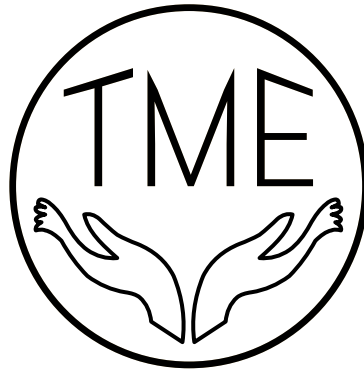


Workbook



TME® Thai Massage Education
Affiliated Partner of TMC Chiang Mai

Thai Massage



TME[®] Thai Massage Workbook

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TME Video Instructions:

All rights reserved. No parts of video instructions shall be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without permission from TME.

Please Note:

The information in this Workbook has been carefully researched, and all efforts have been made to ensure accuracy.

All of the procedures, postures and techniques should be carefully studied and clearly understood before they are attempted at home.

Furthermore the information is for educational purposes only. It is not intended to replace the advice of a physician or medical practitioner.

Disclaimer:

The author and TME specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the content of this workbook. Although every precaution has been taken in the preparation of this book, the author and TME assume no responsibility for errors or omissions.

How to use TME video instructions?

Print these workbook and use it as an overview and for your own notes.

The massage video program is subdivided in several meaningful steps and techniques providing a step-by-step guidance.

Get started with watching the first step and start to massage technique-by-technique.

After having practiced the first step several times, try to massage the step uninterrupted.

When you are capable of massaging the step out of your memory in the right way then you can proceed with the next step.

Work step-by-step until the end of the massage video instruction.

Practice to massage the complete massage.

Utilize the summary list and your own notes.

Could thai massage be harmful to one's health?

Not every technique and position is suitable for everybody.

Especially the yoga/steching positions could cause an injury if applied wrong or too strong.

In particular elderly persons or those who lack exercise or seldom do physical exercise are prone to strain their muscles or to other injuries.

Contra indications are serious heart condition, high blood pressure, spinal condition, artificial joints, osteoporosis and pregnancy among others.

Be aware of your responsibility.

If you are unsure about the recipients condition or about your ability to perform a particular technique correctly, it is the best to omit it!

How long does a massage take?

The below shown times of each massage video instruction are meant to be a suggestion.

First learn to practice the massages correctly without any attention on the aspect of the length of time.

Later, more experienced you may want to plan your own massage combination according to the need of the recipient, your preference and the time available.

For this customized purpose some techniques are to be omitted or repeated.

TME Instructions \ Speed	Fast	Regular	Slow
Thai Massage	80 min.	90 min.	100 min.
Thai Yoga Massage	70 min.	80 min.	90 min.
Thai Face & Head	25 min.	30 min.	35 min.
Thai Neck & Shoulder	35 min.	40 min.	45 min.
Thai Foot Massage (after foot cleaning)	60 min.	70 min.	80 min.

What kind of equipment is required?

For Thai Massage / Thai Yoga Massage

One Thai Massage mat of 3-6cm firm foam.

(A thickness of more than 6cm is not recommended, because the pressure techniques wouldn't be efficient.)

A Yoga mat is too hard to lie on for the recipient and also for your knees.)

In the massage video we used a Thai Massage mat with the measurement of 1m x 2m, the two side mats were 1m x 50cm each.

For the mobile massage the side mats are very convenient.

While working in a stationary location you may want to choose a larger one piece Thai Massage mat, e.g. 1,80m x 2m.

Additionally you need a light blanket handy, if the recipient feels cold and a cushion and bolster.

For Thai Face and Head Massage

One Massage mat or Massage table.

One flat cushion or an equivalent e.g. a folded large towel to support the recipient's head.

High quality massage oil e.g. jojoba oil.

For Thai Neck and Shoulder Massage

Most western people are not able to sit on the floor for a longer duration and they need to sit in a higher position.

Therefore you need an additional stool or a sitting cushion.

For Thai Foot Massage

One comfortable chair/reclining chair with foot support for the recipient and a small stool for yourself.

The recipient can also lie on a massage table and you sit on a stool in front of his/her feet.

For the offer of a foot bath you need a sufficient large bowl. As an alternative you can clean the recipient's feet with hot moistened compresses or with cotton pads soaked in alcohol.

Additionally you need one foot massage stick, two small towels (ca. 50cm x 1m) and a lubricant.

As a lubricant you can use natural based oils like sweet almond oil or a paraffin based cream like "Vaseline".

The admixture of camphor, lemongrass oil or menthol etc. is very beneficial and pleasant.

Two recipes:

1. 100ml sweet almond oil
5ml Eucalyptus oil
5gr. Camphor powder
5ml Lemongrass oil
2. 100ml "Vaseline"
5ml Olive oil
10ml "Tigerbalm"
3ml Lemongrass oil

Caution: Camphor, menthol, peppermint and eucalyptus have effect as an antidote for homeopathic treatments!

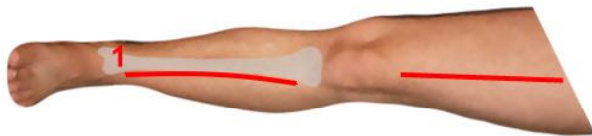
Where are the lines located which are mentioned in TME Video instructions?

With the massage we apply direct effect on a system of energy channels, the "Sen Sib".

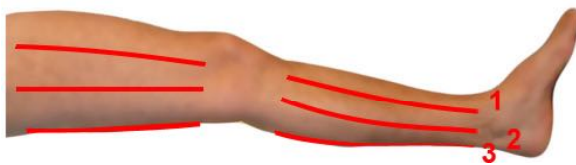
Line 1, 2 and 3 on the outside of the leg.



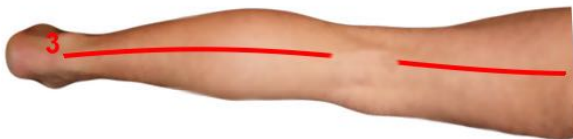
Line 1 on the outside of the leg. (Anterior view)



Line 1, 2 und 3 on the inside of the leg.



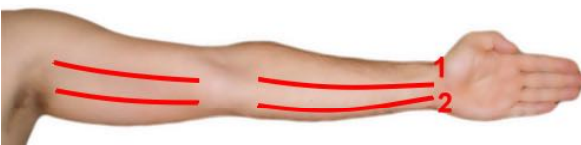
Line 3 on the inside of the leg. (Posterior view)



Line 1 und 2 on the outside of the arm.



Line 1 und 2 on the inside of the arm.



*Inside line (next to the spine) +
Outside line (one thumb width outside of the inside line.)*



Step1 (1-5)

Supine Position

Both Legs

Warming up



1



Dorsal stretch (1 x)

2 + 3



Warming up the feet and legs; patella circles (1 x ↑↓)

4



6 Points at the inner border of the foot and heel press on lower inside leg (1 x ↑↓)

5



Heel press on line 1 of the outer lower leg (1 x ↓)

Step2 (6-36)

Supine Position

Part A 6-13 Left Leg

Pressure -, and stretching techniques for the flexed leg.



6



Palm press on line 1+2, inner leg (2 x ↓↑)

7



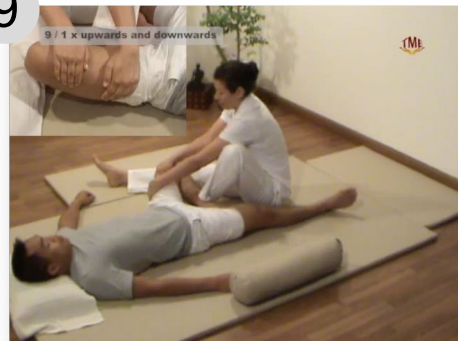
Butterfly press (1 x ↓↑)

8



Foot press on line 3, inner leg (1 x ↑↓)

9



Pulling the front thigh (1 x ↑↓)

10



Two hands pull (1 x ↑↓)

11



Heel press on line 2, inner leg (1 x ↑↓)

12



Outside push (1 x ↑↓)

13



Heel walk on tight tendon (1 x ↓↑)

Part B 14-17 Left Leg

Pressure techniques for the bended leg.

14



Pulling the calf (1 x)

15



Dragging the calf muscles (1 x ↓↑)

16



Thigh squeeze (1 x ↑↓)

17



Thumb press on line 1 outside lower leg (1 x ↓)

Part C 18-22 Left Leg

Pressure -, and streching techniques for the raised leg.

18



Lower leg stretch (1 x)

19



Arm roll on the back of the thigh (1 x ↑↓)

20



Heel press with additional stretching (1 x ↑↓)

21



Foot press against the back of the thigh (1 x ↑)

22



Lower back relief (3 x)

Part D 23-28 Left Leg

Pressure techniques using the forearm and elbow.

23



Arm roll on the front thigh (2 x ↑↓)

24



Arm roll on the inner thigh (2 x ↑↓)

25



Elbow slide on the outer thigh (2 x ↑↓)

26



Arm roll on the inner lower leg (1 x ↓↑)

27



Elbow press beside the shin bone (1 x ↓↑)

28



Elbow slide on the outer lower leg (2 x ↓↑)

Part E 29-33 Left Leg

Pressure -, and stretching techniques for the leaning leg.

29



Palm press on the leaning outer leg (1 x)

30



Crossed thumb press on line 3, outer leg (1 x ↑)

31



Heel press on line 3, outer leg (1 x ↓)

32



Upper leg stretch (1 x ↓)

33

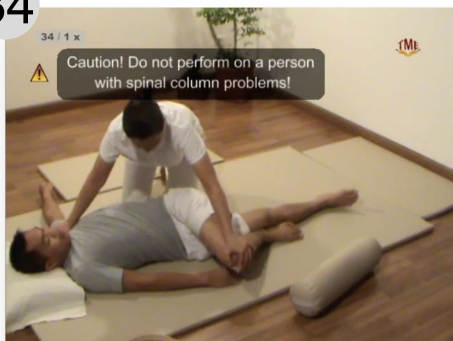


Lower leg stretch (1 x)

Part F 34-36 Left Leg

Spinal Twist; Stretching the entire leg.

34



Spinal Twist (1 x)

35



Stretching the front of the leg (1 x ↑)

36



Stretching the back of the leg (1 x ↓)

Repeat now technique 6 to 36 on the right leg!

Step3 (37-47)

Supine Position

Part A 37-41 Left Arm

Pressure techniques for the inner and outer arm.



37



Palm walk on the inside arm (1 x ↑↓) Line 1 inner arm (1 x ↑)

38



39



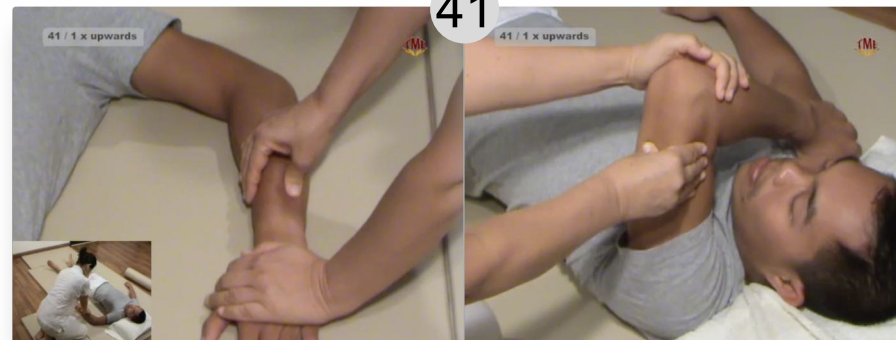
Line 2 inner arm (1 x ↑)

40



Line 1 outer arm (1 x ↑)

41



Line 2 outer arm (1 x ↑)

42



Squeezing palm and fingers (5 x 1)

43



Finger massage (5 x 1)

44



Soft pulling on the finger tips (5 x 1)

45



Metacarpal stretch (1 x)

46



Wrist and finger stretch (1 x)

47



Dorsal stretch (5-10 x)

Step4 (48)

Supine Position



48



Abdominal wave (3 x)

Step5 (49-60)

Side Lying Position

Part A 49-55 Left Side Up

Pressure -,and streching techniques for the arm,shoulder blade and back.



49



Arm extension (1 x)

50



Palm press on the outer arm (1 x ↓↑)

51



Triangle position arm stretch (1 x)

52



Two hands pulling the Trapezius (2 x ↑↓)

53



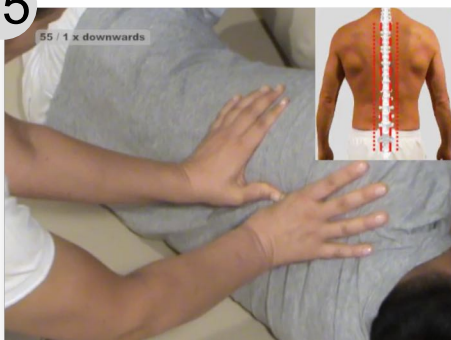
Thumb press on the scapula (M)

54



Thumb press along the outer border of the scapula (1 x)

55



The outer Sen line of the back (1 x ↓)

Part B 56-60 Left Side Up

Pressure -, and stretching techniques for the hip, leg and sole of the foot; Spinal twist.

