

# Introduction to Thai Yoga Massage Course

## Gab Massage



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## Introduction

Massage has been defined in a number of ways. Probably because it materialises in different shape and forms thought out cultures. Most types of massages have solid benefits and you will collect various tools on your journey as a Therapist. I think that is helpful to adopt a style and go with it keeping always an open mind.

As a Therapist, I devoted myself to the soft tissue of the body while having while keeping an open-minded holistic approach. Thai Yoga Massage is very special for many reasons and I am humbled to share with you an adapted version that will be practical and make people's lives better.

I truly believe that most people have magic in their hands and by magic I mean a compassionate healing power and that is not to be underestimate. In this short course we will explore the different tools you can access. My analogy is that the same way you drive a car without being a professional racer you can also massage someone without 1000 hours of professional training. In order to drive you need to learn how to start an ignition, how to accelerate, the use of breaks, road rules, etc.

To massage, you also need to have an understanding of anatomy (human body) and physiology (how it works) . The good news is that you already have a body and you probably know how it works. If you add to that a bit of common sense,

I will try to guide you using simple terms, demonstrations and wicked diagrams to get you working out your magic.

The secret is to be efficient while preserving yourself, which means you will use body mechanisms in your favour to avoid waste of energy and injury. Otherwise, you will be "pushing your car around" instead of driving.

Gab

## **What is Thai Yoga Massage?**

A complete Thai Massage incorporates a combination of acupressure and yoga-like stretching. Thai Massage is different from many Western forms of massage in that there is no oil used, the therapist uses a mattress on the floor (instead of a massage table), and the client remains completely clothed throughout the session. It is so different from what we typically think of as "massage" that it is often instead described as having someone "do yoga to you."

Thai Massage is directly related to yogic principles originating in India. It is also in many ways similar to Chinese massage techniques, shiatsu and reflexology insofar as it is based on the theory of the flow of energy along lines or channels that run throughout the body.

### The four principles of Thai Massage

Give a balanced massage, Start with the energy lines then joint manipulations then stretches, start always from the lower part of the body, start from the extremities of the body towards the core.

### This course

The intention in simplifying Thai Yoga Massage into a practical course for beginners is to get you healing and helping others in little time. Please read and reflect the few important considerations outlined below as this will keep you and others safe as well as maximising the benefits you will be delivering. I recommend that you practice only these positions in the beginning then learn new ones and expand your knowledge adding more energy lines to your routine. This workbook will then be your guide to remind you the sequence and positions to create a flow however you will adapt and evolve changing this sequence and making each massage unique.

## Preparations

The environment should be a safe place, cleanliness, an uninterrupted peaceful atmosphere, soothing lighting, and neat appearance are all vital to the Western massage clinic. Pray/meditate/thank in preparation to start the healing. Emphasizes HUMILITY, HONESTY AND COMPASSION.



## Considerations

### Pain scale

Although Thai Massage is typically a deep form of bodywork, the basic techniques introduced on the previous pages span a range of pressure, and not all Thai work needs to be deep. In general, Thais prefer deep, forceful presses and strong stretches. There often seems to be a perception that the more pain, the better. However, this strategy will not always win over clients in the West! With time, you will learn to feel the client's needs with your hands as you work, and you will naturally find the appropriate level of pressure for each individual.

The important thing is to be aware of each client's pain threshold — the point at which you can feel their flesh tighten up under your hands. If your client is interested in relaxation, try to avoid this threshold with a lighter touch. If your client likes to be challenged, however, you can take him or her to this threshold, or slightly beyond it. Controlled, strong work will relax the client's muscles, open up the energy flow, and improve flexibility over time.

### Body mechanisms

1. Always keep your back straight with an open chest and relaxed shoulders.
2. You can most effectively translate bodyweight through straight elbows, wrists, and fingers.
3. Your strength comes from your legs and hips, not your arms or back.
4. When you need increased leverage, bring your centre of gravity (your waist) up over the client instead of reaching with your arms

## **Energy levels and genre**

Energy can be masculine or feminine, in general we start with the left side when the person receiving the message has a female energy and on the other side when it is male. Before and after doing a massage cleanse your energy leaving thoughts and feelings out so your energy is positive and you are focused on the massage.

