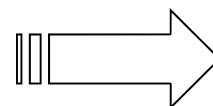
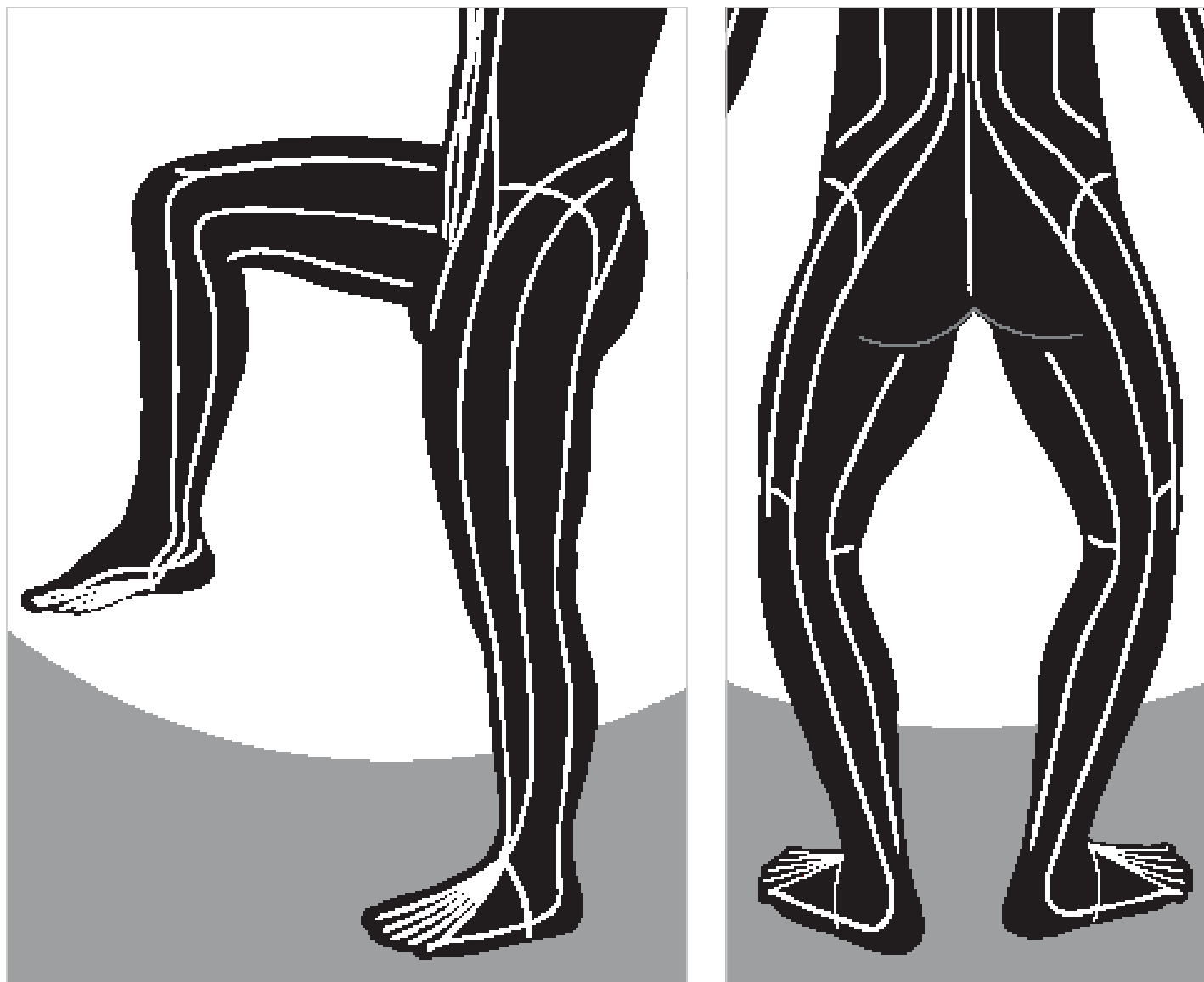


Alternative Ways to Work the Sen Lines

Most traditional Thai massage sequences spend a fair amount of time working leg lines, since they carry fundamental extensions of the sen lines. Unfortunately, many sequences that are commonly taught utilize only thumbing and palming. As practitioners, we often get stuck in one style or pattern as we work in Thai massage, especially with regard to the lower torso. This module is meant to bring heightened awareness to our patterns, and to help us think about leg line work in creative, new ways.



A standard sequence for working medial and lateral leg lines (palming and/or thumbing)



a) dominant lateral leg



b) sub-dominant medial leg



c) dominant medial leg



d) sub-dominant lateral leg

Variation thumbing techniques



Simultaneous thumbing



Double thumbing (thumb over thumb)



Double thumbing on posterior leg line



One example of finger cupping technique

Some palming styles



Single leg palming (medial)



Butterfly palming



double palming



alternating & simultaneous palm walking, in prone

Stay creative when you work the leg lines

Classic thumbing (thumb chasing thumb, in opposite directions, or in “loop” fashion)

Coordinated thumb pressure (both thumbs move simultaneously)

Thumb over thumb (one thumb over another)

Finger cupping pressure (to work a portion of the leg that is outside your reach)

Palm press - on several lines at once

Palm over palm

Butterfly palm press

Knee pressure (in half kneeling position)

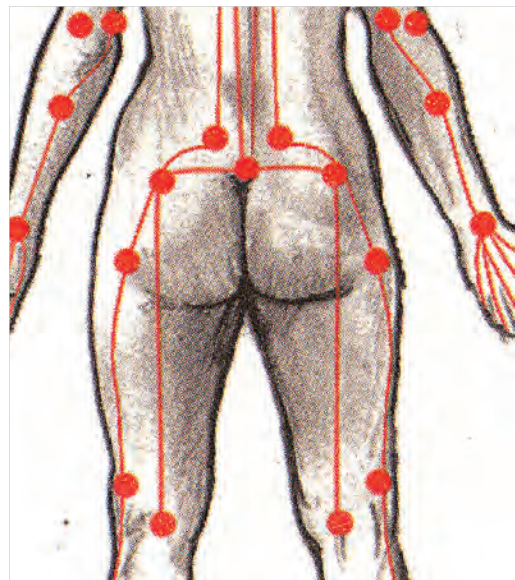
Working with forearms

Working with elbows

Using your feet to work lateral lines

Using feet to work backs of legs

Using toes



Explore as many ways as possible to work the leg lines

Using feet to work leg lines

medial



opening the wind gate with foot



working medial leg lines with foot

lateral



lateral lower leg with heel



lateral upper leg with arch

Posterior leg and lower back



Using knees to work leg lines



Using forearms to work leg lines



Forearms on leg wings, while balanced on knees



Notes:

