinances.

signature \_\_\_\_\_

date \_\_\_\_\_

\*\*\*\*\* please do not write below this line \*\*\*\*\*

Practitioner's notes:

date (d-m-y)		total session time		
First session notes				

date (d-m-y)		total session time		
Second session notes				

Attach additional session notes as needed





Thai Healing Alliance International

# Thai Therapy session notes

<b>Client name</b>	
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<b>date (d-m-y)</b>		<b>total session time</b>		
Session notes				
<b>date (d-m-y)</b>		<b>total session time</b>		
Session notes				
<b>date (d-m-y)</b>		<b>total session time</b>		
session notes				
<b>date (d-m-y)</b>		<b>total session time</b>		
session notes				
<b>date (d-m-y)</b>		<b>total session time</b>		
session notes				

*Om Namō Shivago*

3 Om Na mo Shi va go si-la sa a hang  
2  
1

3 ru-ni pa  
2 ka ko sa sa ta-nang o-sa-ta  
1

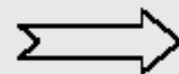
3 ti so ri  
2 pa man-tang pa pa su ya-jan-tan  
1

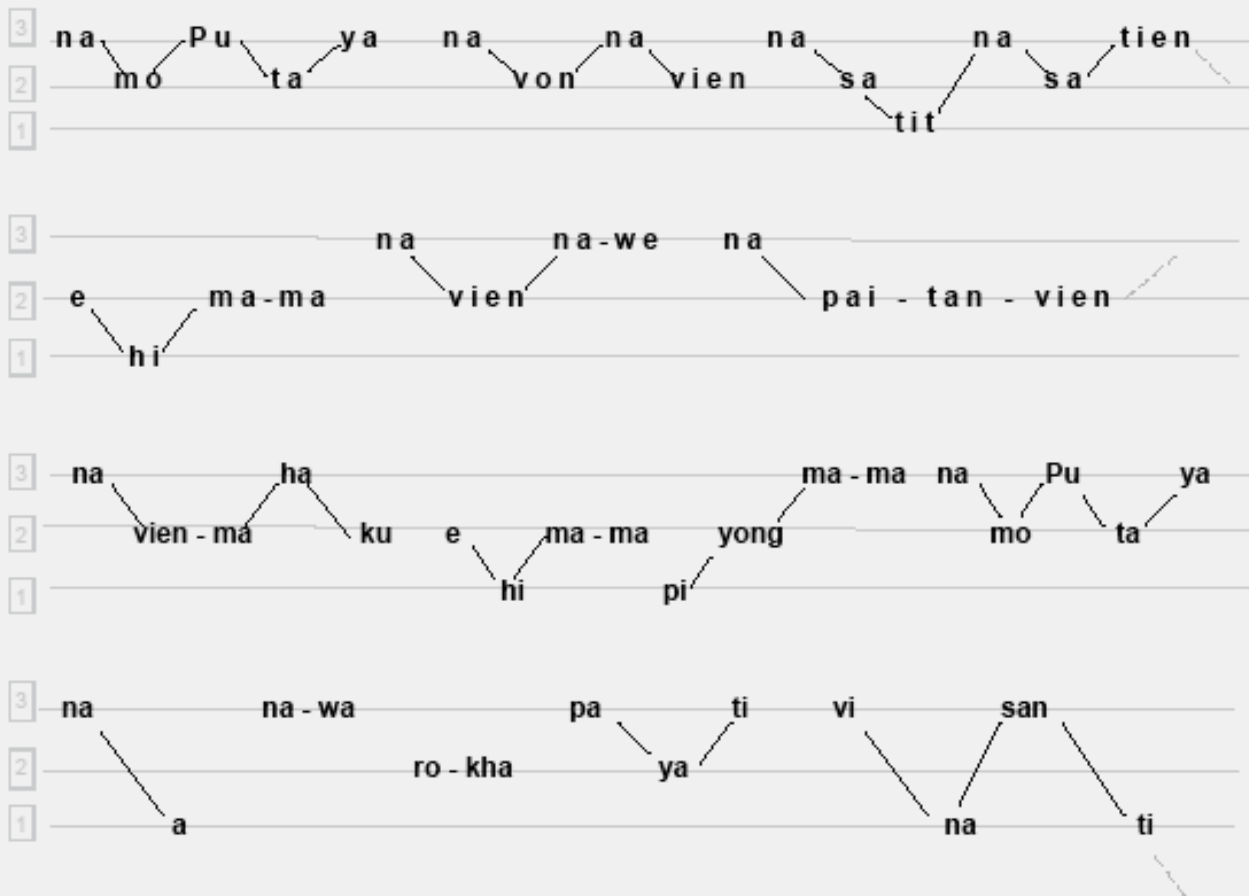
3 Pa se mi  
2 Go-ma-la to ka wan-ta  
1 pa si

3 ta-so mi  
2 ban to me ro-ha ma-na ho  
1 ti su a su

3 wa ma-nu na-mu  
2 yo-te nang yo-pro-ma mo  
1 pi sa pi ta

3 ha na mi  
2 yo-nak pa-na-nang pi-nin-si-ang ma hang  
1 pi su





OM NAMO SHIVAGO SILASA AHANG KARUNIKO SAPASATANANG OSATA TIPA  
 -MANTANG PAPASO SURIYA-JANTANG GOMALAPATO PAKA-SESI WANTAMI BAN-  
 TITO SUMETASO AROHA SUMANA-HOMI.

PIYO-TEWA MANUSSANANG PIYO-PROMA NAMUTTAMO PIYO-NAKHA  
 SUPANANANG PININSIANG NAMA-MIHANG NAMO-PUTTAYA NAVON-NAVIEN  
 NASATIT-NASATIEN EHI-MAMA NAVIEN-NAWE NAPAI-TANGVIEN NAVIEN-MAHAKU  
 EHI-MAMA PIYONG-MAMA NAMO-PUTTAYA  
 NA-A NA-WA ROKHA PAYATI VINA-SANTI

Most serious practitioners of traditional *nuad boran* are familiar with the traditional prayer that is offered to the founding father, Jivaka Kumarbhaccha. This mantra, passed down over many generations in the Pali language, is often recited aloud by students, practitioners and schools before the start of a Thai massage class, or even silently before beginning a session.

But not many of us know the precise melody in order to chant this prayer. Many long term students and practitioners who have studied where this prayer is chanted, such as with Ajahn Pichest Boonthumme or the Old Medicine Hospital. The Thai Healing Alliance has transcribed the melody so it can be made available to THAI members and the greater Thai massage community. It is transcribed from a version sung by Pichest Boonthumme, and is annotated with an easy to use, 3-line format that can be followed by everyone.



**THAI**  
European  
Gathering

Veli Iž  
Croatia  
25-28 June  
**2009**