## **Interview your client**

By asking the right questions you can have an idea of how your client is and how you may adapt your positions and pressure to ensure you are not causing any harm. Here are the top 6 questions and why: Chronic Injuries, Pains, or Problems on Any Part of the Bod – Massage that may aggravate existing injuries should be strictly avoided.

## **Heart, Circulation, or Blood Pressure Problems**

You should avoid steps that place the legs over the head, as well as all steps involving “Opening the Wind Gate.”

## **Food Intake**

Determine if the client has eaten recently. Clients should not eat three hours prior to a massage. If they have, be sure to skip the abdominal massage. You may also have to omit some (or all) of the full-body stretches.

## **Menstruation**

Due to abdominal distention and sensitivity, menstruating women should not receive direct pressure to this region unless the therapist is trained in this specialty and the client requests this service.  
Pregnancy -

Under no circumstances should pregnant women receive Thai Massage or acupressure from a therapist who is not trained in this particular specialty.

## **Ask for feedback frequently**

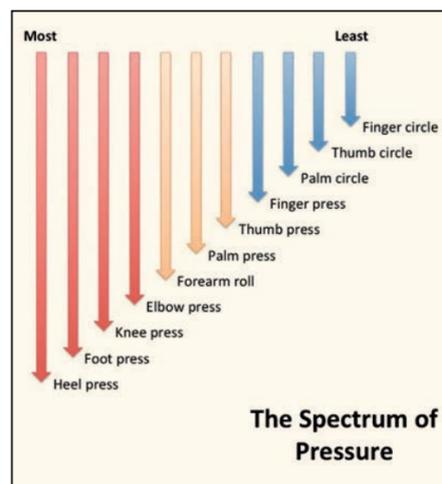
In particular regarding the pain level and how it feels to adjust accordingly.

## **Arthritis (or other joint stiffness)**

This client will obviously need special care for most of the classic routine steps. It is essential to take clients to their limit gradually, slowly increasing intensity. Do not over-tax the joints. If the client experiences pain, ease off immediately. Hot compresses may be used instead.

## The don'ts

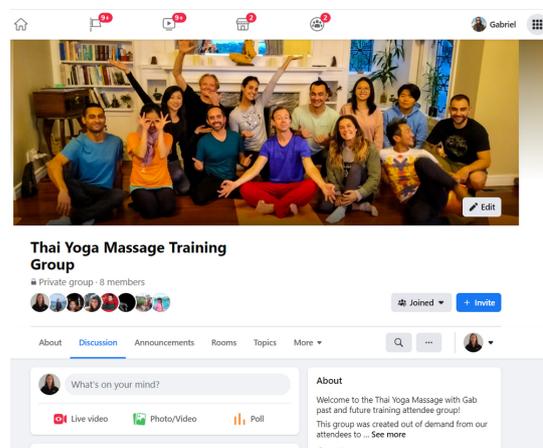
- Respect your client's head
- Don't step over the client's body
- Don't use your feet near the face or head
- Don't use your feet to flip the client
- Don't drape yourself or sit on your client
- Clean hands, arms and feet prior to massage



# Thai Yoga Massage Training Group

Where to go from here? Join me to keep training regularly

<https://www.facebook.com/groups/927163401407625/>



## Massage Logbook

Carry-on with practicing it. Please take note as much as possible when doing massages. [Download the Massage Logbook \(word document\) in here.](#)

**TYM Gab Image Gallery** - <https://www.gabmassage.com/thai-yoga-massage-training>



## Lying on stomach



1 -Stand on the middle of the feet. Cat walk

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2 - Sen Lines Feet – Under the feet

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3 - Stand up using one leg on the back of the leg



