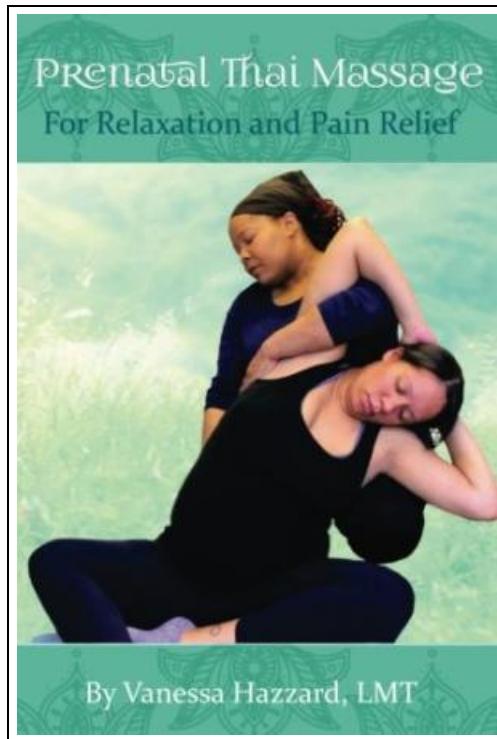


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Prenatal Thai Massage is a healing system that nourishes moms-to-be as their bodies prepare for childbirth. It combines the mindful movements of yoga with the nurturing touch of massage. Thai Massage is a branch of Traditional Thai Medicine. It has roots in hatha yoga, Theravada Buddhism, indigenous Thai healing practices, Chinese Medicine, and Ayurveda. The techniques include compressions with hands and feet, forearm rolling, thumb pressure, stretching, and joint movements. These techniques are performed in a meditative state by the practitioner, with metta or loving kindness at the heart of the session. Prenatal Thai Massage can be performed in every trimester. This book demonstrates Prenatal Thai Massage in seated, side-lying, and semi-reclined positions. This book is specifically intended for: -Yoga instructors, especially those trained in prenatal yoga, who want to offer bodywork to their students. -Thai bodyworkers who aim to keep the continuity of care when working with their regular clients. Learning Prenatal Thai Massage is a great way to support long-time clients through this important period in their lives. - Massage therapists who are ready to expand their prenatal massage knowledge base.

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