



sat chit healing

## **Thai Yoga massage for Relaxation and Connection**

### **Description**

The workshop will be done in pairs. Both will practice on and receive from your partner a Thai Yoga massage for relaxation and connection. It will be a full body massage (modified for the available time) which includes bodywork from the edges of your body, to the very center of yourself.

As this treatment blends spiritual and physical aspects of ourselves, we will start with a short meditation session for grounding and connection, and then we will proceed to the main practical part, which will be done in a relaxed and safe way. The workshop will conclude with a short meditation session for giving gratitude to our partners and ourselves.

Thai Yoga massage is an ancient spiritual practice, which apart of deepening the meditative state of the practitioner, it also helps the receiver to remove physical and mental blockages. By incorporating various techniques, as acupressure, gentle twisting, and deep stretching, this treatment is very effective for releasing tension, increasing vitality, and creating a wholeness of mind, body, and spirit.

Thai Yoga massage differs from other types of massage, as it is done wearing your comfy clothes, on a mat on the floor, and without the use of oils; it is an easy way to treat someone in your house, on the beach, in the park! Apart of the stretches that resemble yoga asanas, importance is given to breathing - imagine it as having someone else doing yoga poses to you. It has been called "lazy man's yoga".

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### **Meditations**

We start with a short meditation in order to connect the pairs (therapist and receiver). Then we conclude with a short meditation for giving gratitude.

### **Opening meditation**

We start the treatment with a short meditation for grounding and connection.

Receiver: lay down on your back in Savasana.

Therapist: sit in front of receiver's feet and hold them.

- Both close your eyes and ground yourself.
- Both feel the connection between the two of you.

Receiver: feel your feet being touched by practitioner's hands

Therapist: feel how your hands touch receiver's feet

- Both feel the connection as if you are one body.
- Synchronize your breathings to resonate your energies.
- Both put your intention on healing both of you.

Therapist: inhale and gather energy, exhale send the energy through your hands.

You can focus on reiki, or just in the vibrations between the two of you.

You may chant the mantra "*Om Namō Shivago*".

- Open your eyes.

### **Closing meditation**

At the end of the treatment we give gratitude to our partners and ourselves.

Receiver: just relax and accept the energy, no need to do anything.

Therapist: follow the next suggestions.

- Stay before receiver's head, and cover her ears.

Alternatively, place one hand on receiver's third eye chakra, and the other on heart chakra.

- Begin by sending positive energy, reiki, or white healing light to receiver.
- Synchronize your energy with your breathing.
- Inhale gather energy, exhale send the energy through your hands.
- Feel the connection.
- Give gratitude.
- Open your eyes when you feel ready.

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### **Treatment routine**

Due to the limited time, the treatment of this workshop has been designed for alleviating back pains, and relieving stress. There are numerous variations to any sequence in Thai massage; the following is only a routine with a gentle flow, that I resonate with. When you practice at home, if you feel like moving to other poses or doing other stretches in between, just do so! It is important to let your body talk through the treatment. Also, do not forget to ask your receiver how she feels, so you can resonate with her.

The pose names at the routine are referring to the receiver's yoga asanas, however notice that the receiver may face different direction than in the actual asana. For example, at downward facing comfortable pose (or Adho Mukha Sukhasana), the receiver does not face the floor as the actual yoga asana; she is facing forward while the therapist pulls her from lying down to sitting position.

The receiver lies on her back and the routine begins by manipulating the legs, where thighs, hips, and lower back are treated. With massaging and gentle rocking, we move on and stretch the whole back. After finishing the sitting positions, we conclude with head massage for tranquility, while the gentle flow of the treatment leaves both of us in a state of calmness.

For visual guidance, I have created a pictured document:

<http://www.satchithealing.com/thai-yoga-massage/events/>

Relax and enjoy the Thai Yoga massage :)

- Opening meditation

### **Lying on back position**

- Feet massage - press 9 points on soles and push feet to sides

*--first do on one leg--*

- Tree pose (Vrksasana)  
palm press from feet to thighs, and stay at thighs.
- Turn leg inwards and stretch
- Hip rotations  
start by pushing the bended knee forwards, and continue rotation anticlockwise.  
then change direction.
- One-knee-to-chest pose (Eka pada apanasana)
- Pigeon pose (Eka Pada Rajakapotasana)
- Spinal twist (Supta Matsyendrasana)
- Head-to-knee pose (Janu sirsasana)  
*--repeat on the other leg--*

- Pull both receiver's legs straight above the floor and rotate them
- Place receiver's feet on your thighs  
rocking receiver's body forwards and backwards.
- Wind-relieving pose (Pavanamuktasana)  
bend receiver's knees to her chest.
- Put receiver's soles of the feet together and let both knees to the sides  
push feet towards head.
- Bridge pose (Setu Bandha Sarvangasana)
- Forward bend pose (Uttanasana)  
place receiver's feet on your lower abdomen, hold her wrists and pull her body up.
- Place receiver's lower legs on top of one your thighs  
move to the sides receiver's lifted lower back.  
abdominal massage can be done here.
- Downward facing comfortable pose (Adho Mukha Sukhasana)

receiver in cross-legged and lift her to sitting position.

### **Sitting position**

*--first do on one arm--*

- Lift receiver's arm and hold hands.  
while rotating her shoulders, elbow-press around scapula.
- Bring receiver's arm down and around, support it using your knee  
thumb-press around and under scapula.

*--repeat on the other arm--*

- receiver's hands behind her head  
various stretches and twists using this position
- Fish pose (Matsyasana)  
push gently with your feet all over receiver's back.
- Downward facing comfortable pose (Adho Mukha Sukhasana)  
beat on receiver's back - thai chop technique!
- While supporting receiver's head, bring her back on lying position

### **Head massage**

Sit behind receiver's head, and explore through the following suggestions.

- Head traction
- Hold head and move/rotate neck
- Back neck muscles massage
- Head lines
- Temple massage
- Ears massage
- Stretch forehead
- Cover receiver's ears and close your eyes
  
- Closing meditation

Just remember to let your hands go wherever they feel they want to go. Let your intuition guide you through the treatment.

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*Namaste  
Spiros*