

Specialized grips and holding techniques

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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.

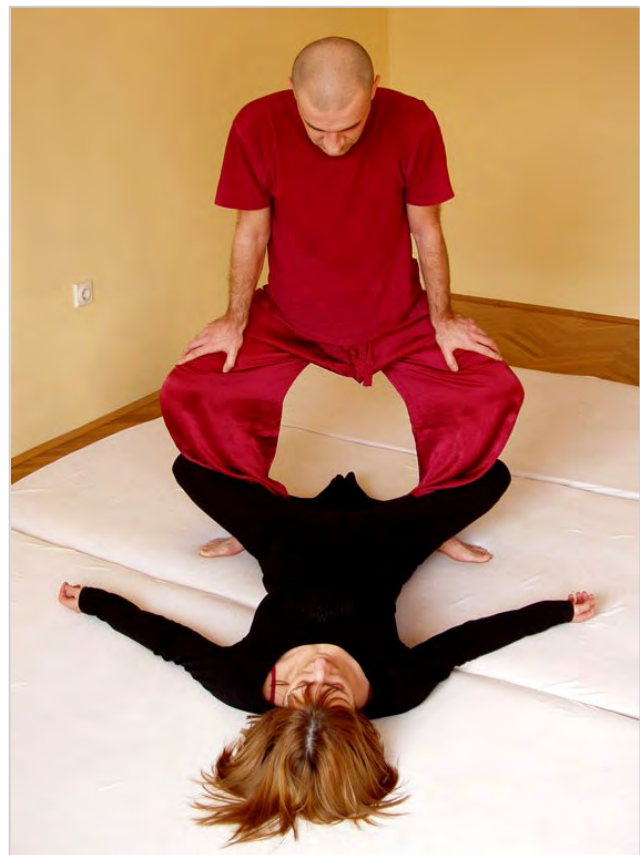
Thai massage is a holistic healing art that allows the therapist to be highly creative. Although the repertoire of traditional Thai techniques are time-tested and highly effective, new approaches and styles are constantly evolving in Thailand and elsewhere. As clients and their pathologies change, the 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 (3rd 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 3rd 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.



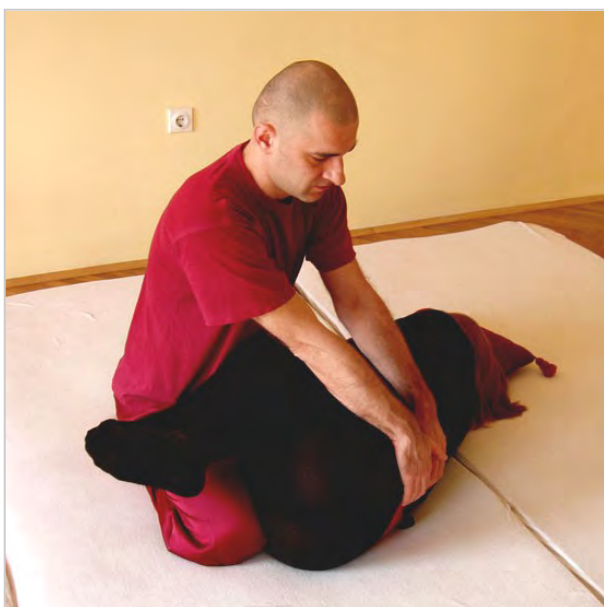
Full body torsion

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.*

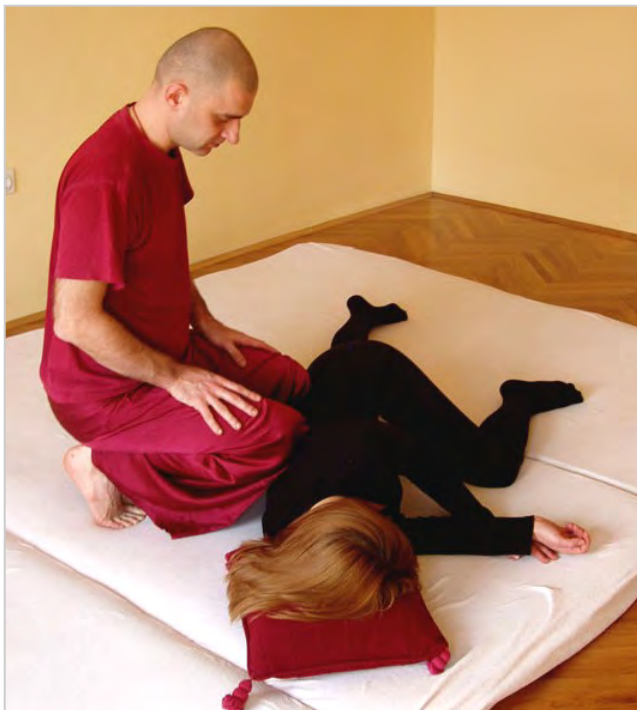


Working on *sen sumana* on the back of the head

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

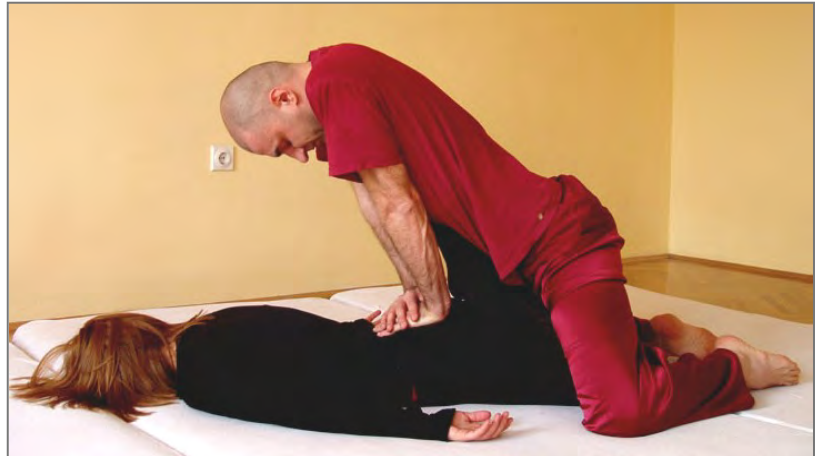
Squat behind the client's back and work the lines from the sacrum to the neck, first with one knee against the mid-back and then with the other. Then work in the opposite direction.

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.

