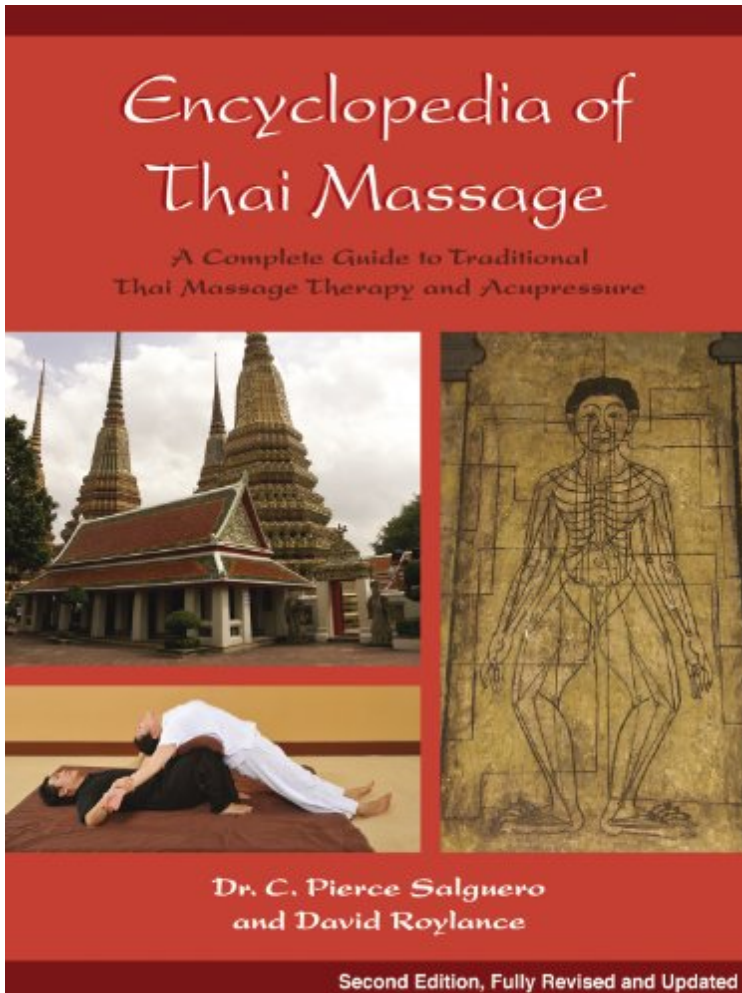


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Encyclopedia of Thai Massage (English Edition)



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Description : Description du produitThai massage is an increasingly popular healing modality, and many American and European massage schools offer at least introductory, if not more, courses to their students these days. Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this book finally bridges the gap between the theory and practice of Thai massage. This book is unique, in that it presents this form of bodywork as it is understood in Thailand as a therapeutic medical science. For the first time, the history, spiritual traditions, and ethical codes of Thai medicine are presented in full alongside the most detailed analysis of each particular step in the Thai massage routine. Examples of therapeutic routines to treat specific disorders are discussed; a complete section is dedicated on the main energy meridians and diagrams of acupressure points. This book is written in an engaging, informal style, with numerous photographs and diagrams that illustrate the techniques used.

Prsentation de l'diteurDrawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as

well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand as a therapeutic medical science.

Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality. Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

About the author
C. Pierce Salguero is a nationally accredited teacher of traditional Thai massage and herbal medicine and a member of the Shivago Komarpaj Institute (Thailand's most prestigious massage school), the Association of Northern Thai Medicine, the American Herbalists Guild, and the Associated Bodywork and Massage Professionals. His institution, the Tao Mountain School of Traditional Thai Massage and Herbal Medicine, offers courses in the Shivago Lineage of Thai Massage. He also teaches Thai massage at the Virginia School of Massage in Charlottesville, VA, the Baltimore School of Massage, and at the BSM's satellite campus in York, PA.