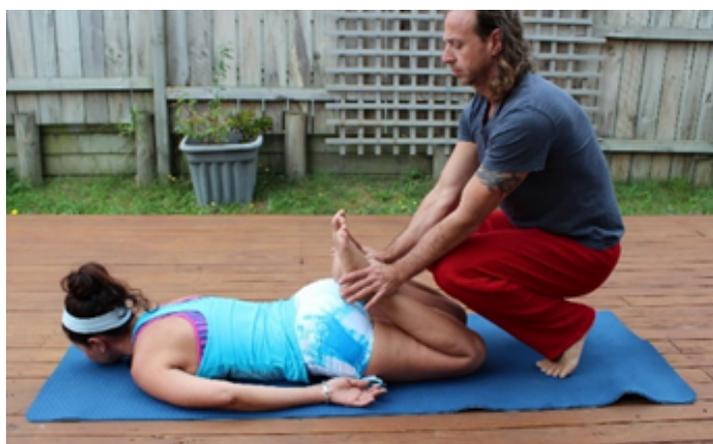
4 - Stand up using one foot on the back of the leg. Pull the feet up while applying pressure

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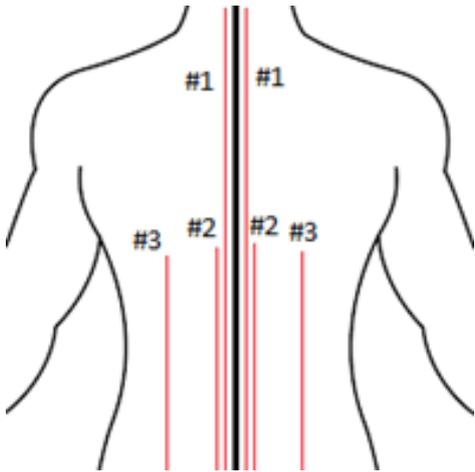


5 - Stand on the buttocks on the other side. Apply pressure down and outwards

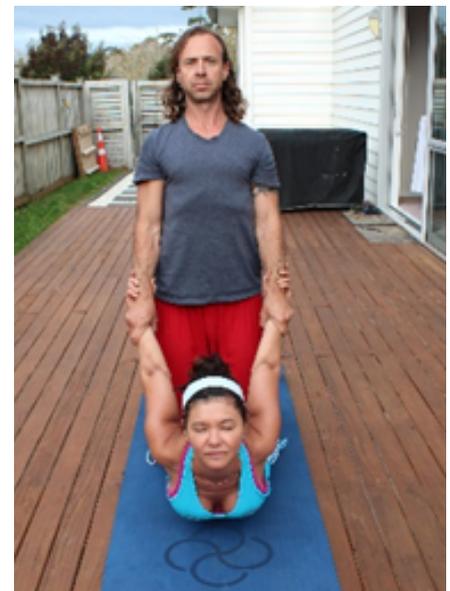
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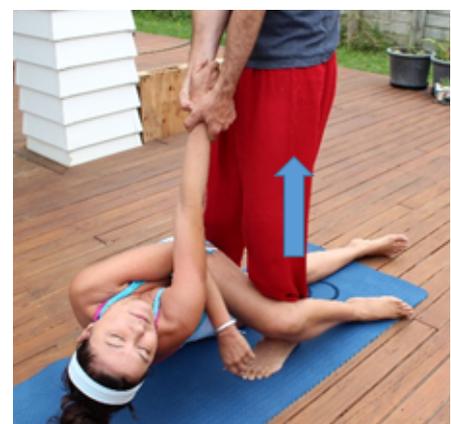
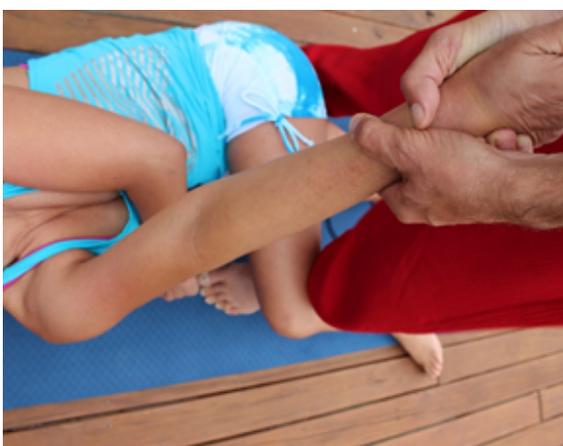
6 - Push the feet against the buttocks



## 7 - Sen Lines on Back



## 8 - Cobra



9 - Spinal Twist – Hold the wrist of the person. Pull up right and hold for 3s. Drop back slowly

## Lying on the back



10 - Open feet – Out and centre

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11 - Cross feet – Push down. Switch feet

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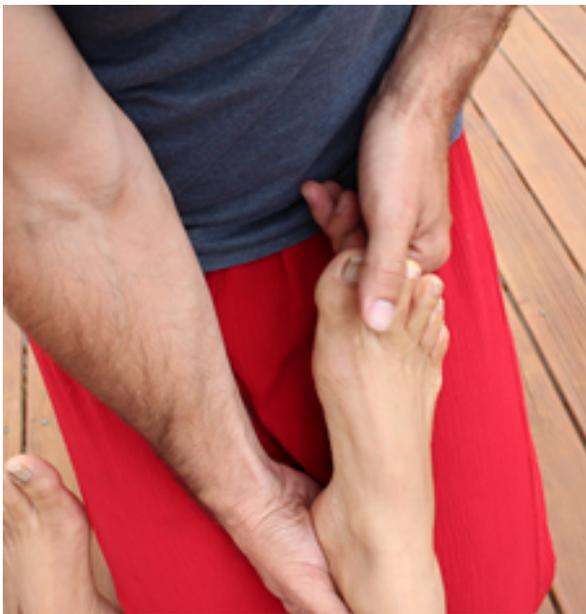


12 - Feet pushed up



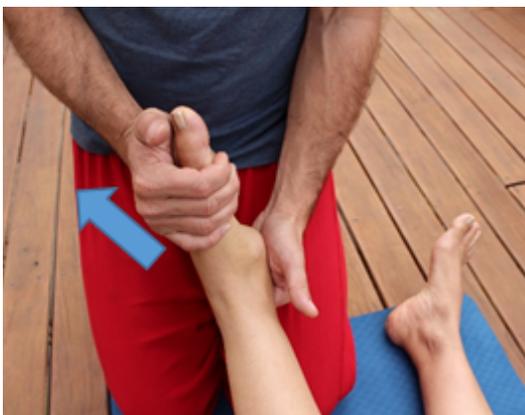
13 - Sen Lines lower Leg. Palm, thumb, palm

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14 - Sen Lines on top of feet

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15 - **A)** Pull foot outwards **b)** Circle in and out **C)** Pull toes



16 - Pull calf towards you. Separate the heads

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17 - Pull leg towards you. Up and down through the leg.  
Cocunut opener

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18 - **Sen Lines on upper leg.** Cross hands, thumbs pointing down. Work up on down on the leg about 1cm out of centre line



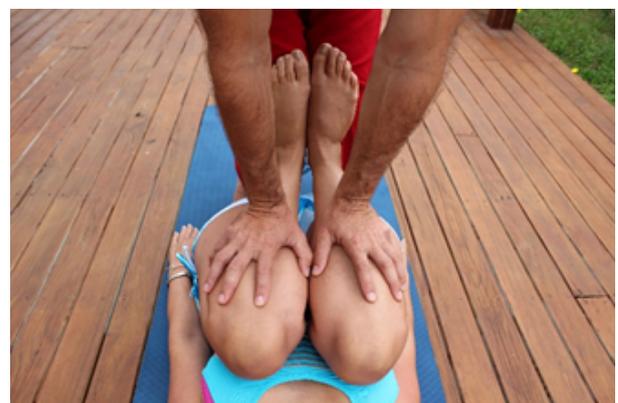
19 - Hold the back of the heel using your fingers, engage your forearm with foot and lift the leg straight

