

Thai Massage Basic Routine Gab Massage ®



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The information in this Workbook has been carefully researched, and all efforts have been made to ensure accuracy. The massage sequence created for this booklet was designed to go in conjunction with training with Gab Massage. Use this prop for your practice. All of the procedures, postures, and techniques should be carefully studied and clearly understood before they are attempted at home.

Furthermore, the information is for educational purposes only. It is not intended to replace the advice of a physician or medical practitioner.

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Introduction

Welcome to a sacred journey into the heart of Traditional Thai Yoga Massage, a profound practice that transcends the boundaries of mere physical manipulation. It is a practice that invites us to explore the depths of our own spirituality, connecting us with a timeless tradition that has its roots in the rich soil of Thai culture and medicine.

Thai Yoga Massage, as it is known in the West, is more than just a therapeutic technique; it is an ancient art that beckons us to awaken our inner healers. This book is a short exploration of this sacred art, drawing from the deep well of knowledge that has been cultivated over centuries in the heart of Thailand.

In the land of Siam, now known as Thailand, traditional medicine thrived and evolved, intertwining indigenous practices with the wisdom of Chinese and Indian influences. Within this cultural crucible, Thai Massage emerged as a holistic approach to healing, encompassing not only the physical body but also the mind and vital energies. Preserved within the sanctuaries of Buddhist temples, Thai medical wisdom was passed down through generations, creating a tapestry of mythology, medicine, and spirituality that endures to this day.

As the author of this booklet, my journey into the world of Thai Massage began in 2006, when I had the privilege of studying it for the first time. Two schools in Chiang Mai have also solidified my passion for TYM, the Sunshine School and the Thai Massage School Shivagakomarpaj, also known as the "Old Medicine Hospital". Under the guidance of esteemed teachers like Dot Po, I delved into the intricacies of Thai healing practices. Since then, I have been returning to Chiang Mai often to learn more and enjoy the Thai culture.

This is an attempt to share the essence of Thai Massage, as I have learned it, with the world. However, it is crucial to acknowledge that Thai Massage is a living tradition deeply rooted in the oral transmission of knowledge. While this book can serve as a valuable resource, true mastery of this art requires hands-on guidance from a skilled teacher. It is through patient practice and diligence that one can truly grasp the nuances of this ancient practice.

In the West, there has been a tendency to overlay Thai Massage with concepts from other healing modalities, often diluting its authenticity. In this book, I aim to present Thai Massage in its pure form, honoring the cultural heritage of the Thai people who have entrusted me with their teachings.

Within these pages, you will find not only the techniques of Thai Massage but also insights into its philosophy, proper alignment, safety precautions, and a touch of modern anatomy. My intention is to offer an authentic and respectful representation of this profound art.

This book is dedicated to my past and present teachers and the lineages to which I belong. To Master Ajahn Sintorn Chaichakan from the Old Medicine Hospital, Master Doctor Annop, Master Asokananda, Professor Dot Po and Dr. Shivago our father of medicine and Thai Massage. This is to all the masters who have shared their wisdom with us, we dedicate this work with gratitude and reverence. May their teachings continue to guide us on this spiritual journey of healing and transformation.

In the spirit of Thai Massage, we invite you to embark on this sacred path, where body, mind, and spirit unite in a dance of healing and spirituality. Healing in Thai massage is a collaborative effort between the therapist and the receiver. The therapist facilitates healing through sensitive touch, loving-kindness (metta), and creating a safe, trusting environment. The receiver engages in self-exploration and self-healing during the session.

With deepest respect,

Gabriel Morales (GAB)

ADVANCED TYM PRACTITIONAIRE AND TYM TEACHER

What is Thai Yoga Massage?

Thai massage, known as Nuad boran in Thai, differs significantly from Western massage. It does not involve massage tables, oils, or skin rubbing. Instead, it is a holistic blend of physical, energetic, and spiritual healing techniques where the receiver remains clothed. Thai massage uses acupressure, yoga-like stretches, and energy line work to promote self-healing and deep relaxation. Thai Yoga Massage is the substyle from the city of Chiang Mai also known as "Northern Thai Massage".

Balancing Energy

A key goal of Thai massage is to free blocked energy in the sen lines (Thai Energy Lines) and ensure its free flow throughout the body. Therapists must balance the client's energy by addressing all relevant points along the energy lines. Typically, a session begins at the feet and ends at the head, ensuring holistic energy movement of energy.

Holistic and Spiritual Healing

In Thai massage, individual holistic treatment is key. Rooted in traditional Thai medicine, it incorporates Buddhist principles. Practitioners use meditation, proper body mechanics, and breathing techniques to deliver effective treatments. Movements originate from the hara, located below the navel, ensuring the therapist's back is straight and shoulders relaxed.

The Importance of Silence

Silence enhances the effectiveness of Thai massage. The therapist focuses on the client's body and breath, adapting techniques as needed. This helps the receiver achieve a relaxed, parasympathetic state, which is essential for healing. Excessive talking or loud music can distract from the process.

Self-Healing and Metta

Healing in Thai massage is a collaborative effort between the therapist and the receiver. The therapist facilitates healing through sensitive touch, loving-kindness (metta), and creating a safe, trusting environment. The receiver engages in self-exploration and self-healing during the session.

Masterful Practice

Experienced Thai massage therapists practice good body mechanics and correct breathing. They work within their immediate reach, positioning their body appropriately. The therapist's back remains straight, shoulders relaxed, and arms locked at the elbows when applying pressure. Observing and synchronizing with the client's breathing enhances the effectiveness of the treatment.

Our Lineage

Our Lineage is the Shivagakomarpaj Lineage ("Northern Style" Thai Massage) practiced by Master Asokananda and MasterAjahn ("Master") Sintorn Chaichakan. Teacher Gab has learned from both Masters and follows their tradition.

Finding Qualified Practitioners

It's essential to seek out well-trained Thai massage therapists and teachers. Look for those with extensive study and practice, maintaining the integrity of traditional Thai massage without blending it with other modalities.

Summary

Traditional Thai massage is a unique healing art rooted in Thai medicine and culture. It should be practiced and taught with respect for its spiritual and holistic principles. Clients should find sensitive, effective therapists, and practitioners should commit to continuous, respectful learning and practice.



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 Body – 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.

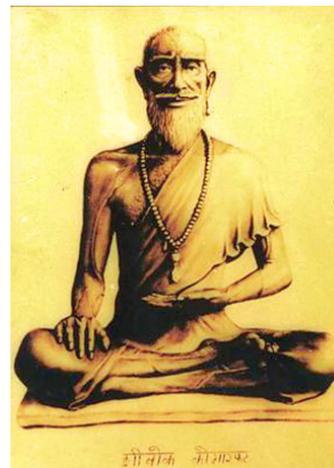
Pregnancy - Under no circumstances should pregnant women receive Thai Massage or acupressure from a therapist who is not trained in this particular specialty.

Ask for feedback frequently – In particular regarding the pain level and 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



JIVAKA KUMAR BHAKA - DOCTOR SHIVAGO

**A MANTRA TO THE FATHER DOCTOR SHIVAGO
OM NAMO SHIVAGO SILASA AHANG KARUNIKO
SAPASATANANG OSATHA TIPA-MANTANG PAPASO
SURIYA-JANTANG, KOMALAPATO PAKA-SESI WANTAMI
BANTITO SUMETASO AROKA SUMNA-HOMI (X3)
PIYO-TEWA MANUSSANANG PIYO-PROMA NAMUTTAMO
PIYO NAKHA SUPANANANG PININSIYANG NAMA-MIHANG
NAMO-PUTTAYA NAVON-NAVIEN NASATIT-NASATIEN
EHI-MAMA NAVIEN-NAWAE NAPAI-TANG-VIEN
NAVIEN-MAHAKU EHI-MAMA PIYONG-MAMA
NAMO-PUTTAYA (X1)
NA-A NA-WA ROKHA PAYATI VINA-SANTI (X3)**

