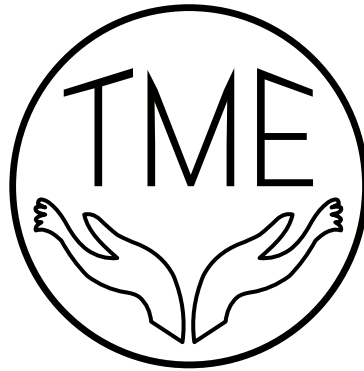


Workbook



TME® Thai Massage Education
Affiliated Partner of TMC Chiang Mai

Thai Yoga Massage



TME® Thai Yoga 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!

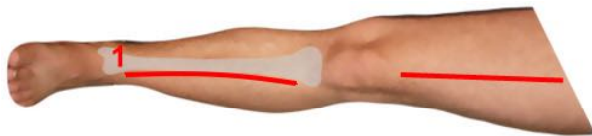
Where are the lines located which are mentioned in TME Video instructions?

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

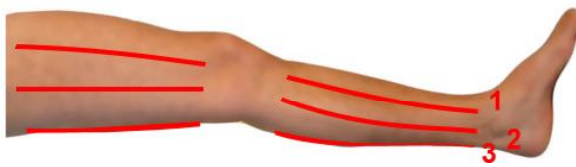
Line 1, 2 and 3 on the outside of the leg.



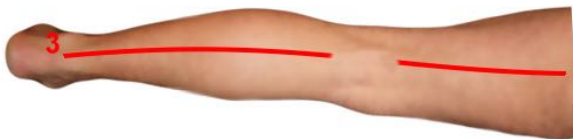
Line 1 on the outside of the leg. (Anterior view)



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



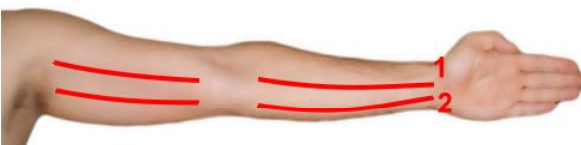
Line 3 on the inside of the leg. (Posterior view)



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 (1-34)

Supine Position

Part A 1-5 Both Legs

1



Dorsal stretch (1 x)

2



Crossed dorsal stretch (2 x 1)

3



Plantar flex up (1 x)

4



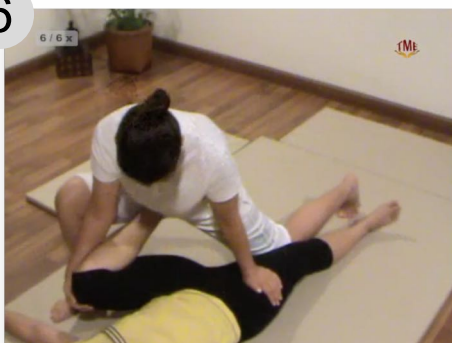
Warming up the legs (1 x ↑↓)

5



Stretching the arch of the foot (2 x 2)

6



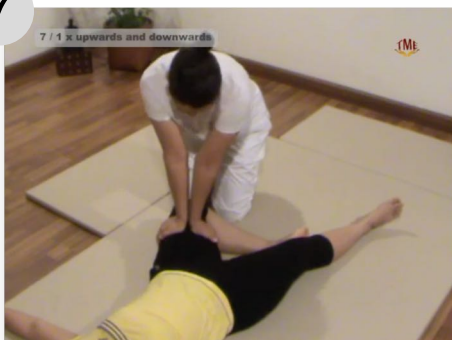
Outside Push (6 x)

6a



With the foot placed on the inside knee (6 x)

7



Butterfly pressing (1 x ↑↓)

