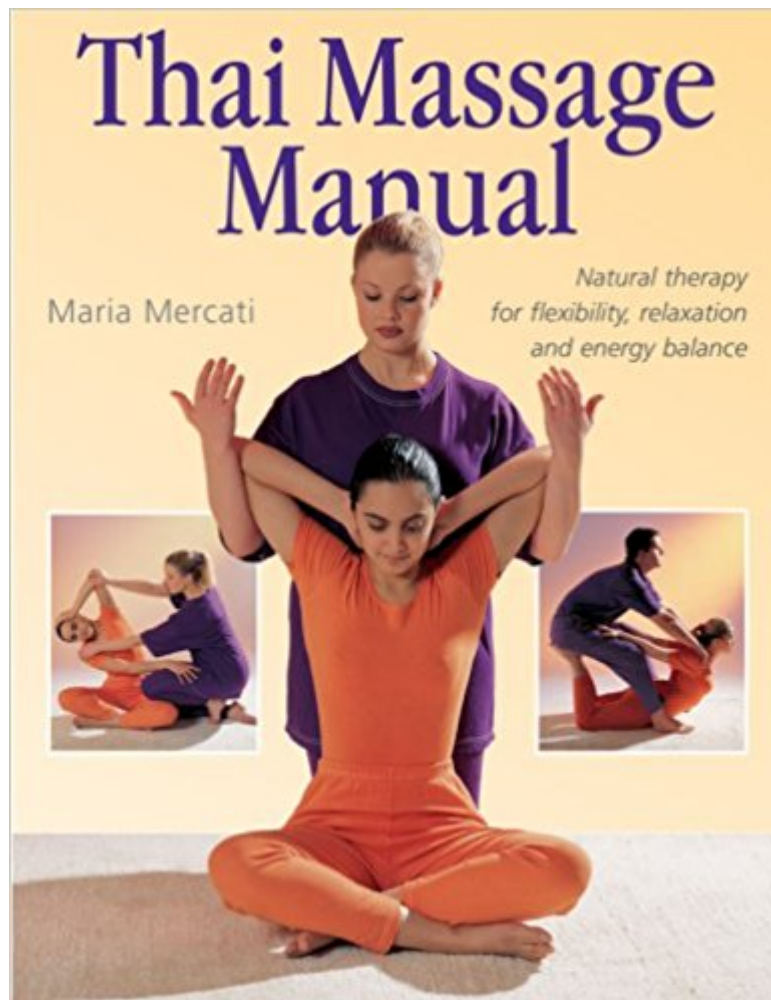




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Thai Massage Manual: Natural Therapy For Flexibility, Relaxation, And Energy Balance



Synopsis

Thai Massage is the touch that enhances health, happiness, and wholeness--and with more than 150 expertly demonstrated sequences unfolding on these pages, everyone can enjoy its benefits. Sometimes called "yoga in action," Thai massage has worked its relaxing wonders for more than 1,000 years. Explore its secrets with a detailed program that includes ten complete lessons, each concentrating on a particular part of the body. Like other forms of massage, it employs a flowing sequence of stretches, but instead of using only your fingers, pressure is applied with the thumbs, palms, elbows, knees, and feet. Full-color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements. Each technique is clearly explained and its benefits--from improved flexibility to increased vitality--detailed. "All of the techniques are shown in sharp color photographs that are pleasing to the eye. Descriptions of the techniques are clear."--Massage Therapy Journal.

Book Information

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Customer Reviews

Praise for the previous edition of Thai Massage Manual: "All of the techniques are shown in sharp color photographs that are pleasing to the eye. Descriptions of the techniques are clear."

--Massage Therapy Journal --This text refers to an alternate Paperback edition.

Maria Mercati has trained extensively throughout Asia to become on the world's acknowledged teachers and therapists in traditional Thai massage, Tui Na, acupuncture, and Indonesian massage.

--This text refers to an alternate Paperback edition.

I am a licensed MT and recently took a class on Table Thai Massage. The techniques I learnt in the class are clearly replicated in this book. I urge anyone interested in learning more about Thai Massage to purchase this book. The seller was prompt in delivering the book.

This book have very clear detail with demonstration picture. I'm not professional massage therapist, but I learned from this book and it's work. I used this book in my massage class, in my family and even massage myself. Highly recommended !!!!

I like this one

Excellent reading if you are into Thai Massage.

4.5 StarsMaria Mercati has done an excellent job of bringing Thai massage to neophytes such as myself. The text is very readable and it tends to put the reader into the proper, relaxed state of mind. The bodywork shown within really works and is not difficult to learn. I just wish for more: more history and more exercises. This is an excellent, inexpensive resource.

This manual is very easy to comprehend and shows clearly all the techniques needed and how to properly perform them. I would recommend to everyone wanting to learn Thai Massage but not able to take a class.

Very good pictures, all the postures, this is like a mix massage between yoga and acupressure. Definitely worth it. Good buy.

Great pictures to help with couples stretching. Thai massage is a great way to enhance flexibility and relaxation. Great book!

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