

Lifts & Suspensions in *Nuad Boran*

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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,

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*.



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. If it is the first time your partner is receiving this move, you might remind her 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 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. Wedge your elbows into your thighs for added support. Release your partner as she exhales.



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.



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. You client will be in a pyramid, experiencing a fabulous supported back bend. Breath 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.



Piggy-back stretch

Here is a fun way to give your client a back stretch, if it doesn't deviate too much from your progression of poses and techniques. It should only be done with flexible people, and with those that do not have serious back problems.