ENGLISH TRANSLATION

WE INVITE THE SPIRIT OF OUR FATHER, THE FATHER DOCTOR SHIVAGO, WHO COMES TO US THROUGH HIS SAINTLY LIFE. PLEASE BRING TO US THE KNOWLEDGE OF ALL NATURE, THAT THIS MANTRA WILL SHOW US THE TRUE MEDICINE OF THE UNIVERSE. IN THE NAME OF THIS MANTRA, WE RESPECT YOUR HELP AND PRAY THAT THROUGH OUR BODIES YOU WILL BRING WHOLENESS AND HEALTH TO THE BODY OF OUR CLIENT.

THE GODDESS OF HEALING DWELLS IN THE HEAVENS HIGH, WHILE MANKIND STAYS IN THE WORLD BELOW. IN THE NAME OF THE FOUNDER, MAY THE HEAVENS BE REFLECTED IN THE EARTH BELOW SO THAT THIS HEALING MEDICINE MAY ENCIRCLE THE WORLD.

WE PRAY FOR THE ONE WHOM WE TOUCH, THAT HE WILL BE HAPPY AND THAT ANY ILLNESS WILL BE RELEASED FROM HIM.

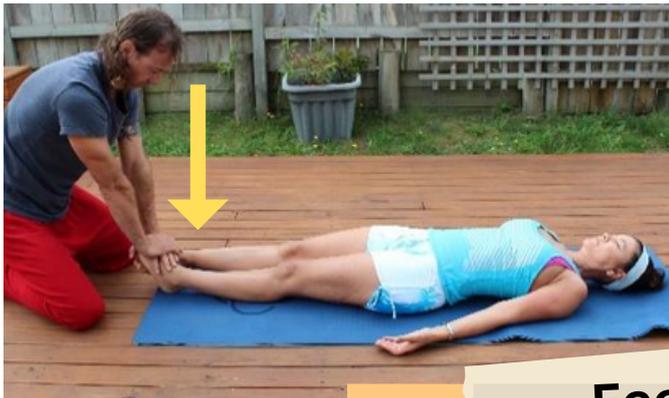


Prayer/Meditation



Feet

#1 Open feet. Out and centre



Feet

#2 Cross feet – Push down. Switch feet



Feet

#3 Feet pushed up



Prayer/Meditation



Leg

#4 Stretch on the outside



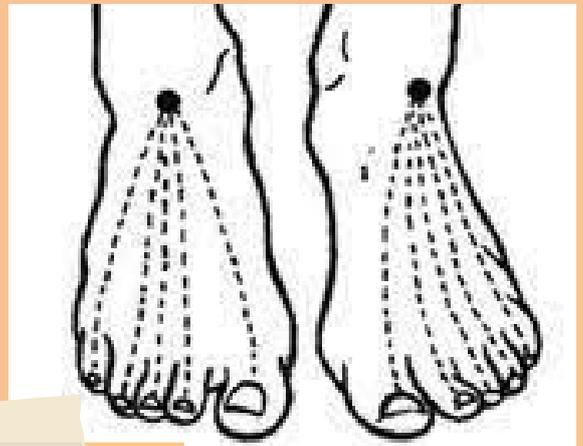
Lower Leg

#5 Sen Lines- lower Leg. Palm, thumb, palm.



Feet

#6 Sen Lines- top of feet





Ankle & Toes

#7 A) Twist outwards - b) Circle in and out
C) Pull toes



Lower Back

#8 Bend Legs.
Push towards the chest/shoulders



Hips

#9 Open the hips . Cross legs and push forward. Switching sides.



Calf Muscle

#10 Pull calf towards you using two hands



Upper Leg

#11 Make a heart shape with hand. Pull leg towards you up and down through the leg



Upper Leg

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



Hip

#13



Hip Flexion & Quad Stretch

#14



Hip and groin

#15



Lying Spinal Twist

#16



Calf Muscle

#25 With one hand above the knee, and the other holding the heel, use the forearm to pull the foot down



Hamstrings

#26 Holding the ankle, use feet to walk on hamstrings



Sitting bone adjustment

#28



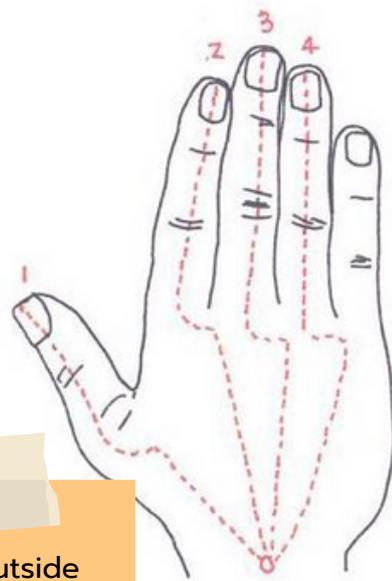
Back

#29 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



Hand

#30 Sen Lines hands – Palm Open and close



Hand

#31 Sen Lines hands – Outside



Hand

#32 Wrist. Place two thumbs in the wrist. Circle both sides pivoting the hand



Hand

#33 Milk and pull fingers

Start with palming



Feet

#40 Stand on the middle of the feet.
Cat walk



Feet

#41 Sen Lines Feet – Under the feet.



Hamstrings

#42 Stand up using one leg on the back
of the leg



Hamstrings

#43 Stand up using one leg on the back of the leg. Pull the feet up while applying pressure



Lower Back

#45 Push the feet against the buttocks



Buttocks

#46



Back

#47



Back

#48



#49 Cobra.

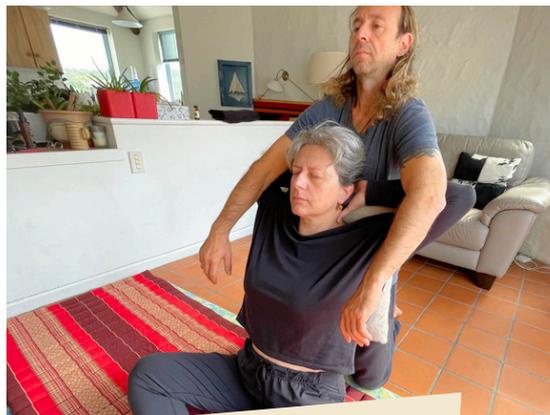


#50



Back

#52 Shampoo in the back



Chest

#53 With their hands interlaced behind their head, use your arms to pull their elbows backwards



Spinal Stretch

#54



Spinal Stretch 2

#55



Shoulders

#56 Sen lines shoulders using palms



Shoulders

#57 Sen Lines – Forearms





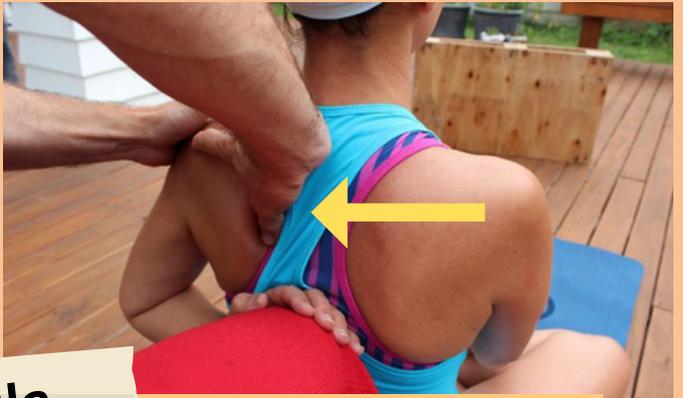
Shoulders

#58 Sen Lines – Thumbs



Shoulders

#59 Sen Lines – Elbows.



Scapula

#60 Hand in the back. Work on scapular
Ask the person to place the hand behind the back. Push lightly the palm of the hand against the back using your knee. Using your thumb from the opposite side push it inside of the shoulders blade. Use your other hand to stabilise the body.