56



Hip points (3 x 1)

57



Palm press on the flexed leg (1 x ↓↑)

58



Butterfly press on the straightend leg (1 x ↓)

59



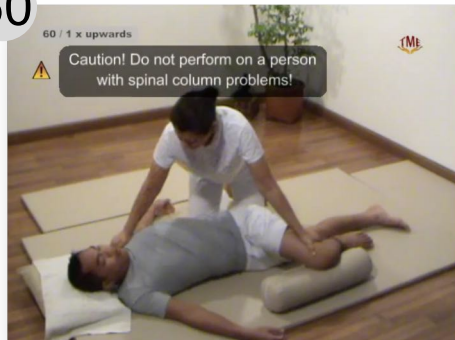
Arm roll and elbow press on the sole

58b



Butterfly press on the straightend leg (1 x ↑)

60



Spinal twist (1 x ↑)

Repeat now the techniques in supine position 37 to 47 on the right arm and the techniques in side lying position 49 to 60 on the right side up !

Step6 (61-76)

Prone Position

Part A 61-64 Prone Position

Pressure techniques for the back to relief blockages.



61



Heel press on the 2 Sen lines of the back (2 x ↓↑)

62



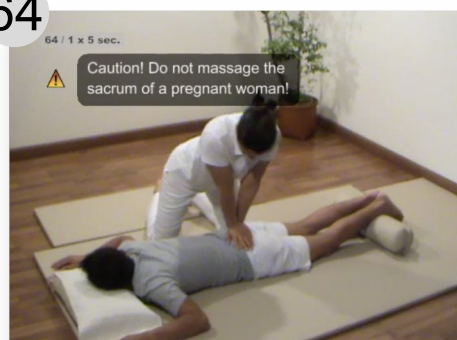
Thumbs circle on the 2 lines (1 x ↓)

63



Thumbs press on the 2 lines (1 x ↓)

64



Sacrum energy press (1 x 5 sec.)

Part B 65-70 Prone Position

Pressure -, and stretching techniques for the back, hip and the back of the thigh.

65



Thumb press on the inner Sen line
(↓↑↓)

66



Hip massage: 5 techniques

67



Heel press on the back of the leg
(1 x ↓)

68



Arm roll on the sole

69



Foot press on the back of the thigh (1 x ↑↓)

70



Lower leg stretch (1 x)

Repeat now the techniques 65 to 70 on the right side of the back !

Part C 71-76 Prone Position

Pressure techniques for the spine and leg; Relaxing techniques.

71



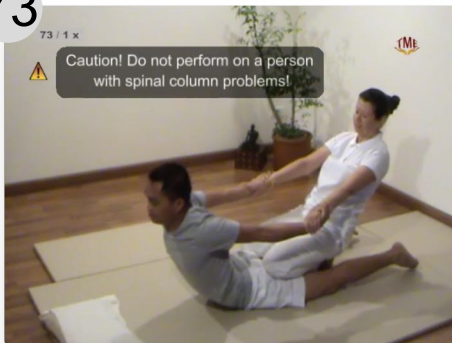
Plantar flex (1 x)

72



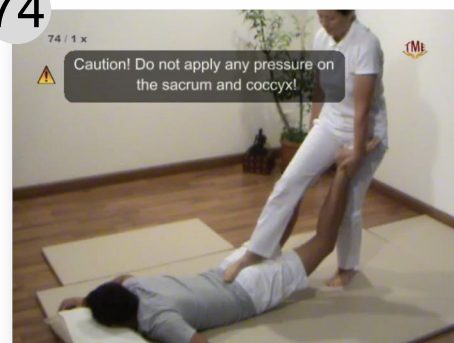
Crossed lower leg stretch (2 x 1)

73



Cobra spinal stretch (1 x)

74



Pelvis stretch (1 x)

75



Elephant walk (1 x ↓)

76



Standing on the sole

Step7 (77-84)

Supine Position

Stretching techniques for the lower body; Pressure points on the feet.



