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## THAI YOGA MASSAGE SEPTEMBER 2007 NEWSLETTER

This quote by ZIG ZIGLAR tickled my funny bone recently: "People often say that motivation doesn't last. Well neither does bathing, which is why we recommend it daily".

This newsletter is dedicated to the numerous people who have expressed interest in Thai massage lately ...

The origins of traditional Thai massage can be traced back 2500 years to Jivaka Kumarbhaccha of India, who is known to have treated kings, princes, and even Buddha. Jivaka has been said to be the founding father of Thai massage and the source of Ayurvedic practices within Thailand.

The theoretical roots of most Eastern healing art traditions derive from the philosophy that all life forms are animated by an essential life force – this is also called universal energy, life energy, vital energy, Prana in India, and Qi (Chi) in China. Energy is extracted from the food we eat, the water we drink and the air we breathe ... which is why it's so important to have the cleanest and highest quality possible. There is no clean energy in eating fast or junk food, drinking soda pop or breathing in smog, chemicals or mold.

Prana energy circulates in body pathways called Sen Channels (or lines), and according to the yoga philosophy on which Thai Yoga massage is based, there are 72,000 Sen channels in the body. When a person is sick or dis-eased, it is due to a blockage or imbalance of one or more Sen Channels. In Thai massage, a skilled practitioner can detect energy blockages and will work with 10 of the major Sen Lines and focus on specific lines for different conditions. This system follows ayurvedic philosophy and is concerned with balancing the tridoshas (vatta/pitta/kapha) which govern our physical body (whereas Chinese meridian lines relate to specific organs). Please note that I do not claim to be a "skilled practitioner" ... I do it for fun, and to help folks with flexibility or low back issues.

Thai massage is performed on a mat on the floor, and no oils or creams are used since the receiver wears loose, comfortable clothing (the practitioner is naked ... **just kidding!**) In having Thai Yoga massage, one is also receiving some benefits of the practice of yoga -- in fact, it has been described as "assisted" Hatha yoga. It incorporates acupressure with the practitioner using their thumbs, palms, feet and knees; martial arts and yoga moves; gentle stretching and breath work. Together these actions result in a comprehensive full body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically. The end result is a stimulating massage that leaves you feeling invigorated!

See the next page for photo examples of some poses I do → → →



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