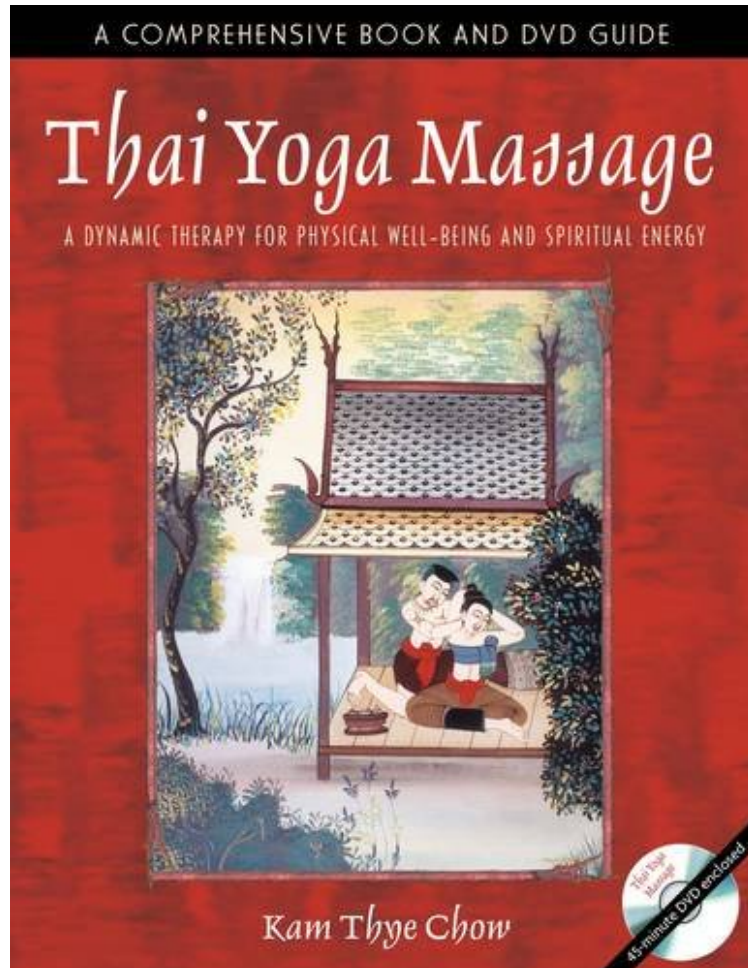


Thai Yoga Massage: A Dynamic Therapy for Physical Well-Being and Spiritual Energy

Kam Thye Chow

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Kam Thye Chow : Thai Yoga Massage: A Dynamic Therapy for Physical Well-Being and Spiritual Energy
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Thai Yoga Massage: A Dynamic Therapy for Physical Well-Being and Spiritual Energy:

0 of 0 people found the following review helpful. great accompaniment to the hands onBy S Reidgreat accompaniment to the hands on course0 of 0 people found the following review helpful. Five StarsBy SojoWell done as a teaching tool/0 of 0 people found the following review helpful. This is a good bookBy A. EsquerreThe book is pretty good, the cd is o.k. Most of the information in the book is not on the c.d., which was disappointing. One this is to read it and another is to have someone show it. The book is clear and to the point, which is a plus. It's great for someone who is starting to learn about the poses and the energy lines.

A paperback edition with DVD featuring a unique massage therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy; Text includes more than 125 black-and-white photographs of instructional postures; DVD features author demonstrating techniques for performing a one-hour massage. In the temples of Thailand many centuries ago, a dynamic bodywork therapy based on yoga, ayurveda, and the martial arts was born. In this unique healing system of Thai Yoga Massage, the practitioner guides the recipient through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. Together these actions result in a treatment that relieves muscular tension, improves circulation, boosts the immune system, and balances the body energetically. In this paperback edition of Thai Yoga Massage, Kam Thye Chow not only leads readers through every aspect of this ancient bodywork therapy using more than 125 detailed, step-by-step photographs, but he also demonstrates the techniques for performing a one-hour massage in the accompanying DVD. Kam Thye Chow is one of the world's foremost practitioners and has taught massage in Thailand and throughout Europe and North America. With this text and DVD set, his personal training is now available for those who wish to see the techniques demonstrated live as a complement to the points discussed in the text.