8



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

9



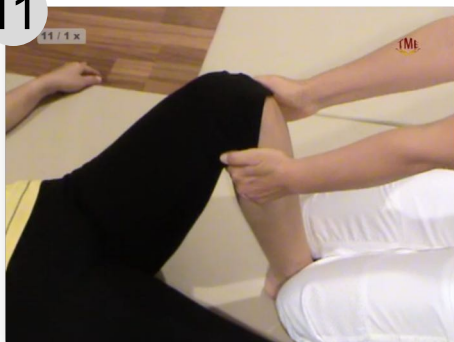
Heel press on line 3, inner leg (2 x ↑↓)

10



Heel press on tight tendon (1 x ↑↓)

11



Pulling the calf (1 x)

12



Calf squeeze (1 x ↓↑)

13



Pulling at the thigh (1 x)

14



Thigh squeeze with thumbs (1 x ↑↓)

15



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

16



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

17



Lower back relief (3 x)

18



Heel press on the back of the thigh and stretching (1 x ↑↓)

18a



Knee press on line 3, inner leg with stretching (1 x ↓↑)

18b



Knee press on line 3, outer leg with stretching (1 x ↓↑)

19



Vertical leg stretch (3 x)

20



Walking fingers on the sole (2 x ↑↓)

21



Stretching the back of the leg (1 x ↑)

22



Stretching the front of the leg (1 x ↓)

23



Stretching the outer leg (1 x)

24



Upper leg stretch (1 x ↓)

24a



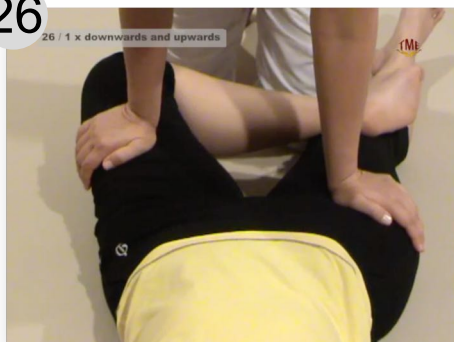
Upper leg stretch for less flexible persons (1 x ↓)

25



Lower leg stretch (1 x)

26



Half Lotus upper leg press (1 x↓↑)

27



Rocking the hip in a half lotus position (3 x)

28



Rocking the back in a half lotus position (3 x)

29



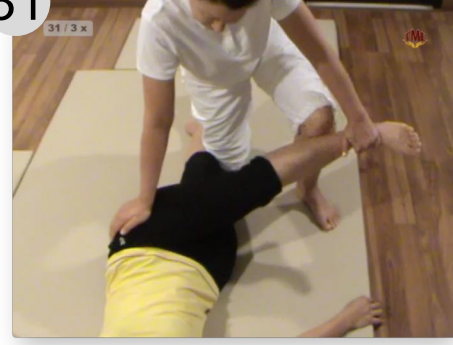
Half lotus leg stretch (3 x)

30



13 points on the sole

31



Horizontal leg stretch (3 x)

32



Spinal twist (1 x)



Pulling the arm (3 x)



Arm stretch (1 x)

Repeat now the techniques 6 to 34 on the right leg and arm !

Step2 (35-50)

Side Lying Position

Part A 35-38 Left Side Up



Transfer in side lying position



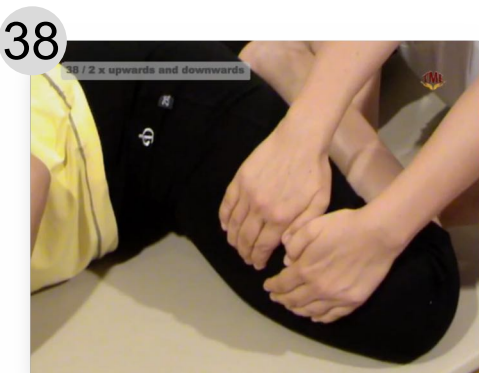
Palm press on the straightened leg (1 x)



Palm press on the flexed leg (1 x)



Foot press against the back of the thigh (2 x ↑↓)



Pulling the rectus femoris (2 x ↑↓)