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20 - Stretch a leg while securing the other one straight. Advance moving your foot slightly. Hold. Palm work trough the inner leg

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21 - Bend Legs. Push towards the chest/shoulders



22 - Open the hips . Cross legs and push forward. Cross the legs switching sides

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23 - Hold the wrist of the person. Pull back to the sitting position (child position). Hold the back until the person sink in and fully stretch

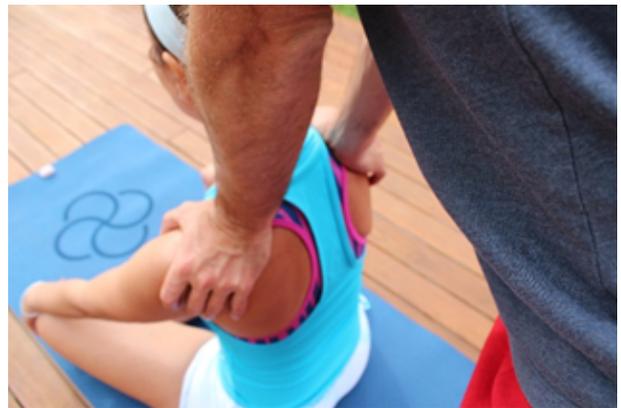
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# Siting Position



24 - Shampoo in the back

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25 - Sen lines shoulders using palms

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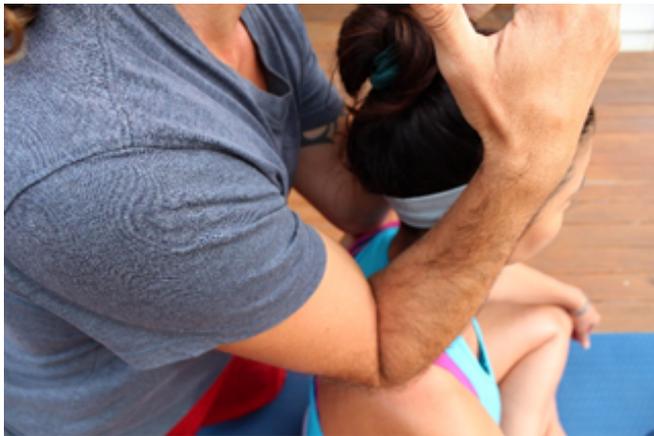


26 - Sen Lines – Forearms



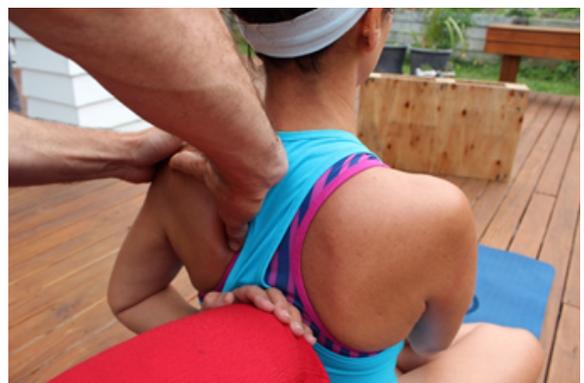
## 27 - Sen Lines Shoulders – Thumbs

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## 28 - Sen Lines Shoulders – Elbows

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## 29 - Hand in the back. Work on scapular area



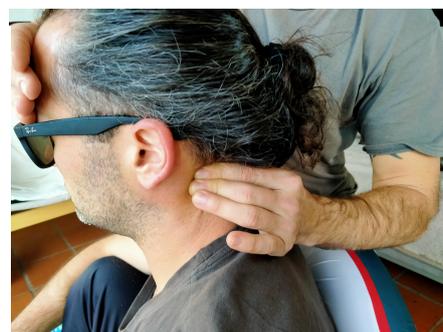
30 - Grab Traps. Hold gently but firm. Apply pressure forward

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31 - Pinch Trapz. Using one finger and thumb, then 2 fingers and thumb then 3 fingers and thumb. Twist pushing with the thumb.

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32 - Neck pressure points and massage



## 33 - Neck stretching

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34 - Ask the person to cross the arm on chest. Hold the wrist. Place the knees on the shoulders blades. Rocking back and forth apply pressure ion the shoulders

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35 - Hold deltoids. Shake up and down for about 20 seconds



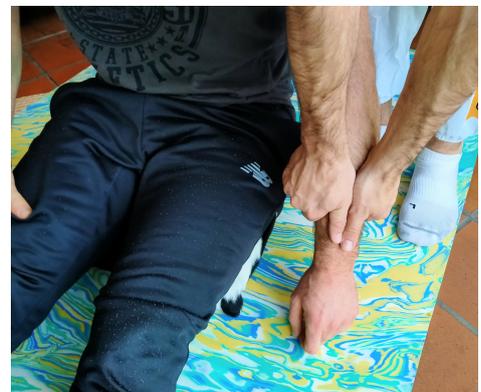
36 - Rowing - Moving back and forward with your feet on the lower back.

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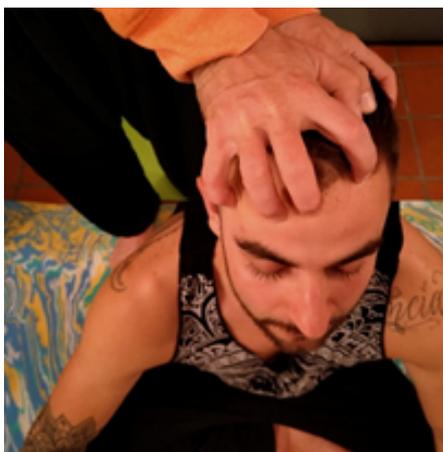


37 - Percussion on the shoulders and traps

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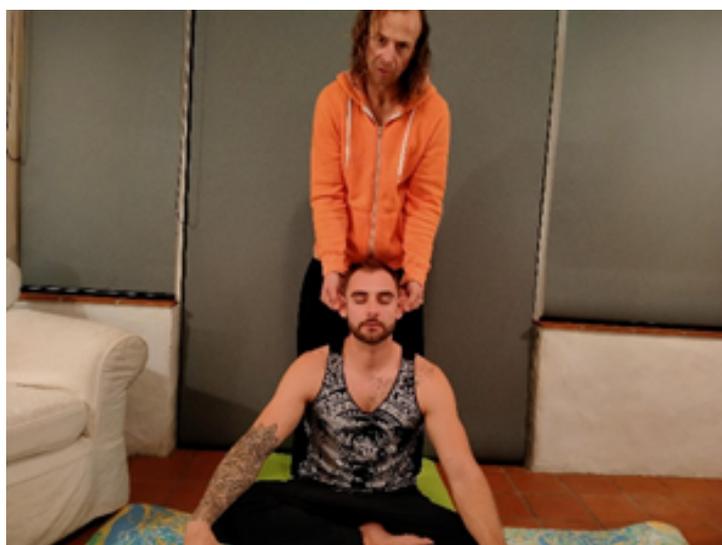


38 - Squeezing through the arms



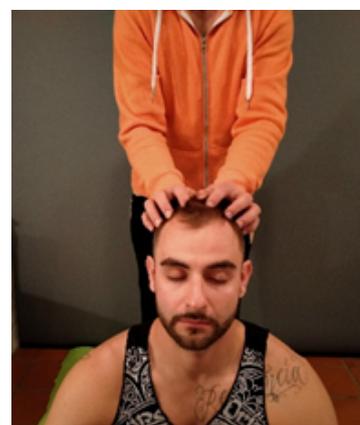
39 - Using multiple fingers circle the scalp

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40 - Circle movement around and inside of **ear**. Pull ears out gently

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41 - Coconut opener thought a line in the centre of the head