"A supremely accessible teacher, Kam Thye is masterful with detail and nuance in the development and transmission of this ancient practice." (Stephen Cope, author of *Yoga and the Quest for the True Self*) "I highly recommend this text for practitioners who are flexible and love floor work." (Massage Today, November 2003, Vol.3 No.11) "This is a must-have for anyone interested in a dynamic therapy for physical well being." (Nexus, March/April 2004) "A dynamic guide, therapists should add Thai Yoga Massage to their home instructional reference libraries." (The Bookwatch, September 2004, Vol.26 No.9) "Only a true master of Thai massage could present this profound healing art with such clarity and precision, and make it so accessible." (Swami Ramananda, president of the Integral Yoga Institute of New York) "Necessary reading for anyone interested in this indigenous healing art and its contemporary practice. Kam Thye Chow is a sensei of the art and spirit of his work." (Robert Calvert, founder of Massage Magazine and author of *The History of Massage*) From the Inside Flap MASSAGE / BODYWORK In the temples of Thailand, many centuries ago, a dynamic bodywork therapy based on yoga, Ayurveda, and the martial arts was born. In this unique healing system of Thai Yoga Massage, the practitioner guides the recipient through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. 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. Thai Yoga Massage is practiced as a duet. Counterbalancing and leveraging the recipient's body with his own, the practitioner works with gravity, breath, and directed touch to create a harmonious and therapeutic "dance" with the recipient that imparts physical vibrancy, grace, and spiritual energy. In this fully illustrated instructional guide to Thai Yoga Massage, Kam Thye Chow, one of the world's foremost teachers and practitioners, leads readers through every aspect of this ancient bodywork therapy--from its origins in Thai Buddhist temples and the theoretical foundations of its development to a detailed presentation of classic Thai Yoga Massage postures. Detailed, step-by-step photographs show the author performing each posture for a one- to two-hour full-body massage. Information on important contraindications and fundamental anatomy and physiology integrates Western medical knowledge and theory with this ancient healing tradition. Massage therapists, physical therapists, yoga practitioners, and others in the somatic arts will find Thai Yoga Massage an important and innovative complement to their work. KAM THYE CHOW is the author of *Tai Chi Chuan: Mindfulness in Motion*, and his writings have been featured in *Massage and Bodywork* and other healing arts journals. Kam Thye teaches Thai Yoga Massage in Thailand and throughout Europe and North America. Currently based in Montreal, he is the founder and director of the first school of Thai massage to be accredited by the Quebec Massage Federation. From the Back Cover MASSAGE / BODYWORK "Only a true master of Thai massage could present this profound healing art with such clarity and precision, and make it so accessible." --Swami Ramananda, president of the Integral Yoga Institute of New York "Necessary reading for anyone interested in this indigenous healing art and its contemporary practice. Kam Thye Chow is a sensei of the art and spirit of his work." --Robert Calvert, founder of Massage Magazine and author of *The History of Massage* "A supremely accessible teacher, Kam Thye is masterful with detail and nuance in the development and transmission of this ancient practice." --Stephen Cope, author of *Yoga and the Quest for the True Self* In the temples of Thailand many centuries ago, a dynamic bodywork therapy based on yoga, ayurveda, and the martial arts was born. In this unique healing system of Thai Yoga Massage, the practitioner guides the recipient through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. Together these actions result in a treatment that relieves muscular tension, improves circulation, boosts the immune system, and balances the body energetically. Thai Yoga Massage is practiced as a duet. Counterbalancing and leveraging the recipient's body with his own, the practitioner works with gravity, breath, and directed touch to create a harmonious and therapeutic "dance" with the recipient that imparts physical vibrancy, grace, and spiritual energy. In this fully illustrated guide to Thai Yoga Massage, Kam Thye Chow leads readers through every aspect of this ancient bodywork therapy using more than 125 detailed, step-by-step photographs. He also includes additional information on important contraindications and fundamental anatomy and

physiology that integrates Western medical knowledge and theory with this ancient healing tradition. In the accompanying DVD Kam Thye presents techniques for performing a one-hour massage, demonstrating effective body mechanics and methods for moving with a gentle steady flow in real time, as a complement to the points discussed in the text. With this text and DVD set, massage therapists, physical therapists, yoga practitioners, and others in the somatic arts will find Thai Yoga Massage an important and innovative complement to their work. KAM THYE CHOW is one of the world's foremost practitioners and has taught massage in Thailand and throughout Europe and North America. He is the author of *Tai Chi Chuan: Mindfulness in Motion* and his writings also have been featured in *Massage Magazine*, *Bodywork*, and other healing arts journals. He is the founder and director of the Lotus Palm School in Montreal.