39



Relaxing foot walk (2 x ↑↓)

40



Side bow (3 x)

41



Knee pivot hip and upper leg stretch (1 x ↑↓)

42



Upper leg, pelvis, waist stretch (3 x)

43



Crossed bow back stretch (3 x)



Arm extension (1 x)



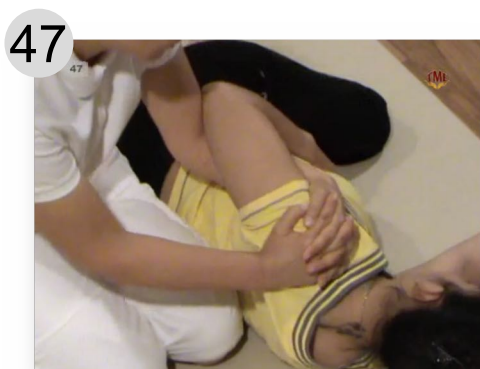
Palm press on the outer arm (1 x)



2. Arm extension (1 x)



Triangle position arm stretch (1 x)



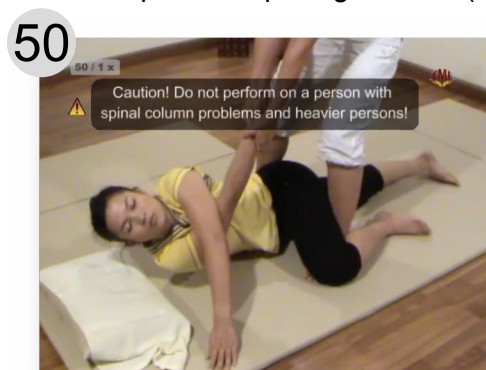
Shoulder rotation and arm press on the outer Sen line



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



Toes under scapula (1 x)



Pulling spinal twist (1 x)

Repeat now the techniques 35 to 50 on the right side !

Step3 (51-68)

Prone Position

Part A 51-53 Both Legs



Transfer in prone position



Tapping on the sole



Palm press on the back of the legs (up) (1 x ↑)

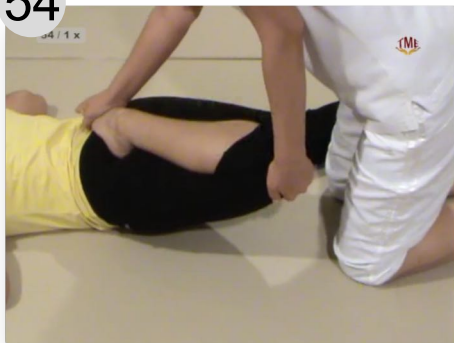


Heel circle on the hips (9 x)



Palm press on the back of the legs (down) (1 x ↓)

54



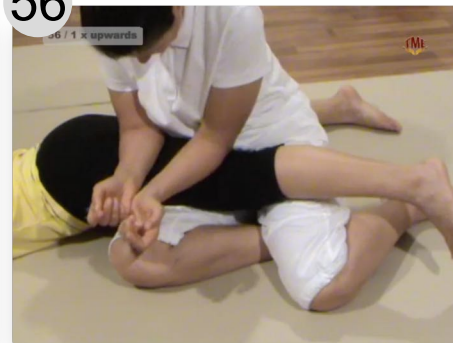
Lower leg stretch (1 x)

55



Arm rolls on the back of the leg (1 x)

56



Arm rolls on the back of the thigh (1 x ↑)

57



Elbow press on the hip (3 x)

58



Elbow circles on the hip (9 x)

59



Elbow press on the lumbar (3 x)

58b



Elbow circles on the hip (9 x)

57b



Elbow press on the hip (3 x)

56b



Arm rolls on the back of the thigh (1 x ↓)

55b



Arm rolls on the back of the leg (1 x)

60



Reverse half lotus lower leg stretch (1 x ↓↑)

61



Reverse half lotus upper leg stretch (3 x)

62



Reverse half lotus leg lift (3 x)

Repeat now the techniques 54 to 62 on the right leg !