42 - Walk with your thumbs to the third eye

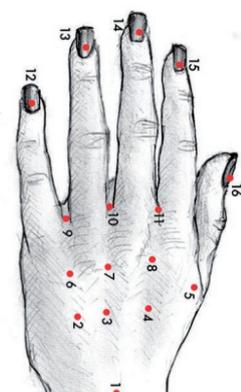
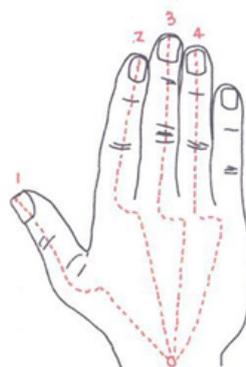
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## Lying down on the back



43 - Sen Lines hands – Palm

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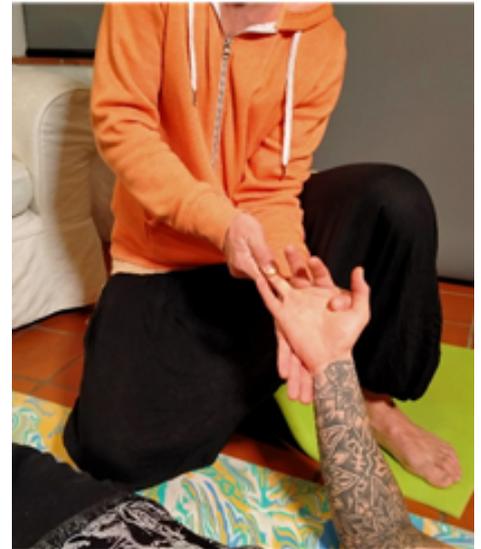


44 - Sen Lines hands – Outside



45 - Wrist. Place two thumbs in the wrist.  
Circle both sides

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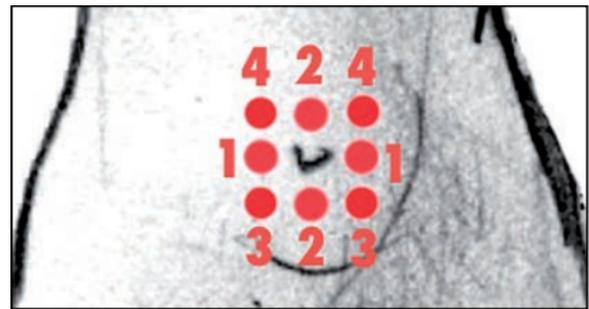


46 - Pull fingers

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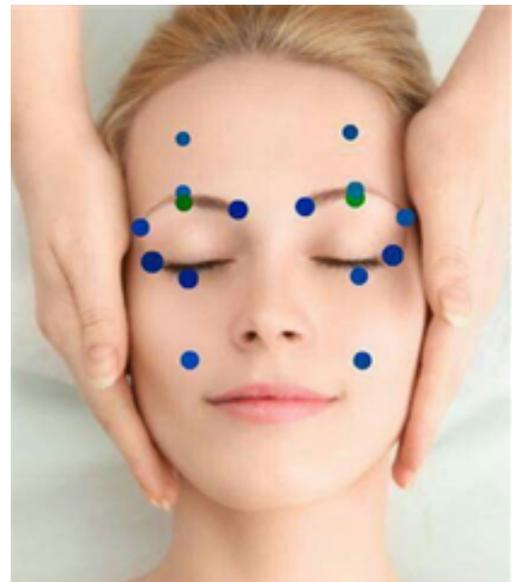
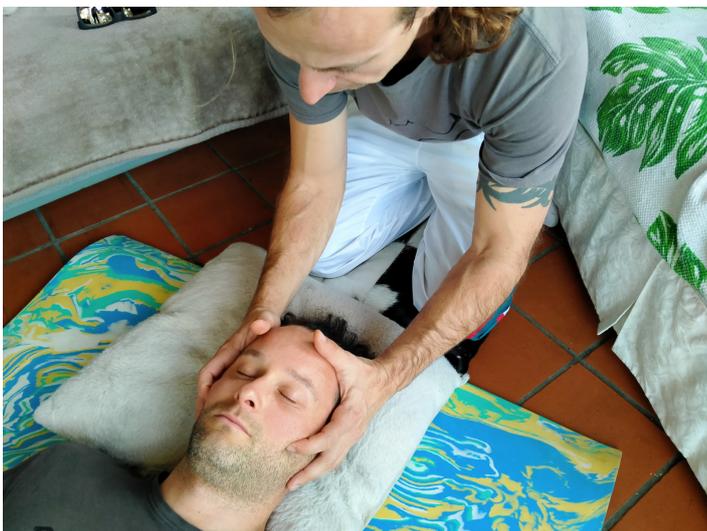