**Rowing
Back stretch**

#67



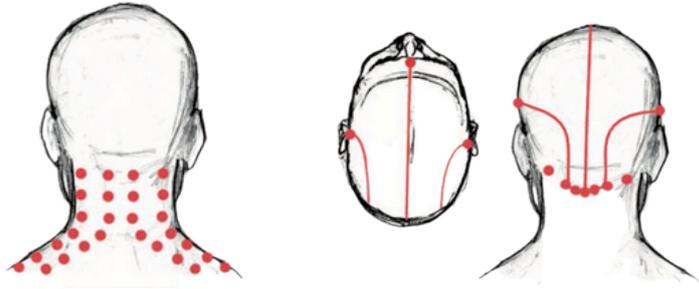
Neck

#68 Neck Pressure Points



Neck

#69 Stretching the neck



Neck #2

#70 Stretching the neck



**Trapezius
Shoulders**

#71 Percussion on the shoulders and traps



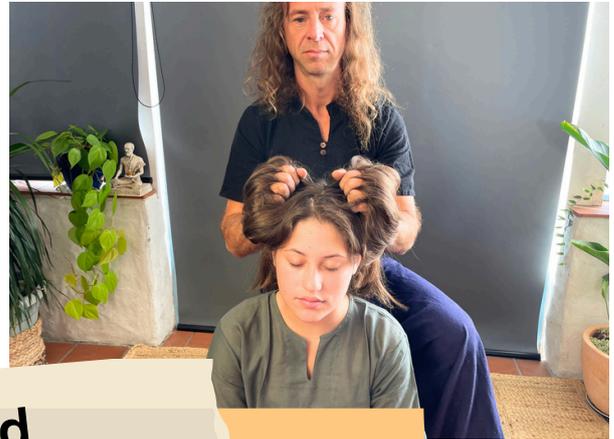
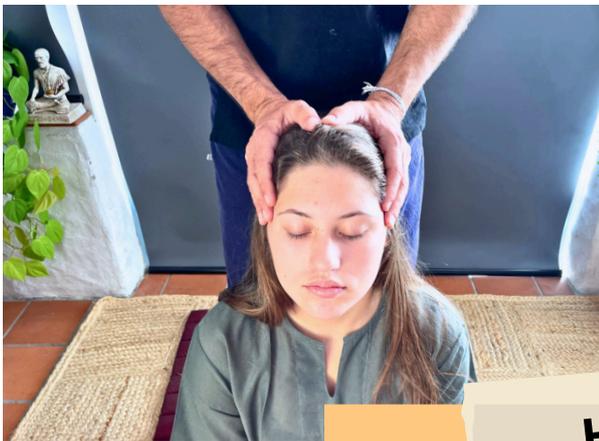
Face

#72 Using fingers and thumbs massage face



Face

#73 Apply pressure on points using your thumb and fingers



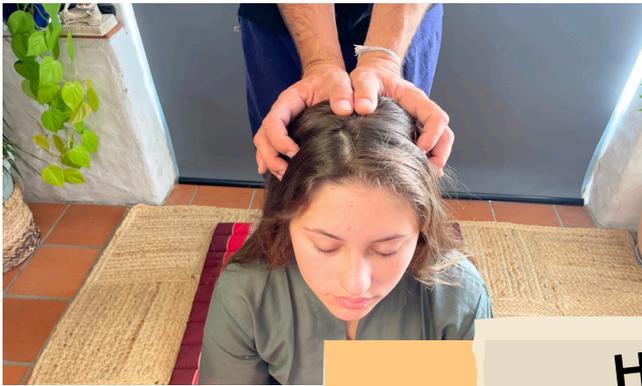
Head

#74 Using multiple fingers circle the scalp. Using fingers underneath pull the hair gently in circle movements



Ears

#75 Circle movement around and inside of ear. Pull ears out gently



Head

#76 Coconut opener thought a line in the centre of the head



Head

#77 Walk with your thumbs to the third eye



Prayer/Meditation