63



Monkey walk (2 x ↑↓)

64



Sitting stool thumb press on the 2 lines (1 x ↑↓)

65



Sitting stool cobra (1 x)

66



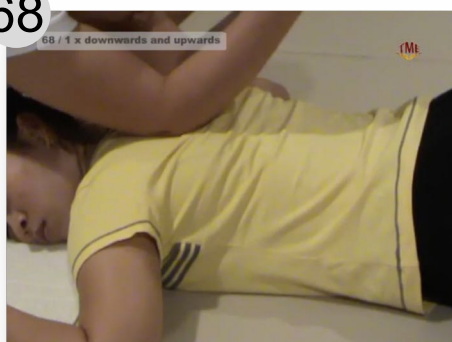
Cobra stretch (1 x)

67



Grasshopper leg lift (1 x)

68



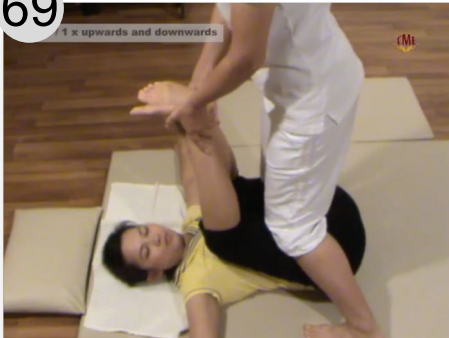
Elbow walk (1 x ↓↑)

Step4 (69-75)

Supine Position



69



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

70



The plough (3 x)

70a



With the arms placed over the head (1 x)

70b



With straight arms blocking above the knees (1 x)

71



Shaking the legs

72



Shoulder stand (1 x)

73



Head kiss knee stretch (1 x)

74



Crossed legs lower body stretch (2 x 1)

75



Crossed legs back stretch (2 x)

Step5 (76-83)

Sitting Position



76



Spinal side twist (2 x 1)

77



Halfmoon bridge (1 x)

78



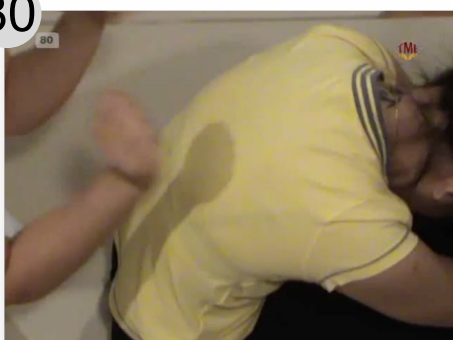
Soft head to knee stretch (1 x)

79



Finger tips percussion

80



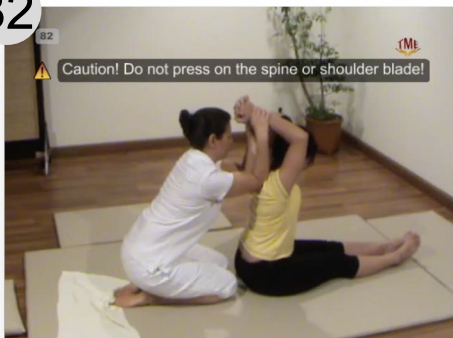
Open fists knocking

81



Arm shoulder stretch (1 x ↑↓)

82



Elbow pivot arm stretch (1 x ↓↑)

83



Side stretch (2 x 1)

Step6 (84-91)

Closing



84



Abdominal stimulation (1 x)

85



Abdominal stretch (1 x)

86



Swinging in a circle (9 x)

87



Heel press next to the shin bone
(1 x ↓)

88



Head to knee stretch (1 x)

89



Dorsal stretch (1 x)

90



Crossed dorsal stretch (2 x 1)

91



Plantar flex up (1 x)

End



The End