47 - Interlock fingers. Making waves move downwards



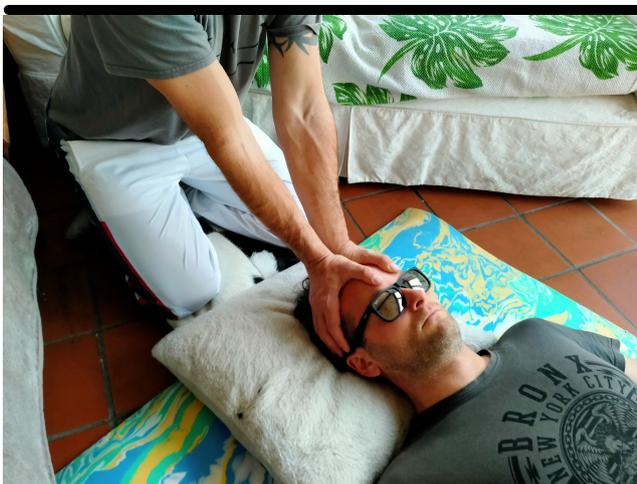
48 - Apply gentle pressure down on the points

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49 - Using fingers and thumbs massage face.

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50 - Apply pressure on points using your thumb and fingers.

# Massage Logbook

**Therapist:** |

Example:



<b>Name:</b> Rebeca Ramirez	
<b>Phone number:</b> 02365884584	<b>Type of Massage:</b> TYM
<b>Place:</b> Her house – Living room	<b>Duration:</b> 1h 5m
<b>Age Group:</b> 30-40	<b>Male or Female:</b> Female
<b>Contraindication/medical condition check:</b> Yes	<b>Areas/parts of the body massaged:</b> Whole body except stomach
<b>Current complaints/injuries/request:</b> Rebeca complaint about tight shoulders as she works in the computer for long hours. She has a sprain in a little toe, which should be avoided. She asked for whole body massage, especially feet.	
<b>Feedback:</b> Rebeca has massage regularly. She enjoyed the feet massage and head very much. She said she can have more pressure next time.	
<b>Notes:</b> I started slow and progress applying more pressure. Had a booklet with me and used before every position. The room was a bit cold so I will get it heated next time before the massage. Forgot to clip my nails and it caused a bit of pain to Rebeca. I felt the foot massage was very good but need to improve the flow. Rebeca was very skinny and flexible making a bit hard for me.	

<b>Name:</b>	
<b>Phone number:</b>	<b>Type of Massage:</b>
<b>Place:</b>	<b>Duration:</b>
<b>Age Group:</b>	<b>Male or Female:</b>
<b>Contraindication/medical condition check:</b>	<b>Areas/parts of the body massaged:</b>
<b>Current complaints/injuries/request:</b>	
<b>Feedback:</b>	
<b>Notes:</b>	

<b>Name:</b>	
<b>Phone number:</b>	<b>Type of Massage:</b>
<b>Place:</b>	<b>Duration:</b>
<b>Age Group:</b>	<b>Male or Female:</b>
<b>Contraindication/medical condition check:</b>	<b>Areas/parts of the body massaged:</b>
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<b>Feedback:</b>	
<b>Notes:</b>	

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