77
Knee press on the back of the thigh (1 x ↑↓)



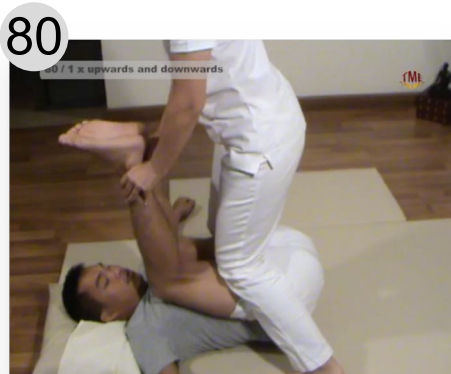
78
13 points on the right sole



79
Alternative heel press on the back of the thigh (1 x ↑↓)



78b
13 points on the left sole



80
Kneeing the back of both thighs with an additional stretch (1 x ↑↓)



81
Shaking the legs (30 sec.)



82
Lower leg stretch (1 x)



83
Crossed legs lower body stretch (2 x)



84
Crossed legs back stretch (2 x)

Step8 (85-98)

Sitting Position

Part A 85-86 Sitting Position

Stretching techniques for the upper body and the sides.



85



Side twist (2 x 1)

86



Chest widener (2 x 1)

Part B 87-90 Sitting Position

Facial lines; Head lines.

87



Facial lines (each 1 x)

88



Spider jump (20 sec.)

89



Sagittal linie (1 x)

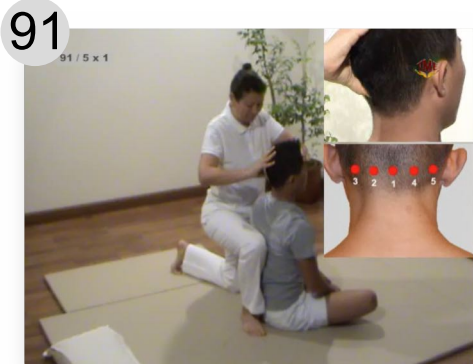
90



Coronal linie (1 x)

Part C 91-95 Sitting Position

Pressure -, and stretching techniques for the neck and shoulder.



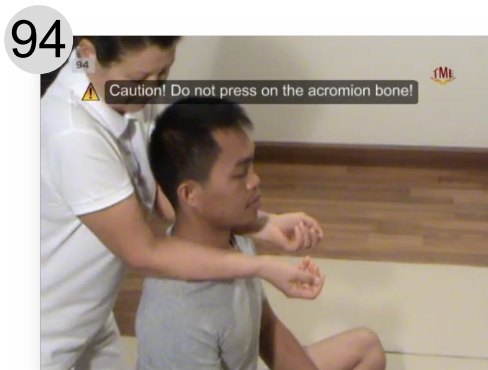
5 Energy points (5 x 1)



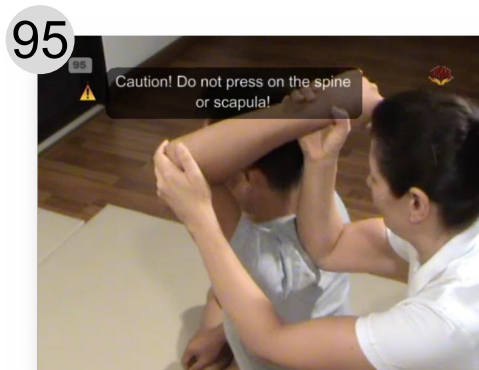
Neck squeeze with thumbs (3 x ↓)



Neck squeeze with heels (3 x ↓)



Arm rolls on the shoulder



Elbow pivot lever

Part D 96-98 Sitting Position

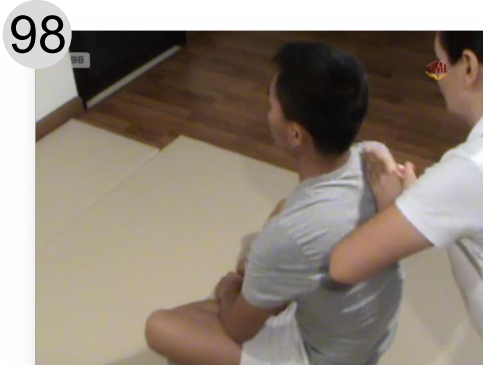
Closing.



Soft stretch forward (1 x)



Relaxing heel press (2 x 1)



Finger tip percussion



The End