



Traditional Thai Massage

The Ancient Yoga
Massage of Thailand



*Thai massage offers many of the same benefits as yoga.
Deep muscle stretching, joint release, and emphasis on the breath*

Thai, massage is an important part of the traditional medicine of Thailand, dating back at least 2,500 years. It is a powerful holistic healing technique that supports physical, mental, emotional and spiritual well-being.

Based on the theory that invisible lines of energy force run through the body, the ancient art of Thai massage seeks to release "blockages" that may exist along these energy lines, allowing the free flow of energy throughout the body. Thai medicine calls the energy lines SEN, of which ten hold top priority. The SEN closely resemble the NADIS of Ayurvedic medicine and the meridians of Chinese acupuncture.

In Thailand, massage has a long history of therapeutic treatment. It has been practiced for centuries in the same form, just as it is today. The roots of "Naud Bo-Rarn" or ancient Thai massage can be traced back to India. The founder of the practice, Shivago Komarapaj, was a doctor, friend and contemporary of Buddha, who was regarded as "The Father Doctor." This healing tradition was handed down through the monasteries where people would come for healing of body, mind and spirit.

Unlike Western massage, Thai massage utilizes patterns of gentle rocking and rhythmic compressions to ease the recipient into a deeply relaxed state. By using thumb pressing techniques to open up the SEN lines, the body becomes more receptive to the deep and gentle stretches, going beyond what you could achieve yourself, as well as increasing one's range of motion. It is recommended for athletes who like to stay flexible in order to prevent injury.

A Thai massage normally lasts one and a half hours, although in Thailand, a typical massage could last up to 3 hours. The meditative awareness created by the rhythmic movements of the Thai massage allows both the practitioner and client to benefit by fully releasing and letting go.

It is meditative practice reflecting the states of metta (loving kindness and compassion) and vipassana (Insight).

It is recommended that the client wear loose fitting clothing to allow for maximum stretching and movement. The massage is performed on a mat on the floor, and both practitioner and client are fully clothed.

- * Thai massage stimulates the free flow of energy, helping to relax tense muscles.
- * Thai massage releases any blockages in energy lines so balance is restored to the body and you feel more energized and revitalized.
- * Thai massage restores general well being by reducing pain and calming the nervous system.

Traditional Thai massage is a safe, holistic treatment that harmonizes the body, increases energy, relieves stress and promotes a peaceful mind.

**To Book an Appointment
Call 727.784.3388**

Barney Champman is a Licensed massage Therapist (MA0027150) practicing Thai Massage. He studied at the Institute of Thai Massage, Chiang Mai, Thailand where he became certified in Nuad Bo-Rarn (traditional Thai Massage). He is one of only a few massage Practitioners in the Bay area to offer this unique form of massage. He also teaches yoga locally and internationally.